

## Abstract

**Title:** Attitude toward Physical Activity in Children of Age 8-10 Years

**Objectives:** Main goal of the paper is to examine and then compare attitudes towards physical activities for school children of age 8 – 10 years using a questionnaire CATPA Grade/Year 3 in 2014/2015. The survey was done in small towns Žamberk and Letohrad. I have also compared observed results to other surveys made during previous years.

**Methods:** The survey of attitude toward physical activity was done in grade 3 and 4 of elementary schools in Žamberk and Letohrad in June 2015. I have used a data questionnaire known as CATPA Grade/Year 3. The research was done in cooperation with master teachers according to provided guidelines. I have obtained opinions from 176 pupils (104 boys and 72 girls).

**Results:** I compared six attitudes of boys and girls and I have found differences especially in X5 – aesthetic dimension (higher value in set of girls) and X3 – danger dimension (higher value in set of boys). Furthermore, I observed differences between sport-living town and a town without sport enthusiasm.

**Keywords:** attitude, physical activity, children, age 8 – 10 years, CATPA Grade/Year 3, Letohrad, Žamberk, elementary school