

ABSTRACT

The aim of this diploma thesis was to measure the physical fitness of pupils from selected elementary school in Hradec Králové. From the obtained results it was determined whether age has an effect on pupils' performance. Furthermore, the results were compared and on the basis of statistical analysis of the data a comparison of performances of 6th and 9th grade pupils and also comparison of boys and girls.

The theoretical part focuses on the topics of a healthy lifestyle, physical activity, physical fitness, physical abilities, physiological and psychological specifics in older school children.

The empiric part deals with statistical data processing and their evaluation based on the results in selected physical tests from the test battery called EUROFITTEST.

Based on the results and their comparison, I came to the conclusion that in six of the total eight exercises, older pupils achieve statistically significant differences compared to younger pupils. When comparing the average results of 6th and 9th grade pupils, I found that in seven out of eight tests, 9th grade pupils achieve better results than 6th grade pupils. In the end, I found that the boys performed better on average in five tests out of eight. Girls achieve better results on average in one test out of eight. There are no differences in the average results of boys and girls in two tests.