

## **ABSTRACT**

**Title:** Fitness and physical activity of girls in primary school

**Objectives:** The aim of the diploma thesis was to determine and compare the fitness, athletic performance and physical activity of primary school students. To measure the fitness, athletic performance and physical activity of the students, we used the UNIFITTEST test battery (6–60), a 60 m sprint and a long jump from the start and a questionnaire survey. We compared groups of girls who were monitored from 6th to 9th grade. It was a group of pupils with an artistic focus and a group of pupils from a regular class.

**Methods:** The diploma thesis has the character of action research. The methods of testing, questioning and comparison are applied in the diploma thesis. The research was carried out at Na Líše Elementary School over a period of four years. .

**Results:** The girls with the artistic focus have less motivation to move both inside and outside the school. Overall, these girls had worse performance results compared to the regular class, and in physical education they prefer collective games over individual sports.

**Keywords:** girls, physical education, Unifittest, education, older school age

