

Abstract

The theme of the thesis is the view of the day-to-day life in terms of healthy lifestyle in the family and in the school, specifically focusing younger school age pupils. The theoretical part of this work deals with the description of the basic terms, it also deals with the development stage of the pupil of the younger school age and what role plays the school and the family in his healthy lifestyle. The aim of the empirical part is to analyse the pupil's daily life in terms of healthy lifestyle. Using research questions, it has been identified which problems the pupil faces during the day in terms of eating, leisure and in psychohygienic areas. Based on these findings, recommendations have been proposed to improve this status.