

ABSTRACT

This bachelor's thesis examines the level of coordination skills 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 coordinative abilities and their division, in addition it 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 coordinative 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 for a total of nine classes.

The measured data confirmed an increase in coordination between the 5th and 7th grade pupils, as well as between the 7th and 9th grade. These findings are in agreement with the theory of prof. Karel Měkota, CSc. (Měkota and Novosad, 2005).

Furthermore, better coordination were demonstrated in girls than in boys, in all grades. Pupils engaged in individual sports also achieved higher results compared to pupils engaged in team sports. Pupils who do sports 2x or more per week did significantly better than pupils who do sports less often.