

## Summary

**Title:** Monitoring motorical skills and abilities for girls 8-10 years old in the course of children's recreational aerobics

**Objective:** **Method:** In order to achieve the aim of the work, the measurement of partial motorical skills and abilities was used based on the Iowa Brace test, the Eurofit test and the Unifit test 6-60. The results were analyzed by using mathematical-statistical methods.

**Results:** Despite the small research set, the result in one test of four, which is quantitatively evaluated, was determined to be statistically significant. The other test results improved or came close to average values relative to the rest of the research population. The results of test exercises evaluating motorical skills, which were evaluated in a qualitative manner, have been positive. All skills have shown an increase in probands who have mastered them. Testing testifies about improving motorical skills and abilities after completing a course of children's recreational aerobics.

**Keywords:** Children's recreational aerobics; motorical abilities; motorical skills; testing; training unit.