

Bachelor thesis has to inform about changes in level of selected motor skills and abilities during six weeks mesocycle, which is contained of the experimental elements of the initiative and performance improvements, depending on age. At the beginning mesocycle pre-school children were subjected to testing input and output at the end of testing, which consisted of four motor tests carried out in the open. Children were divided into two groups according to age. The first group of 3-5 years and a second group of 5-7 years.