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

**Graf**



**B**

**A**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **áno** | **289** | **89.8%** |  |
|  |  |  |  |  |  |
|  | **B** | **nie** | **33** | **10.2%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **322** | **100%** |  |
|  |  |  |  |  |  |

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

**Graf**



* **A**

**J**

**C**

**I**

**E**

**G**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **šport** | **260** | **17%** |  |
|  |  |  |  |  |  |
|  | **B** | **hranie sa na PC** | **21** | **1.4%** |  |
|  |  |  |  |  |  |
|  | **C** | **zdravá výživa** | **254** | **16.6%** |  |
|  |  |  |  |  |  |
|  | **D** | **sladkosti** | **14** | **0.9%** |  |
|  |  |  |  |  |  |
|  | **E** | **dobré vzťahy** | **150** | **9.8%** |  |
|  |  |  |  |  |  |
|  | **F** | **sladké nápoje** | **12** | **0.8%** |  |
|  |  |  |  |  |  |
|  | **G** | **pitie vody, slabého čaju alebo dzúsu** | **175** | **11.4%** |  |
|  |  |  |  |  |  |
|  | **H** | **pitie kávy** | **21** | **1.4%** |  |
|  |  |  |  |  |  |
|  | **I** | **prechádzky** | **215** | **14%** |  |
|  |  |  |  |  |  |
|  | **J** | **venovanie sa koníčkom** | **181** | **11.8%** |  |
|  |  |  |  |  |  |
|  | **K** | **sledovanie TV** | **15** | **1%** |  |
|  |  |  |  |  |  |
|  | **L** | **spánok** | **215** | **14%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **1533** | **100%** |  |
|  |  |  |  |  |  |

**Pohybovým aktivitám sa pravidelne venujem:**

**Graf**



**A**

**D** **B**

**C**

|  |  |  |
| --- | --- | --- |
| **A Len na hodinách TSV** | **81** | **25.2%** |
|  |  |  |
| **B Menej než raz za mesiac** | **25** | **7.8%** |
|  |  |  |  |
| **C** | **Raz za 14 dní** | **23** | **7.1%** |
|  |  |  |  |
| **D** | **Raz týždenne** | **193** | **59.9%** |
|  |  |  |  |
|  | **Spolu** | **322** | **100%** |



|  |  |  |
| --- | --- | --- |
| **Považujem pohybové aktivity za dôležitú súčasť môjho** | **Graf** |  |
| **životného štýlu: Viac bodov = dôležitejšie miesto v tvojom** | **A** |  |
| **živote majú pohybové aktivity.** |  |
| **B** |  |
|  | **E** |  |



**C**

**D**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **1** | **19** | **5.9%** |  |
|  |  |  |  |  |  |
|  | **B** | **2** | **31** | **9.6%** |  |
|  |  |  |  |  |  |
|  | **C** | **3** | **82** | **25.5%** |  |
|  |  |  |  |  |  |
|  | **D** | **4** | **70** | **21.7%** |  |
|  |  |  |  |  |  |
|  | **E** | **5** | **120** | **37.3%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **322** | **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** | **68** | **21.1%** |
| **týždenne.** |  |  |
|  |  |  |
| **B Nie, pretože sa pohybu venujem raz týždenne a** | **46** | **14.3%** |
| **považujem to za dostačujúce.** |  |  |
|  |  |  |
| **C Áno** | **208** | **64.6%** |
|  |  |  |
| **Spolu** | **322** | **100%** |



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

**Graf**



**C**

**B**

**A**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A** | **Užitočnú** | **240** | **74.5%** |  |
|  |  |  |  |  |  |
|  | **B** | **Neviem** | **55** | **17.1%** |  |
|  |  |  |  |  |  |
|  | **C** | **Zbytočnú** | **27** | **8.4%** |  |
|  |  |  |  |  |  |
|  |  | **Spolu** | **322** | **100%** |  |
|  |  |  |  |  |  |