

## **ABSTRACT**

**Title:** Verification of children's physical fitness in the project Děti na startu.

**Objectives:** The main aim of the work is to evaluate the fitness of the children of the selected schools and verify the influence of the movement program of the project Děti na startu.

**Methods:** The research was based on testing children's physical fitness using selected standardized Unifittests. Testing took place on two dates, in September and December. In the period between the two measurements, the movement program of the mentioned project was applied. The measured data were processed using basic statistical methods in the Microsoft Excel program. The theoretical part was prepared by literary research from book and internet sources related to the given topic.

**Results:** By testing children's fitness using the Unifittest, it was found that after a 3-month application of the intervention movement program Děti na startu, the majority of test probands improved the results of selected tests. The regular inclusion of versatile exercise programs thus shows a positive effect on the development of movement skills important for the overall and all-round development of pre-school children and children of younger school age.

## **KEYWORDS**

physical activity, pre-school age, younger school age, movement testing