

ABSTRACT

The diploma thesis deals with attitudes of 2nd grade primary school pupils to a healthy lifestyle. Trying to answer the question Which of the factors offered are the most interesting for this target group and therefore the most motivating? Work and unveiling personal and social lives and their views on human health today. The research tool is a questionnaire on two different and independent schools. It goes through a deeper probe in to the viewer level and at the same time reveals their everyday leisure habits. At the end of the thesis, an alternative offer of educational activities is proposed, which can complement the upcoming offer that is currently being implemented in schools.

KEYWORDS

Healthy, life style, family, movement habits, school environment, media pressure, free time activities