

## ABSTRACT

### Title:

The School Educational Programme „ Education for Healthy lifestyle “ for SOŠ a SOU of technical branches in Česká Třebová.

### Objectives:

Diploma project brings new information about Czech schools and the new school reform. It is connected with the School Educational Programmes and with introducing a new way of education for a healthy way of life. The goal of the project was to make the School Educational Programme for „ Education for Healthy lifestyle“ in optimal conditions as well as to find out results and recommendations in particular examples during practical education in one particular school. Another goal was to analyse the relation between students and Practical Exercise, how they like exercise and what they think about sport activities during lessons. The last part was a questionnaire for students.

### Methods:

In the research there was used a questionnaire, in which there were fourteen questions divided among three topics. The research was made in SOŠ a SOU of tech. branches in Česká Třebová during March 2011. The questionnaire was filled by 313 students.

### Results:

The main of the thesis was to find out the attitude towards the subject of PE (Physical Exercise) and towards the sport activities in general, to evaluate the composition of the programme of PE and the reality of the school, then to compare and prove the difference in opinions between the type of the secondary school (secondary special school, vocational school) and between under-age and full age students. These results did not mostly confirm our hypothesis.

### Key words:

General Educational Programm, School Educational Programme, key jurisdiction, education for healthy lifestyle, Physical Exercise, sports, activities connected with sports, opinions and interests.