

# Summary

## Basic jumping skills of pupils in older school age

This project is about training basic jumping exercises and their influence on performance jumping events (especially long jump, high jump). I've worked with a group of athletes from 11-15 years old .

The basis of my research was a creation a large number of picture kinograms of chosen jumping exercise and then their analysis. These kinograms were taken in the interval of one year, in the spring 2005 and spring 2006, by digital camera. I've compared the performance of chosen jumping exercises mainly for a long jump a high jump, their technical component and also each athlete's personal results. I've also measured a physical growth of pupils.

I've found out that a regular training of chosen jumping exercises has a great effect on their performance and also on a technical side of jumping event.

And when it comes to personal results of chosen athletes, in long jump and high jump, I'm glad to say that they have also increase a lot. My research has shown that better efficiency of older school aged pupils is caused by two main factors: the physical growing up and the level of performance in the event.

Keywords: **basic jumping exercise, older school age, long jump, high jump**