

ABSTRACT

This bachelor thesis presents an integration of the physical activities into the weekly regime of older school aged children. The main research is focused at comparing children from two elementary schools, one located in the center of Prague and the other one on the outskirts of the capital city, with considering their sporting and physical interests.

The theoretical part deals with the necessity to incorporate the physical activities for this age category into their daily life, describes appropriate (or inappropriate) sports activities and health complications resulting from a lack of movement.

In the practical part of the thesis, the questionnaire research compares the frequency of the children's physical activities integration in two mentioned elementary schools. Then follow an analysis of the data collected and a final summary of the thesis issue. The purpose of my bachelor thesis is to compare and find out in which geographical areas the older school aged children incorporate more physical activities into their lives, so basically whether are children from a big town center or a small town district better off.