

## **ABSTRACT**

The diploma thesis focuses on the pupils of the first grade, namely 4th and 5th grades, of the primary school in Prague – Slivenec and their motivation for physical activities in their free time. The aim of this thesis is to find out what factors influence and motivate the respondents in their choice of leisure-time physical activities and to what extent this decision can be influenced by physical education teaching.

The theoretical part focuses on basic concepts such as motivation, younger school age, physical activity or leisure time.

The research part focuses on the factors that influence or motivate respondents in their choice of leisure activities. It contains the results of a questionnaire survey completed by fourth and fifth grade students at the Prague-Slivenec Primary School. The research also examines the quality of physical education teaching and whether teachers or the physical education class itself motivate respondents to engage in physical activities in their free time. Furthermore, the results are elaborated, revealing that physical education and teachers play almost no role in the choice of leisure activities and their performance. Respondents are most motivated to perform physical activity by fun and enjoyment of movement. Finally, there are recommendations for practice and a conclusion.

## **KEYWORDS**

motivation, leisure, pupil, physical activity, younger school