**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Этап начальной подготовки 1 года обучения - 6 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** |
| **276** | **27** | | | | | **27** | | | | | **27** | | | | | **27** | | | | | **27** | | | | | **24** | | | | | | | **27** | | | | **24** | | | | | | **27** | | | | | | **27** | | | | | **12** | | |
| **Теоретическая**  **подготовка** | **27** | **3** | | | | | **3** | | | | | **3** | | | | | **2** | | | | | **3** | | | | | **3** | | | | | | | **2** | | | | **3** | | | | | | **2** | | | | | | **2** | | | | | **1** | | |
| **ОФП** | **122** | **12** | | | | | **12** | | | | | **12** | | | | | **12** | | | | | **12** | | | | | **12** | | | | | | | **12** | | | | **12** | | | | | | **12** | | | | | | **12** | | | | | **2** | | |
| -*Задания силовой направленности* | *17* | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *2* | | | | |  | | |
| *-задания на развитие быстроты* | *18* | *2* | | | | | *1* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- задания на выносливость* | *20* | *2* | | | | | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *16* | *2* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *20* | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *1* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- игры и игровые задания* | *16* | *2* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| *-кроссовая подготовка* | *15* | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| **Другие виды спорта** | **23** | **1** | | | | | **3** | | | | | **2** | | | | | **4** | | | | | **2** | | | | | **2** | | | | | | | **2** | | | | **2** | | | | | | **2** | | | | | | **1** | | | | | **1** | | |
| **Основы легкой атлетики** | **104** | **11** | | | | | **9** | | | | | **10** | | | | | **9** | | | | | **10** | | | | | **7** | | | | | | | **11** | | | | **7** | | | | | | **11** | | | | | | **11** | | | | | **8** | | |
| *Освоение техники л/а упр* | 87 | 10 | | | | | 9 | | | | | 6 | | | | | 9 | | | | | 8 | | | | | 6 | | | | | | | 11 | | | | 5 | | | | | | 7 | | | | | | 9 | | | | | 7 | | |
| *Контр. испытания и соревнования* | 17 | 1 | | | | |  | | | | | 4 | | | | |  | | | | | 2 | | | | | 1 | | | | | | |  | | | | 2 | | | | | | 4 | | | | | | 2 | | | | | **1** | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Этап начальной подготовки 2 года обучения - 8 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** |
| **368** | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **32** | | | | | | | **36** | | | | **36** | | | | | | **32** | | | | | | **32** | | | | | **16** | | |
| **Теоретическая**  **подготовка** | **37** | **4** | | | | | **4** | | | | | **3** | | | | | **3** | | | | | **4** | | | | | **4** | | | | | | | **3** | | | | **3** | | | | | | **4** | | | | | | **3** | | | | | **2** | | |
| **ОФП** | **192** | **18** | | | | | 18 | | | | | 18 | | | | | 18 | | | | | 18 | | | | | 18 | | | | | | | 18 | | | | 18 | | | | | | 18 | | | | | | 18 | | | | | **12** | | |
| -*Задания силовой направленности* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *-задания на развитие быстроты* | *22* | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- задания на выносливость* | *37* | *4* | | | | | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *- задания на координацию и гибк.* | *41* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *23* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| *- игры и игровые задания* | *24* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *4* | | |
| *-кроссовая подготовка* | *23* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| **Другие виды спорта** | **13** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | | **2** | | | | | **1** | | |
| **Основы легкой атлетики** | **126** | **13** | | | | | **13** | | | | | **14** | | | | | **14** | | | | | **13** | | | | | **9** | | | | | | | **13** | | | | **14** | | | | | | **9** | | | | | | **9** | | | | | **1** | | |
| *Освоение техники л/а упр* | *109* | *11* | | | | | *13* | | | | | *10* | | | | | *14* | | | | | *11* | | | | | *8* | | | | | | | *13* | | | | *12* | | | | | | *5* | | | | | | *7* | | | | | *1* | | |
| *Контр. испытания и соревнования* | *17* | *2* | | | | |  | | | | | *4* | | | | |  | | | | | *2* | | | | | *1* | | | | | | |  | | | | *2* | | | | | | *4* | | | | | | *2* | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Этап начальной подготовки 3 года обучения - 8 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** |
| **368** | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **32** | | | | | | | **36** | | | | **36** | | | | | | **32** | | | | | | **32** | | | | | **16** | | |
| **Теоретическая**  **подготовка** | **37** | **4** | | | | | **4** | | | | | **3** | | | | | **3** | | | | | **4** | | | | | **4** | | | | | | | **3** | | | | **3** | | | | | | **4** | | | | | | **3** | | | | | **2** | | |
| **ОФП** | **192** | **18** | | | | | 18 | | | | | 18 | | | | | 18 | | | | | 18 | | | | | 18 | | | | | | | 18 | | | | 18 | | | | | | 18 | | | | | | 18 | | | | | **12** | | |
| -*Задания силовой направленности* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *-задания на развитие быстроты* | *22* | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- задания на выносливость* | *37* | *4* | | | | | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *- задания на координацию и гибк.* | *41* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *23* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| *- игры и игровые задания* | *24* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *4* | | |
| *-кроссовая подготовка* | *23* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| **Другие виды спорта** | **13** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | | **2** | | | | | **1** | | |
| **Основы легкой атлетики** | **126** | **13** | | | | | **13** | | | | | **14** | | | | | **14** | | | | | **13** | | | | | **9** | | | | | | | **13** | | | | **14** | | | | | | **9** | | | | | | **9** | | | | | **1** | | |
| *Освоение техники л/а упр* | *109* | *11* | | | | | *13* | | | | | *10* | | | | | *14* | | | | | *11* | | | | | *8* | | | | | | | *13* | | | | *12* | | | | | | *5* | | | | | | *7* | | | | | *1* | | |
| *Контр. испытания и соревнования* | *17* | *2* | | | | |  | | | | | *4* | | | | |  | | | | | *2* | | | | | *1* | | | | | | |  | | | | *2* | | | | | | *4* | | | | | | *2* | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Тренировочный этап подготовки 1 года обучения - 12 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** |
| **552** | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **48** | | | | | | | **54** | | | | **54** | | | | | | **48** | | | | | | **54** | | | | | **24** | | |
| **Теоретическая**  **подготовка** | **55** | **6** | | | | | **6** | | | | | **6** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **4** | | | | **4** | | | | | | **5** | | | | | | **5** | | | | | **4** | | |
| **ОФП** | **248** | **36** | | | | | **30** | | | | | **30** | | | | | **26** | | | | | **24** | | | | | **20** | | | | | | | **26** | | | | **20** | | | | | | **20** | | | | | | **10** | | | | | **6** | | |
| -*Задания силовой направленности* | *34* | *4* | | | | | *4* | | | | | *4* | | | | | *6* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *2* | | | | | | *3* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *41* | *4* | | | | | *4* | | | | | *4* | | | | | *6* | | | | | *4* | | | | | *4* | | | | | | | *3* | | | | *4* | | | | | | *4* | | | | | | *2* | | | | | *2* | | |
| *- задания на выносливость* | *28* | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *3* | | | | | | *3* | | | | | | *1* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *21* | *4* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *25* | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *- игры и игровые задания* | *45* | *6* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *6* | | | | | *3* | | | | | | | *8* | | | | *3* | | | | | | *4* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *54* | *10* | | | | | *10* | | | | | *8* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *6* | | | | *4* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| **Другие виды спорта** | **23** | **2** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | | | **2** | | | | **2** | | | | | | **2** | | | | | | **2** | | | | | **3** | | |
| **Основы легкой атлетики** | **226** | **10** | | | | | **16** | | | | | **16** | | | | | **21** | | | | | **23** | | | | | **21** | | | | | | | **22** | | | | **28** | | | | | | **21** | | | | | | **37** | | | | | **11** | | |
| *Освоение техники л/а упр* | *209* | *9* | | | | | *16* | | | | | *14* | | | | | *18* | | | | | *21* | | | | | *20* | | | | | | | *22* | | | | *26* | | | | | | *19* | | | | | | *35* | | | | | *11* | | |
| *Контр. испытания и соревнования* | *17* | *1* | | | | |  | | | | | *2* | | | | | *4* | | | | | *2* | | | | | *2* | | | | | | |  | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Тренировочный этап подготовки 2 года обучения - 12 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** |
| **552** | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **48** | | | | | | | **54** | | | | **54** | | | | | | **48** | | | | | | **54** | | | | | **24** | | |
| **Теоретическая**  **подготовка** | **55** | **6** | | | | | **6** | | | | | **6** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **4** | | | | **4** | | | | | | **5** | | | | | | **5** | | | | | **4** | | |
| **ОФП** | **248** | **36** | | | | | **30** | | | | | **30** | | | | | **26** | | | | | **24** | | | | | **20** | | | | | | | **26** | | | | **20** | | | | | | **20** | | | | | | **10** | | | | | **6** | | |
| -*Задания силовой направленности* | *34* | *4* | | | | | *4* | | | | | *4* | | | | | *6* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *2* | | | | | | *3* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *41* | *4* | | | | | *4* | | | | | *4* | | | | | *6* | | | | | *4* | | | | | *4* | | | | | | | *3* | | | | *4* | | | | | | *4* | | | | | | *2* | | | | | *2* | | |
| *- задания на выносливость* | *28* | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *3* | | | | | | *3* | | | | | | *1* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *21* | *4* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *25* | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *- игры и игровые задания* | *45* | *6* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *6* | | | | | *3* | | | | | | | *8* | | | | *3* | | | | | | *4* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *54* | *10* | | | | | *10* | | | | | *8* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *6* | | | | *4* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| **Другие виды спорта** | **23** | **2** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | | | **2** | | | | **2** | | | | | | **2** | | | | | | **2** | | | | | **3** | | |
| **Основы легкой атлетики** | **226** | **10** | | | | | **16** | | | | | **16** | | | | | **21** | | | | | **23** | | | | | **21** | | | | | | | **22** | | | | **28** | | | | | | **21** | | | | | | **37** | | | | | **11** | | |
| *Освоение техники л/а упр* | *209* | *9* | | | | | *16* | | | | | *14* | | | | | *18* | | | | | *21* | | | | | *20* | | | | | | | *22* | | | | *26* | | | | | | *19* | | | | | | *35* | | | | | *11* | | |
| *Контр. испытания и соревнования* | *17* | *1* | | | | |  | | | | | *2* | | | | | *4* | | | | | *2* | | | | | *2* | | | | | | |  | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |

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**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Тренировочный этап подготовки 3 года обучения - 15 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 |
| **690** | **68** | | | | | **68** | | | | | **68** | | | | | **68** | | | | | **66** | | | | | **60** | | | | | | | **68** | | | | **68** | | | | | | **60** | | | | | | **66** | | | | | **30** | | |
| **Теоретическая**  **подготовка** | **69** | **8** | | | | | **8** | | | | | **8** | | | | | **7** | | | | | **6** | | | | | **4** | | | | | | | **5** | | | | **5** | | | | | | **6** | | | | | | **7** | | | | | **5** | | |
| **ОФП** | **330** | **32** | | | | | **32** | | | | | **32** | | | | | **32** | | | | | **32** | | | | | **32** | | | | | | | **32** | | | | **32** | | | | | | **32** | | | | | | **32** | | | | | **10** | | |
| -*Задания силовой направленности* | *59* | *5* | | | | | *5* | | | | | *5* | | | | | *8* | | | | | *7* | | | | | *7* | | | | | | | *5* | | | | *5* | | | | | | *5* | | | | | | *5* | | | | | *2* | | |
| *-задания на развитие быстроты* | *55* | *5* | | | | | *5* | | | | | *5* | | | | | *6* | | | | | *7* | | | | | *7* | | | | | | | *5* | | | | *5* | | | | | | *5* | | | | | | *5* | | | | |  | | |
| *- задания на выносливость* | *44* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *4* | | |
| *- задания на координацию и гибк.* | *30* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *39* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *- игры и игровые задания* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *4* | | |
| *-кроссовая подготовка* | *63* | *7* | | | | | *7* | | | | | *7* | | | | | *4* | | | | | *5* | | | | | *5* | | | | | | | *7* | | | | *7* | | | | | | *7* | | | | | | *7* | | | | |  | | |
| **Другие виды спорта** | **41** | **5** | | | | | **4** | | | | | **6** | | | | | **4** | | | | | **4** | | | | | **5** | | | | | | | **4** | | | | **4** | | | | | | **3** | | | | | | **2** | | | | |  | | |
| **Основы легкой атлетики** | **250** | **23** | | | | | **24** | | | | | **22** | | | | | **25** | | | | | **24** | | | | | **19** | | | | | | | **27** | | | | **27** | | | | | | **19** | | | | | | **25** | | | | | **15** | | |
| *Освоение техники л/а упр* |  | *21* | | | | | *24* | | | | | *19* | | | | | *22* | | | | | *22* | | | | | *17* | | | | | | | *27* | | | | *25* | | | | | | *17* | | | | | | *23* | | | | | *15* | | |
| *Контр. испытания и соревнования* | *18* | *2* | | | | |  | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | |  | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |

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**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Тренировочный этап подготовки 4 года обучения - 15 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 |
| **690** | **69** | | | | | **69** | | | | | **66** | | | | | **69** | | | | | **66** | | | | | **60** | | | | | | | **69** | | | | **66** | | | | | | **60** | | | | | | **66** | | | | | **30** | | |
| **Теоретическая**  **подготовка** | **69** | **9** | | | | | **9** | | | | | **6** | | | | | **7** | | | | | **6** | | | | | **4** | | | | | | | **5** | | | | **5** | | | | | | **6** | | | | | | **7** | | | | | **5** | | |
| **ОФП** | **330** | **32** | | | | | **32** | | | | | **32** | | | | | **33** | | | | | **32** | | | | | **32** | | | | | | | **33** | | | | **30** | | | | | | **32** | | | | | | **32** | | | | | **10** | | |
| -*Задания силовой направленности* | *59* | *5* | | | | | *5* | | | | | *5* | | | | | *8* | | | | | *7* | | | | | *7* | | | | | | | *5* | | | | *5* | | | | | | *5* | | | | | | *5* | | | | | *2* | | |
| *-задания на развитие быстроты* | *55* | *5* | | | | | *5* | | | | | *5* | | | | | *6* | | | | | *7* | | | | | *7* | | | | | | | *5* | | | | *5* | | | | | | *5* | | | | | | *5* | | | | |  | | |
| *- задания на выносливость* | *44* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *4* | | |
| *- задания на координацию и гибк.* | *30* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *39* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *- игры и игровые задания* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *4* | | |
| *-кроссовая подготовка* | *63* | *7* | | | | | *7* | | | | | *7* | | | | | *4* | | | | | *5* | | | | | *5* | | | | | | | *7* | | | | *7* | | | | | | *7* | | | | | | *7* | | | | |  | | |
| **Другие виды спорта** | **41** | **5** | | | | | **4** | | | | | **6** | | | | | **4** | | | | | **4** | | | | | **5** | | | | | | | **4** | | | | **4** | | | | | | **3** | | | | | | **2** | | | | |  | | |
| **Основы легкой атлетики** | **250** | **23** | | | | | **24** | | | | | **22** | | | | | **25** | | | | | **24** | | | | | **19** | | | | | | | **27** | | | | **27** | | | | | | **19** | | | | | | **25** | | | | | **15** | | |
| *Освоение техники л/а упр* |  | *21* | | | | | *24* | | | | | *19* | | | | | *22* | | | | | *22* | | | | | *17* | | | | | | | *27* | | | | *25* | | | | | | *17* | | | | | | *23* | | | | | *15* | | |
| *Контр. испытания и соревнования* | *18* | *2* | | | | |  | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | |  | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |

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**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе по легкой атлетике**

**на 2017 – 2018 учебный год**

**Тренировочный этап подготовки 5 года обучения - 18 часов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 |
| **828** | **81** | | | | | **81** | | | | | **81** | | | | | **81** | | | | | **78** | | | | | **72** | | | | | | | **81** | | | | **81** | | | | | | **78** | | | | | | **78** | | | | | **36** | | |
| **Теоретическая**  **подготовка** | **83** | **8** | | | | | **8** | | | | | **8** | | | | | **9** | | | | | **7** | | | | | **7** | | | | | | | **8** | | | | **8** | | | | | | **8** | | | | | | **7** | | | | | **5** | | |
| **ОФП** | **350** | **34** | | | | | 34 | | | | | 34 | | | | | 34 | | | | | 34 | | | | | 31 | | | | | | | 37 | | | | 34 | | | | | | 34 | | | | | | 33 | | | | | **11** | | |
| -*Задания силовой направленности* | *64* | *6* | | | | | *6* | | | | | *6* | | | | | *6* | | | | | *6* | | | | | *6* | | | | | | | *7* | | | | *6* | | | | | | *5* | | | | | | *6* | | | | | *4* | | |
| *-задания на развитие быстроты* | *65* | *6* | | | | | *6* | | | | | *6* | | | | | *6* | | | | | *6* | | | | | *6* | | | | | | | *6* | | | | *6* | | | | | | *6* | | | | | | *6* | | | | | *5* | | |
| *- задания на выносливость* | *44* | *5* | | | | | *5* | | | | | *5* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *3* | | | | *5* | | | | | | *5* | | | | | | *4* | | | | |  | | |
| *- задания на координацию и гибк.* | *30* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *4* | | | | *2* | | | | | | *3* | | | | | | *3* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *38* | *4* | | | | | *5* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *5* | | | | *4* | | | | | | *3* | | | | | | *3* | | | | | *1* | | |
| *- игры и игровые задания* | *40* | *6* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *2* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *1* | | |
| *-кроссовая подготовка* | *69* | *4* | | | | | *5* | | | | | *6* | | | | | *8* | | | | | *10* | | | | | *6* | | | | | | | *8* | | | | *7* | | | | | | *8* | | | | | | *7* | | | | |  | | |
| **Другие виды спорта** | **45** | **7** | | | | | **5** | | | | | **5** | | | | | **4** | | | | | **3** | | | | |  | | | | | | | **2** | | | | **5** | | | | | | **2** | | | | | | **4** | | | | | **8** | | |
| **Основы легкой атлетики** | **350** | **32** | | | | | **34** | | | | | **34** | | | | | **34** | | | | | **34** | | | | | **34** | | | | | | | **34** | | | | **34** | | | | | | **34** | | | | | | **34** | | | | | **12** | | |
| *Освоение техники л/а упр* | *332* | *31* | | | | | *34* | | | | | *32* | | | | | *30* | | | | | *31* | | | | | *34* | | | | | | | *34* | | | | *32* | | | | | | *30* | | | | | | *32* | | | | | *12* | | |
| *Контр. испытания и соревнования* | *18* | *1* | | | | |  | | | | | *2* | | | | | *4* | | | | | *3* | | | | |  | | | | | | |  | | | | *2* | | | | | | *4* | | | | | | *2* | | | | |  | | |