

# ABSTRACT

**Title:** Possibilities of influencing mobility in the hip joint during physical education at elementary school.

**Objectives:** Verification of the effectiveness of the proposed set of exercises applied in elementary school classes.

**Methods:** Methods of measurement, testing, observation were used for the elaboration of the diploma thesis.

**Results:** For motoric mobility tests in the area of the hip joint (inclination in the standing position and deep seat inclination) an improvement was found in the test file after application of the proposed set of exercises by 26 %.

In the case of motorized lifts (right, left) and frontal splint, the improvement was significantly lower, by 8 % and 2 %.

**Keywords:** flexibility, methods of development, basic education, physical ability.