

SUMMARY

The aim of this paper was to ascertain the opinions, interests and attitudes of primary school teachers toward physical activities and at the same time to ascertain the proportion of physical activities in their lifestyle. The survey was carried out in selected towns of Stredocesky kraj. Partial objective was to describe and analyse the task and the role of sport, physical education and other physical activities in the life of a teacher, his/her diet, and daily regime. It includes the causes related to eventual obesity of teachers and the frequency of concrete participation in sport and other physical activities in the lifestyle of teachers. Respondents – teachers of primary schools in the north-eastern part of Stredocesky region filled in 450 questionnaires in towns of Nymburk, Kolin, Podebrady, Mlada Boleslav, Melnik, Sadská and Cesky Brod. Results confirmed essentially the work hypothesis of expected differences in the scope of individual items of questionnaire.