

## ABSTRACT

This diploma thesis deals with exercise motivation for 4th and 5th graders, using mobile application

The theoretical part of the thesis deals with physical ability of children about 10 years old. It describes motor development of younger school-age children. It focuses on the specifics of school maturity and children's needs. It points out consequences of lack of physical activity. It deals with motivation. It researches leisure activities for children and organizations involved in them.

In the practical part, the thesis uses survey to answer question. How much free time children spend using mobile phone and what kind of application they use. It offers list of application with a methodology of use and overlapping into the school environment. The list of applications serves for teachers, educators or parents, as a guide to active leisure activities with children using modern technology. Individual applications have been tested within one class.

The result is a comparison of the individual applications among themselves and the suitability or effectiveness of their use.

## KEYWORDS

movement, mobile application, motivation, free time