

ABSTRACT

The thesis deals with the performance dependence between sprinting and long jump among children in primary school. The aim of this work is to evaluate and describe the relationship between the selected disciplines, which emerged from the practical part of this work.

The theoretical part is dedicated to performance and technique in selected athletic disciplines taking the specifics of children into consideration. It further analyses and compares the previously discovered performance dependencies described on a different sample of students or athletes.

The research part focuses on the performance dependence between the mentioned athletic disciplines. The practical part includes performance measurements of a specific sample of students, consisting of a total of 149 students from 2nd and 5th grades at Dobiášova Elementary School in Liberec. The performance dependence between sprinting and long jump is evaluated and described overall and separately among girls and boys of both grades. For all measured student groups, correlation coefficients resulted negative and were ranged from 0.45 to 0.75, indicating a significant to high inverse dependence (meaning one variable increases while the other decreases). In relation to the performance dependence between sprinting and long jump, this means that with faster sprinting times, students achieved longer distances in the long jump. The research part also includes a discussion and conclusion, with recommendations for practice as part of it.

KEYWORDS

younger school age, primary school, athletics, long jump, 50 m sprint, technique, performance, analysis, performance dependence