

Abstract

Title

Evaluation of walking, running and overarm throwing of preschool children.

Work objectives

The thesis aim is to identify and assess the level of selected movement skills of walking, running and overarm throwing in preschool children from three to six years. Movement level will be determined using the manuals and methodologies written by Haywood. During the measurement, we will focus on gender differences in movement levels and movement differences between various age categories, thus between 3 - 4 and 5 - 6 years old children from the analyzed sample. The sub-objective is to determine whether manuals and methodologies, written by the mentioned author above, can be applied to preschool children in the Czech conditions.

Methodology

Physical level of preschool children was assessed qualitatively. Qualitative assessment of the walking, running and overarm throwing level was executed by observation. For a record of our observation, we used a digital camera, which enables more precise movement analysis by slow motion mode. The statically placed camera recorded movements from sides, front and back.

Results

31 children including 18 boys and 13 girls were evaluated in overall. We have noticed that children acquire the walking best, because all 31 children reached the mature form of walking. Furthermore, we found that boys achieved higher running level than girls, because boys have better movements of arms and legs while running. Another finding is the fact that children achieve relatively low level of throwing, especially older children aged 5 - 6 years. Specific movements dominate in walking and running in case of children aged 3 - 4 years than children aged 5 - 6 years. Children are capable to eliminate these specific "unnecessary" movements with age. We can assume that the manuals and methodologies written by Haywood are applicable to identification and assessment of preschool children's walking, running and overarm throwing skills in the Czech conditions.

Key words

Motor development, walking, running, throwing, preschool age.