

## **Abstract**

**Title of the diploma thesis:** Differences in application of physical exercise and sports at children at different stages of mental handicap /at the primary school and secondary school Pomněnka o.p.s./.

### **The task of work:**

The task of this graduation thesis is to find out, how differ the content of physical training and the use of sports at students with different degree of dysphrenia on the basic and on the secondary school Pomněnka o.p.s.

The work is focused beside the gymnastics hours in the school also to out-of-school activities.

### **The method:**

The survey was provided in all classes of the basic school and of the special school Pomněnka o.p.s. The interview was used as basic method. The first part of questionnaire was designed for the parents and it serves for ascertain of approach and interest of respondents about the physical training of their children. The second part contains questions for the class teachers of disabled children and it is focused to the assignment of differences in the content of gymnastic hours in the individual classes.

### **The results:**

The results of interview's first part showed, that there is a minimal difference in the approach of parents to the physical activities of children at light and medium mental disability, the children participate on recondition stays and sport bees in the school, but they also often provide sport and gymnastics together with the parents. At heavier mental disability the focus is more often to rehabilitation trainings.

In the second part, where the class teachers were the respondents, we came to conclusion that the gymnastics at pupils with heavy and deep mental retardation is concentrated to relaxing, releasing and rehabilitation exercises and at students with lighter forms of mental retardation the sport and motive games are dominating.

### **The key words:**

Mental disability, gymnastics, out-of-school sport and motive activities.