Abstract

**Title:** Assessment of standing long jump at children of primary – school age in athletic prep school

**Aim:** Aim of this thesis was to evaluate and compare differences of movement level in standing long jump between children of primary – school age who attend athletic prep school and those who don’t. Another aim was the getting to know and the application of Haywood’s and Getchell’s methodology for qualitative assessment of standing long jump of children.

**Methodology:** The movement level of standing long jump was evaluated and compared between children from selected primary school in Prague and children attending athletic prep school. Altogether, 106 children participated in the testing; 77 school children and 29 children from athletic prep school. The movement level of children was measured qualitatively by the observation method, they were shot during the jumping with a tripod camera. Afterwards, those video records were played in slow motion and evaluated with the Haywood’s and Getchell’s methodology and manual (2009). Each child performed one jump within the measurement. The performances of the children were also measured and evaluated according to UNIFITTEST 6 – 60 standards. All results were then converted into graphs and compared to each other.

**Results:** In this thesis, I managed to evaluate movement level of children from athletic prep school both qualitatively with the Haywood’s and Getchell’s method and according to UNIFITTEST 6 – 60 standards. The results showed that children from athletic prep school achieve better performances in the standing long jump than the children who don’t attend the athletic prep school, both in performance and quality. Performance improvement has been found with increasing age. Gender differences were also recorded during the result processing with girls performing better than boys. Overall, I can confirm the applicability and usability of Haywood’s and Getchell’s methodology and manual for assessing the movement level of children.

**Key words:** cultivation of movement, motor development, standing long jump, children of primary – school age, athletics