The thesis is focused on health education and area of sex education in elementary schools. Work gives a picture of the current state of teaching of health education and determines the extent to which schools meet the requirements of health promotion. The theoretical part describes the historical development of health education curriculum in primary schools since the early twentieth century to the present. It deals with areas of sex education, its purpose, subject and content. The practical part deals with the integration of Health Education in schools, through the analysis of educational programs and survey.