

# **ABSTRACT**

## **Title:**

The attitude of the elementary school pupils in Benešov to PE and sport activities

## **Aim of the thesis:**

The main aim of this Bachelor's thesis is, firstly, to determine through a questionnaire the attitudes of pupils from primary schools in Benešov to physical education and sporting activity and later, based on the results obtained, make comparisons and propose certain changes with the intention of increasing the pupils' interest in sport.

## **Methodology:**

All the data was obtained through a non-standard questionnaire, which was prepared for the purpose of this thesis. It predominantly contained closed and semi-closed questions. Only one question was open. The questionnaire was intended for pupils in the second grade of primary school. In addition, an oral interview, supplementing the written questionnaire, was undertaken. The data obtained were represented graphically and evaluated in writing.

## **Results:**

The results from individual schools were mutually compared. From them it was determined that the attitudes to physical education and sporting activity are more or less the same for pupils from all three schools. The results from the research were additionally compared to formulated prerequisites, through which the important influence of parents on the participation in sport of their offspring and the lack of awareness of children about the importance of movement for a healthy person were confirmed.

## **Keywords:**

attitudes, physical education, middle school age, motivation, sport