

## **Abstract**

### Title:

The evaluation of overarm throw in elementary school children using two selected methodologies

### Work objectives:

The diploma thesis aim is to determine and assess the level of overarm throw technique in 1st and 2nd grade of elementary school using two different evaluation methods made by Haywood and Getchell (2014) and Haibach, Reid and Collier (2011). The results of the evaluation of overarm throw by the methodology of Haywood and Getchell (2014) will then be compared with the results of the evaluation of the diploma theses created by Maryšková (2007) and Králová (2014). The sub-objective is to create an overview of the evaluation of product and process of overarm throw and to determine whether the methodology of evaluating the overarm throw according to Haibachová, Reid and Collier (2011) can be applied to children of elementary school in Czech conditions.

### Methodology:

The study involved 70 probands, of which 35 boys and 35 girls, attending 1st and 2nd grade of elementary school. Monitoring the movement level of the overarm throw was realized by the method of participatory observation. Probands conducted three attempts in the defined area. Two digital video cameras were used for recording for more detailed analysis of motion using selected methodologies. The camera was statically placed to detect moves from side and back. The record was processed using Dartfish 10 software with a PRO S license.

### Results:

More than half of the 1st and 2nd grade probands have foot action of overarm throw, as defined by Haywood and Getchell (2014), mastered at the level of Step 4. The mature throwing stage, as defined by Haibach, Reid, and Collier, occurs only rarely in 1st grade children. In the 2nd grade, there are 30 % of children evaluated by the mature stage of the overarm throw. We can confirm that it is possible to use the methodology of evaluating overarm throw by Haibach, Reid and Collier in children of elementary school in Czech conditions.

Key words: Lifespan, childhood, motor skills, overarm throw