

Abstrackt

- Title:** Physical aptitude of primary school students and their daily habits.
- Objectives:** The aim of the work is to determine the relationship between the level of physical fitness of students in the first and second stages of a regular elementary school and their daily habits.
- Methods:** Two methods were used to determine the results. A modified Unifittest 6-60 to assess the physical fitness of elementary school students and a questionnaire that included questions about their daily habits.
- Results:** The results showed a relationship between the daily routine of students and their physical fitness.
- Keywords:** primary school pupils, aptitude of pupils, pupils daily habits, UNIFITtest, nutrition, sleep time