

## **ABSTRACT**

This study thesis deals with the realization of the educational subject of Health education at chosen elementary school. The aim is to determine attitudes of pupils at chosen elementary school to the educational subject Health Education and to find out how the health education was reflected in a life of pupils at the chosen elementary school and how it influenced their views and attitudes to a healthy lifestyle.

The theoretical part deals with the definition of basic concepts, such as health, healthy lifestyles, health literacy. It describes in details within the RVP educational field Man and health.

The practical part looks into the attitudes of students at chosen elementary school to the educational subject Health Education and their opinions and attitudes to a healthy lifestyle. Two questionnaires that are intended for children at elementary school will be made in this part. They are primarily oriented on the attitudes to the educational subject Health Education and attitudes to a healthy lifestyle.

Recommendations for pedagogical practice at elementary school on the basis of results of the research, analysis of the school educational program in the field of Human and Health and theoretical knowledges are included to the work.

## **KEYWORDS**

Health education, health literacy, healthy lifestyles, physical activities, school