

ABSTRACT

The level of flexibility is important for the development of children in early school age, contributing to proper posture and preventing injuries during sports. The aim of this bachelor's thesis is to compare the flexibility of children in early school age at a rural primary school and an urban primary school. Two primary schools were selected for testing: the larger Jan Werich Primary School in a city with a population of 22,500, and the smaller Sojovice Primary School in a village with 567 inhabitants. Thirty children aged 6–10 years were selected from each school, including 15 girls and 15 boys from the first grade. The average age of the tested children is 7.9 ± 1.3 years, with an average body weight of 31.9 ± 8.6 kg and a height of 137.2 ± 10 cm. The flexibility tests used included the sit and reach test, shoulder flexibility test, stick twist test, lower limb flexibility test using a squat, and wide legged sit with elbows on the ground test. Scores for the measured values were assigned according to a scale of 1 – best to 5 – worst. The measured values indicate that children from the city school have a better level of flexibility, as their overall score was 24.57 % lower on average compared to the primary school in the village. At the same time, girls from both schools achieved overall flexibility scores that were 24.57 % lower compared to boys.

KEYWORDS

Flexibility; motor tests; stretching exercises; physical education; individual approach