

## **ABSTRACT**

The aim of this study was to determine and then compare the level of physical activity, physical fitness and obesity among primary school pupils in the Czech Republic and other selected European countries. The theoretical part of the thesis provides a comprehensive framework for understanding the concept of physical activity and physical fitness. It also discusses the characteristics, causes and consequences of obesity and the interrelationship between these three areas. The research part of the thesis is based on a quantitative survey in which available data on physical activity levels, physical fitness levels and the prevalence of obesity in primary school pupils in the Czech Republic and other selected European countries were collected, analysed and compared. The results of the survey showed that the results of the Czech Republic compared to the selected countries are different, disjointed, some of them contradictory. The data of some countries are not presented in the compared research, come from a different period or are collected on different age groups. For this reason, comprehensive research at a transnational level would be needed.

**Keywords:** fitness, school age, comparison, exercise, children