

## **ABSTRACT**

### **Title**

Detection of the situation in health physical training at elementary schools in Vysočina Region.

### **Object**

The main object of this work is detection, if the health physical training is taught at elementary schools.

### **Method**

The method of this work is the case study. For this study some elementary schools in Vysočina were chosen. I was finding if the health physical training was taught by the answer sheets. I sent answer sheets round by email, post and because of low number of returned answer sheets I had to contact the schools by phone or personally.

### **Results**

Due to returned answer sheets I can confirm, that the health physical training is nearly not taught. The reason is absence of finance, difficulties in schedules and the children's and parents' lack of interest.

### **Key words**

Health physical education, debilitation, muscular disbalance, defective carriage of body, spine moveability.