DEVELOPMENT OF POWER ABILITIES OF CHILDREN OF PRIMARY SCHOOL AGE

ABSTRACT:
The purpose of this study is to verify whether the formed set of exercises will have a positive effect on the strength capability progress of the 4th graders. The program is composed of different balance and coordinative workouts. It will be going on under my guidance twice a week for a period of three months, always at the beginning of every P. E. lesson. The package of practices will take 10 minutes, excluding stretching and warm-up. All the exercises will be noted down in didactical sheets. The indicator of the program success rate is going to be the tested by a motion test; specifically by staying power in pull-up, standing long jump and 60 second sit-ups. The measured performances and the weight of all the exercisers will be recorded. The same measurement will be carried out with the controlled group which is supervised by its form teacher. Finally, the efficiency of the whole program is compared.

KEYWORDS:
power abilities, balance exercises, primary school age