

Abstract

The physical culture, which includes physical education, recreation and sports, is a very intensely discussed topic, which is being given ever more attention at both the lay and the professional level. This issue is also addressed at the national level, as sport and movement generally bring a number of positive externalities in particular. These include, for example, a reduction in the level of bulky non-infectious diseases that allow for financial savings in healthcare. Another positive impact of the higher physical culture of the population is the social and cultural cultivation of human potential, which leads to the reduction of problems in the field of crime or drug issues. The modern world is facing a number of problems and the lack of movement is one of them. Even in younger children, the negative effects of the current lifestyle of the population are manifested as civilization diseases. Among the most common among children are allergies, respiratory diseases, cardiac and vascular diseases, but also body weaknesses that bind joint or back pain. Outer form of these problems is obesity, a relatively serious illness that affects a growing group of children. These diseases can be prevented by regular physical activity.

In order for the population to devote sufficient attention to physical culture, children of younger age need to move properly. For this purpose, it is mainly the obligatory hours of physical education at elementary schools, where children should develop by means of all-round exercises and correct access of teachers. However, in today's physical education, there is insufficient attention to the child's all-round development.

Motor function preparation of children is an essential part of a balanced movement training process that is suitable for pupils of elementary schools. Individual exercises do not form the basis of one particular sporting discipline, but are an ideal means to improve the movement habits of each person. These exercises teach children how to recognize, perceive and control their body and that they are able to acquire appropriate movement stereotypes. The possibility of using motor-functional exercises is very wide, but the most strikingly used are in beginners, where children are classified. Physical education lessons in schools create ideal conditions for the application of motor-functional training, because in schoolchildren it is necessary to develop their mobility versatility. This topic is devoted to the diploma thesis, which has the task to find the influence of motor-functional training in school-age children at the first level of elementary school, namely in the first year. The author of the work has been teaching at elementary school at the first stage for 12 years, and from her practice of teacher and leisure time instructors it is necessary and desirable for the correct development of

movement habits in children. This topic has been chosen because today is very often forgotten about the necessary and versatile mobility base and approaches the early sport specialization.