

## **Abstract**

**Title:** Leisure time activities and motor performance among school aged children

**Objectives:** The aim of the thesis is to evaluate a level of motor performance and leisure time activities among school children aged 12 – 14 years, on elementary school Boženy Němcové in Litoměřice. We want to know, if students with extended teaching of music and aesthetics will get worse results compared to students without extended teaching.

**Methods:** Study presents empirical quantitative research and 86 students participate in it. Level of motor performance was determined by the test battery called Unifittest 6 – 60 and structure of leisure time activities was monitored by the part of the sociological questionnaire called COMPASS II. Amount of subcutaneous fat was measured by the multifrequency bioelectrical impedance analysis (BIA). We verified our hypotheses by the two sample t-test and with coefficient of effect size Cohens'd.

**Results:** On the basis of evaluated results the statistically significant difference was not found in all hypotheses between comparator groups with level of significance ( $p \leq 0,05$ ). Cohens'd proved only small or no effect size, except for girls in Leger test where we proved medium effect size ( $d = 0,5$ ). There wasn't significant difference in the structure of leisure time activities.

**Key words:** motor performance, physical fitness, leisure time, Unifittest 6 – 60, COMPASS II, bioimpedance analysis, body composition