

ABSTRACT

Thesis title:

Monitoring of physical activity of pupils in the ninth classes in Aš.

Objective:

In this work, we tried to monitor leisure physical activities of pupils in the ninth classes in all schools in Aš.

Methodology of the work: In order to meet the objectives of the work a questionnaire survey was carried out. I asked six teachers from four Aš schools that participated in the research to cooperate with me. A total $n = 143$ correctly completed questionnaires were collected from the pupils, after previous consultation with the school management, distributed to the teachers of physical education and applied in the 9th classes. In general, the subject of the research was sporting activities which pupils practise in their free time and also their attitudes to sport and physical education.

Results of the work: The research shows that the number of children who do not devote their free time to any physical activities is increasing. Unfortunately, the percentage of children who reported that they do not do any sport or they do not like physical education is too high at their age. Furthermore, it appears that there are not big differences in attitudes to physical activity in leisure time between boys and girls. In our study we discovered that students who engage in a physical activity prefer doing it only as a relaxation to racing. But, fortunately, the majority of pupils still have a positive relationship to physical education and sport. The whole situation should be thought over by parents and teachers of physical education because it is mainly them who make sport and physical education attractive for children, who raise their interest in it and make pupils be more active. Children must be shown that sport is not just drill and a strenuous activity but also fun, which contributes to our health.

Key words:

Physical activity, leisure time, interest, period of middle school age.