

Differences in physical ability of secondary grade scholars of conventional basic school, sports basic school and the school involved into the project “Healthy School”

Project Objectives: To determine interest of secondary grade scholars in sports and games (exercise activities) within 3 different schools of various specializations. Further objective had been focused on physical level and overall ability of those individual scholars.

Method: Findings had been realized through the use of questionnaire. Motive ability of scholars had been tested according to standardize UNIFITTEST.

Results: They have zoomed in the view of conditions for physical training and sport activities at three schools, and showed motive ability of tested scholars at the same time.

Key Words: sports, free-time activities, motive and physical ability, “Healthy School” project, UNIFITTEST

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