

The diploma work refers to children with mental retardation, particularly is targeted to possible fulfillment of their leisure time with sport.

In the first part of the work basic terms concerning the topic are defined. It depicts the specifics in development of children with mental retardation focusing on their motoric progress and development in motion competences. Exercising is introduced as an advantageous leisure time activity for children with mental retardation.

In the second part some organized physical activities and sport games suitable for children with mental retardation in their leisure time are suggested. Proposed units target overall motoric progress and development in motion competences essential for mastering given sport games.