

ABSTRACT

Title: Assessment of motor abilities of gymnasts and girls from school PE through Eurofit tests.

Aims: The aim of the work was to assess the level of motor skills in girls of younger school age who were tested using selected Eurofit tests. The theoretical part of the work deals with motor skills, the characteristics of gymnastics, the content of school TV and describes the concept of versatility. The research part focuses on comparing the level of motor skills in the tested girls. The results are presented graphically and in tables.

Methods of work: The bachelor's thesis was processed as a quantitative research. 16 girls of younger school age were tested. The girls were tested with selected motor tests from the Eurofit test battery. Basic statistical analysis was used to process the collected data.

Results: It is clear from the results that girls engaged in sports gymnastics and in whose training elements of versatility are included have a better level of motor skills than girls who encountered gymnastics only through physical education.

Key words: motor skills, versatility, sports gymnastics, younger school age, physical education, testing, test battery