

ABSTRACT

My diploma thesis consists of a theoretical part, which deals with fine motor skills, capabilities and motor learning. I am dedicating myself to divide motor capabilities and skills into separate parts and their progress, particularly the progress of an individual. It also deals with the influence and significance of physical activities to an individual's health and I am also defining the physical activities at a primary school.

The following part of my diploma thesis contains a short text about testing motor skills at a primary school.

Another part of my diploma thesis is a research, in which the level of movement skills of specific students of the primary school is tested by a test battery UNIFITTEST (6-60), and their lifestyles are questioned in questionnaires. I ask investigative questions and hypotheses. This part also contains tables with acquired results, data processing in graphs and results of questionnaires of chosen participants. I compare the results with statistical tables for boys and girls of the age.

The last part of the diploma thesis contains a practical part which explains and answers questions from the research and it also validates or disproves said supposals. We can find an analysis, a validation and how results can be used in pedagogical practice, because I currently teach Health Education and Physical Education at a primary school. The thesis also contains a couple of recommendations for particular students that can help them to improve their level of motor skills by doing different physical activities.