

Abstract

Title: The level of motor skills and physical activity in school-age children (9-11 years)

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Objectives: An aim of the work is to find out, in one week of monitoring, a relationship between physical activity of young school-age children and their level of motoric skills with respect to their age. The aim is also to find character of mutual relationships between indicators of physical activity and motoric skills.

Methods: The target market of the thesis are pupils of third, fourth and fifth classes ($n=73$; $10,3 \pm 0,8$ years) in one of the primary schools in Příbram. In the thesis has been applied method of analysis Actigraph GT3X, which has analysed physical activity and TGMD-2 test (Test of Gross Motor Skills – 2nd edition) to find out needful data of motoric skills.

Results: Average figure of moderately to high physical activity exceeded recommended level of physical activity good for health development ($70 \pm 38,7$ min). However, 70% of young pupils reached below-average to low results. Moderately strong relationship ($p < 0,01$; $r = 0,405$) has been found out between physical activity (average medium to high intensive physical activity per day) and motoric skills (total performance during TGMD-2 test). Impact of the age has not been found among children (9, 10, 11 years) during the performance. It means that it has not been proved level of skills is significantly growing with increasing age.

Keywords: physical activity, motor skills, accelerometer, intensity, school-age children (9-11 years), TGMD-2