

Abstract

This thesis deals with the analysis of physical activities of children in elementary schools in Prague 8.

The theoretical part contains the theoretical notion of physical activity, its importance, cutting, recommendations for school children. It also includes health risks associated with hypokinesia effect of physical activity on company health is lifestyle. Deals with the characteristic physical, psychological social characters child of that age. The notion of sporting leisure, this section works also defined.

The practical part is mainly focused on practical implementation of our empirical research, which is based on theoretical knowledge gained in previous chapters. The first part describes the research sample, methods and procedures of work. Furthermore, an analysis, analysis of the evaluation questionnaire. The last chapters are devoted to the discussion by drawing conclusions questionnaires.