

THE INFLUENCE OF MOTOR ABILITIES ON RESULTS OF SPORT GAMES POLYGON AT PHYSICAL EDUCATION CLASSES

Abstract

The aim was to determine the influence of motor abilities on results of sport games polygon performing, which consisted of basketball and football technical elements. 30 male fourth grade students of chronological age 10 years \pm 6 months, involved in regular physical education classes participated in testing for this research. 10 motor tests were measured: Speed - 20 meters low start running, hand circling, foot circling, foot tapping and hand tapping; Coordination - figure "8" with bending, envelope test, side steps, jumping over the rope, coordination with the bat. Sport games polygon has been made of basketball and football technical elements, which were related to ball manipulation and situational-motor precision. Regression analysis was used in data processing, which showed a statistically significant influence of both motor dimensions (speed and coordination) that were tested in this study, on results of the sport games polygon. At the individual level, except for foot tapping, all speed tests showed a statistically significant influence on results of sport games polygon. In the case of coordination, only coordination with the bat had not statistically significant influence on results of sport games polygon.

Key words: *sport games polygon, motor abilities, physical education classes*
