

*Roman Vala, Marie Valová,
Martina Litschmannová,
Hana Klimtová*
Czech Republic

Sprinting Abilities of Year Six Students Undergoing Additional Physical Education Classes

*Life may be likened to fire... when there is no breeze, or when the flames are not fanned,
a fire soon goes out; likewise, children need movement and exercise every day ...*

J. Á. Komenský (Informatorium školy mateřské)

Abstract

This report sums up the results of our research, carried out in the years 2000–2009, into the sprinting abilities of year six male students (i.e., 11–12 year olds) participating in additional physical education classes. All the students attended the same secondary school. The school in question has a long-standing tradition in providing not only general education but also in enhancing athletic performance. Every year, some children are selected for a class specializing in athletics. The main objective of the selection process is to choose children with some talent for sports. The motor skill test results are an important source of information which can be further used in structuring the process of physical education and sports training. Moreover, such tests can be widely used in physical education research, in physical training practice and as a means of selecting students gifted at sports.

Key words: *School Educational Program, athletics, talented youth, sprinting ability.*

Introduction

Physical education at schools is one of the most widespread forms of organized sporting activity. It is no exaggeration to say that for many people, physical education at school is their first encounter with intentional physical activity.