

ABSTRACT

This bachelor's thesis examines the level of coordination abilities of pupils in the 5th, 7th and 9th grades of elementary school, i.e. in developmentally very diverse periods. The theoretical part focuses on the definition of coordination abilities and their division, further compares the period of prepubescence and puberty and presents test batteries that check coordination. The research was carried out using the Iowa-Brace test, which was used to verify the level of general coordination abilities of pupils.

The methodological part describes the course of the testing (including a description of the preparation) that took place in two elementary schools in Prague in a total of nine classes.

The measured data confirmed a statistically significant increase in coordination skills between 5th and 7th grade students, while between 7th and 9th grade their increase was less than 5%. These findings are in agreement with the theory of Prof. Karel Měkota, CSc. (Měkota and Novosad, 2005).

Furthermore, girls showed better coordination skills than boys in all grades. Pupils engaged in individual sports also achieved higher results compared to pupils engaged in team sports.

KEYWORDS

Coordination, Iowa - Brace test, balance training, development, older school age