

ABSTRACT:

The deal of these thesis is to determinate the level of physical abilities of elementary school children, specifically children aged 6 to 11 years. Testing was conducted at two schools - Elementary School Kladská 1 in Prague and Elementary School Bedřicha Hrozného in Lysá nad Labem. Furthermore, I focused on the results differences between the Prague school and the school outside Prague and the differences between the results of physically active and physically inactive pupils.

For testing purposes, I used the test battery UNIFITTEST. Used were the following tests: long jump with take-off from the place, sit-ups / 60 seconds and endurance shuttle run. Obtained results were put in the norms identified in 1993 by Měkota and Kovář.

KEYWORDS:

physical abilities, primary school age pupil , UNIFITTEST (6-60), motor tests