|  |  |  |
| --- | --- | --- |
| **Viem, že sa na našej škole realizuje projekt Buď fit !, ktorý Graf** |  |  |
| **je súčasťou programu Erasmus** | **B** |  |
|  |  |



**A**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **áno** | **222** | **94.1%** |  |
|  |  |  |  |  |  |
|  | **B** | **nie** | **14** | **5.9%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **236** | **100%** |  |
|  |  |  |  |  |  |

**Vyber, čo je súčasťou zdravého životného štýlu:**

**Graf**



**L**

**A**

**J**

**I** **C**

* **E**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **šport** | **203** | **22.6%** |  |
|  |  |  |  |  |  |
|  | **B** | **hranie sa na PC** | **1** | **0.1%** |  |
|  |  |  |  |  |  |
|  | **C** | **zdravá výživa** | **161** | **17.9%** |  |
|  |  |  |  |  |  |
|  | **D** | **sladkosti** | **0** | **0%** |  |
|  |  |  |  |  |  |
|  | **E** | **dobré vzťahy** | **86** | **9.6%** |  |
|  |  |  |  |  |  |
|  | **F** | **sladké nápoje** | **1** | **0.1%** |  |
|  |  |  |  |  |  |
|  | **G** | **pitie vody, slabého čaju alebo džúsu** | **101** | **11.2%** |  |
|  |  |  |  |  |  |
|  | **H** | **pitie kávy** | **2** | **0.2%** |  |
|  |  |  |  |  |  |
|  | **I** | **prechádzky** | **125** | **13.9%** |  |
|  |  |  |  |  |  |
|  | **J** | **venovanie sa koníčkom** | **77** | **8.6%** |  |
|  |  |  |  |  |  |
|  | **K** | **sledovanie TV** | **5** | **0.6%** |  |
|  |  |  |  |  |  |
|  | **L** | **spánok** | **136** | **15.1%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **898** | **100%** |  |
|  |  |  |  |  |  |

**Pohybovým aktivitám sa pravidelne venujem:**

**Graf**



**A**

**B**

**D**

**C**

|  |  |  |
| --- | --- | --- |
| **A Len na hodinách TSV** | **59** | **25%** |
|  |  |  |
| **B Menej než raz za mesiac** | **12** | **5.1%** |
|  |  |  |  |
| **C** | **Raz za 14 dní** | **22** | **9.3%** |
|  |  |  |  |
| **D** | **Raz týždenne** | **143** | **60.6%** |
|  |  |  |  |
|  | **Spolu** | **236** | **100%** |



**Považujem pohybové aktivity za dôležitú súčasť môjho životného štýlu: Viac bodov = dôležitejšie miesto v tvojom živote majú pohybové aktivity.**

**Graf**



**A**

**B**

**C**

**E**

**D**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **1** | **10** | **4.2%** |  |
|  |  |  |  |  |  |
|  | **B** | **2** | **20** | **8.5%** |  |
|  |  |  |  |  |  |
|  | **C** | **3** | **40** | **16.9%** |  |
|  |  |  |  |  |  |
|  | **D** | **4** | **49** | **20.8%** |  |
|  |  |  |  |  |  |
|  | **E** | **5** | **117** | **49.6%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **236** | **100%** |  |
|  |  |  |  |  |  |

**Chcel/a by som sa v budúcom školskom roku viac venovať pohybovým aktivitám.**

**Graf**



**A**

**B**

**C**

|  |  |  |
| --- | --- | --- |
| **A Nie, pretože sa pohybu venujem už dnes viac ako raz** | **13** | **5.5%** |
| **týždenne.** |  |  |
|  |  |  |
| **B Nie, pretože sa pohybu venujem raz týždenne a** | **26** | **11%** |
| **považujem to za dostačujúce.** |  |  |
|  |  |  |
| **C Áno** | **197** | **83.5%** |
|  |  |  |
| **Spolu** | **236** | **100%** |



**Účasť našej školy na projekte Buď fit! považujem za:**

**Graf**



**B**

**A**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **Užitočnú** | **202** | **85.6%** |  |
|  |  |  |  |  |  |
|  | **B** | **Neviem** | **34** | **14.4%** |  |
|  |  |  |  |  |  |
|  | **C** | **Zbytočnú** | **0** | **0%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **236** | **100%** |  |
|  |  |  |  |  |  |