

## **Abstraction:**

**Title:** The swimming skills of children from the first to fourth grade of elementary schools (Ústí region)

**Aims:** The aim of this thesis is to compare the level reached in swimming by children from the first to fourth grade at elementary schools after finishing the swimming course at swimming schools in Ústí region in the school year 2006/2007. This was done by record sheets and structured interviews with open questions.

**Method:** The method of data analysis of record sheets from the swimming schools of Ústí region was used for the research. Structured interviews with open questions with the directors of the swimming schools were used, too. They made it easier to look into the centre and systems of the schools (entrance + final tests, instructors, motivation etc.).

**Results:** The results of the research show the level of children after having attended ten ninety-minute-lectures in swimming schools. The swimming skills from the point of view of swum distance developed. From 9184 children, 4777 could swim 11m and more at the beginning of the course. By final testing it was already 7985, which is a 34.9% increase from the total number of children. 4407 children did not manage to swim 11m by the entrance testing. From this number, 3208 swam more than 11m by the final testing which means that 72.8% of non-swimmers had newly learnt to swim. The result show possible changes of swimming teaching that could lead to better effectiveness of swimming teaching, too.

**Key words:** swimming skills, swimming school, teaching swimming, entrance testing, final testing, effectiveness of swimming teaching