

Abstract

Name of thesis: Coordination abilities of students of second grade elementary school

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Comparing the level of coordination abilities of children from sports classes and unsportsmanlike classes of second grade elementary school.

Thesis in the theoretical part will deal with the motor abilities, the coordination abilities and ontogenesis. In the research part of the work will be focused on testing students' sports focused on athletics and unsportsmanlike classes of secondary school and post-processing and evaluation of results.

Methodology: data collection, guided interview, comparison

Conclusion: Finding a suitable test profile and preparing the necessary means for the measurement of target groups. Evaluation of results and processing them into charts and graphs. A group of athletes achieved better results than physically inactive students. Group of athletes achieved a slightly above-average overall results, the group of inactive students achieved a slightly below-average. Within a group, not a big difference between boys and girls. In tests, the best for both groups is Sprint according to a rhythm. In this test was the smallest difference in the results between the groups. The test, where was the biggest difference between groups is Run to the numbered balls. The test, which was the hardest for both groups is Maneuvers on the bench.

Key words: motor abilities, coordination abilities, ontogenesis, coordination tests, testing

