**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по легкой атлетике «Быстрее ветра»**

**на 2017 – 2018 учебный год**

**Спортивно-оздоровительный этап до 2-х лет (1ый год)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **6** | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **177** | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **17** | | | | | **7** | | |
| -*Задания силовой направленности* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на выносливость* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *42* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *2* | | |
| *- игры и игровые задания* | *71* | *7* | | | | | *7* | | | | | *7* | | | | | *7* | | | | | *7* | | | | | *7* | | | | | | | *7* | | | | *7* | | | | | | *7* | | | | | | *7* | | | | | *1* | | |
| *-кроссовая подготовка* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| **СФП** | **26** | **1** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | **3** | | | | | **3** | | | | | | | **3** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | | **1** | | |
| *л/а упражнения:* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- бег* | *12,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | *1,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1,5* | | | | | *1* | | |
| *- прыжки в длину* | *10,5* |  | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | *1,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1,5* | | | | |  | | |
| *- метания* | *3* |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | |  | | | | |  | | |
| **Основы легкой атлетики** | **67** | **8** | | | | | **7,5** | | | | | **7,5** | | | | | **7,5** | | | | | **6,5** | | | | | **3,5** | | | | | | | **6,5** | | | | **3,5** | | | | | | **6,5** | | | | | | **6,5** | | | | | **3,5** | | |
| *Контр. испытания и соревнования* | *7* | 1 | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | 1 | | | | | | | 2 | | | |  | | | | | |  | | | | | | 1 | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по легкой атлетике «Быстрее ветра»**

**на 2017 – 2018 учебный год**

**Спортивно-оздоровительный этап до 2-х лет (2-ой год)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **6** | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **177** | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **17** | | | | | **7** | | |
| -*Задания силовой направленности* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на выносливость* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *42* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *2* | | |
| *- игры и игровые задания* | *71* | *7* | | | | | *7* | | | | | *7* | | | | | *7* | | | | | *7* | | | | | *7* | | | | | | | *7* | | | | *7* | | | | | | *7* | | | | | | *7* | | | | | *1* | | |
| *-кроссовая подготовка* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| **СФП** | **26** | **1** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | **3** | | | | | **3** | | | | | | | **3** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | | **1** | | |
| *л/а упражнения:* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- бег* | *12,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | *1,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1,5* | | | | | *1* | | |
| *- прыжки в длину* | *10,5* |  | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | *1,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1,5* | | | | |  | | |
| *- метания* | *3* |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | |  | | | | |  | | |
| **Основы легкой атлетики** | **67** | **8** | | | | | **7,5** | | | | | **7,5** | | | | | **7,5** | | | | | **6,5** | | | | | **3,5** | | | | | | | **6,5** | | | | **3,5** | | | | | | **6,5** | | | | | | **6,5** | | | | | **3,5** | | |
| *Контр. испытания и соревнования* | *7* | 1 | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | 1 | | | | | | | 2 | | | |  | | | | | |  | | | | | | 1 | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по легкой атлетике «Быстрее ветра»**

**на 2017 – 2018 учебный год**

**Спортивно-оздоровительный этап свыше 2-х лет (1-ый год)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **10** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **1** | | | | **1** | | | | | | **1** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **140** | **13** | | | | | 13 | | | | | 13 | | | | | 13 | | | | | 13 | | | | | 13 | | | | | | | 13 | | | | 13 | | | | | | 13 | | | | | | 13 | | | | | **10** | | |
| -*Задания силовой направленности* |  |  | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| *-задания на развитие быстроты* |  |  | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | | | *2* | | | | *1* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- задания на выносливость* |  | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | |  | | |
| *- задания на координацию и гибк.* |  | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- элементы гимнастики и акробатики* |  | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- игры и игровые задания* |  | *4* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| *-кроссовая подготовка* |  | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| *- элементы др.видов спорта* |  |  | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1 | | | | 1 | | | | | | 1 | | | | | | 1 | | | | | 4 | | |
| **СФП** | **36** | **3** | | | | | **3** | | | | | **4** | | | | | **4** | | | | | **5** | | | | | **4** | | | | | | | **3** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | | **1** | | |
| *л/а упражнения:* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- бег* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- прыжки в длину* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- метания* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| **Основы легкой атлетики** | **90** | **10** | | | | | **10** | | | | | **9** | | | | | **9** | | | | | **8** | | | | | **6** | | | | | | | **10** | | | | **7** | | | | | | **10** | | | | | | **10,5** | | | | | **0,5** | | |
| *Контр. испытания и соревнования* | *9* | 1 | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | 1 | | | | | | | 2 | | | |  | | | | | | 2 | | | | | | 1 | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по легкой атлетике «Быстрее ветра»**

**на 2017 – 2018 учебный год**

**Спортивно-оздоровительный этап свыше 2-х лет (2-ой год)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **10** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **1** | | | | **1** | | | | | | **1** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **140** | **13** | | | | | 13 | | | | | 13 | | | | | 13 | | | | | 13 | | | | | 13 | | | | | | | 13 | | | | 13 | | | | | | 13 | | | | | | 13 | | | | | **10** | | |
| -*Задания силовой направленности* |  |  | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| *-задания на развитие быстроты* |  |  | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | | | *2* | | | | *1* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- задания на выносливость* |  | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | |  | | |
| *- задания на координацию и гибк.* |  | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- элементы гимнастики и акробатики* |  | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- игры и игровые задания* |  | *4* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| *-кроссовая подготовка* |  | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *3* | | |
| *- элементы др.видов спорта* |  |  | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1 | | | | 1 | | | | | | 1 | | | | | | 1 | | | | | 4 | | |
| **СФП** | **36** | **3** | | | | | **3** | | | | | **4** | | | | | **4** | | | | | **5** | | | | | **4** | | | | | | | **3** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | | **1** | | |
| *л/а упражнения:* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- бег* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- прыжки в длину* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| *- метания* |  |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | |  | | | | | |  | | | | |  | | |
| **Основы легкой атлетики** | **90** | **10** | | | | | **10** | | | | | **9** | | | | | **9** | | | | | **8** | | | | | **6** | | | | | | | **10** | | | | **7** | | | | | | **10** | | | | | | **10,5** | | | | | **0,5** | | |
| *Контр. испытания и соревнования* | *9* | 1 | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | 1 | | | | | | | 2 | | | |  | | | | | | 2 | | | | | | 1 | | | | |  | | |