

Title: The confrontation of motor performance of elementary and special schools pupils

The targets: The main purpose of this work was to find out the level of basic motor performance of special schools pupils in chosen tests of fitness abilities (Unifittest 6–60). The gained data was compared with the results of pupils of common elementary schools.

The method: The test battery UNIFITTEST (6–60), (Měkota, et al., 2002) was used to set the level of motor performance of elementary and special schools pupils at the age from 13 to 15. The test battery contained the tests as follows: „Standing broad jump“, „Repeated sit-ups“, „12-minute run“, „4 x 10 m shuttle run“.

The results: In term of averages of feats in individual's tests was demonstrated lower motor performance by the pupils of special schools. In light value of Cohen index d (the value larger than 0, 5) however lower motor performance was demonstrated only by the girls of special schools against girls from elementary school, namely of all tests. By the boys was demonstrated solely in test „12-minute run“. Implied trust larger differences among the boys and girls weren't demonstrated in results of motor tests by the pupil's of elementary schools.

Keywords: mild mental retardation, special school, motor performance, UNIFITTEST (6–60), fitness abilities