

## **Abstrakt**

The aim of this thesis is to determinate the level of physical abilities among 11 to 15 years old children. The level of physical ability was tested by using a battery of tests called Unifittest (6-60) which was the most suitable for this kind of testing. Testing itself was held at six schools, three of them were in Prague, the rest were outside of Prague.

Testing is aimed to identify a potential change in the level of physical abilities boys and girls with increasing age. I would like to find out if the average results are becoming higher with higher age or if they are becoming lower. This testing also focuses on comparing average results of physical abilities of pupils from Prague and outside of Prague. It also focuses on types and frequency of sports activities which children perform in the framework of recreational and professional sports. I used questionnaire to monitor this.

The results of my work show that the average level of physical ability is better among boys then among girls. In a more detailed exploration I found out that in some disciplines that had been tested the level of physical ability increases with age and in some disciplines is different in different age. The survey also showed that in the total average results pupils of Prague schools achieve better results than pupils of schools outside Prague.

I found out in my questionnaire that children do sports on both basis - recreationally and professionally. Most children state that they devote three hours a week to recreational sports and two hours a week to professional sports. I also found out that Prague boys play football as a recreational activity and also professional activity most often and Prague girls do dancing most often. Boys from outside Prague also play football most often in both cases and girls ride bikes recreationally and dance professionally.