|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе по тайскому боксу «Введение в муай тай»**  **на 2017 – 2018 учебный год**  **Спортивно-оздоровительный этап до 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** | **6** | **1** | | | | | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | |  | | |
| **ОФП** | **177** | **25** | | | | | **17** | | | | | **16,5** | | | | | **16,5** | | | | | **16,5** | | | | | **13,5** | | | | | | | **16,5** | | | | **13,5** | | | | | | **16,5** | | | | | | **16,5** | | | | | **8** | | |
| -*Задания силовой направленности* | *32* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *-задания на развитие быстроты* | *32* | *3* | | | | | *3* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | |  | | |
| *- задания на выносливость* | *24* | *1* | | | | | *2* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- задания на координацию и гибк.* | *16* | *3* | | | | | *4* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *20* | *3 2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | |  | | | | | | | *3* | | | | *1* | | | | | | *2* | | | | | | *2* | | | | | *2* | | |
| *- игры и игровые задания* | *36* | *4* | | | | | *3* | | | | | *3,5* | | | | | *3,5* | | | | | *3,5* | | | | | *2,5* | | | | | | | *3,5* | | | | *2,5* | | | | | | *4,5* | | | | | | *3,5* | | | | | *2* | | |
| *-элементы других видов спорта* | ***17*** | *9* | | | | | *1* | | | | |  | | | | |  | | | | | *1* | | | | | *1* | | | | | | |  | | | |  | | | | | |  | | | | | | *3* | | | | | *2* | | |
| **Основы тайского бокса** | **67** |  | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | | | **7** | | | | **7** | | | | | | **7** | | | | | | **7** | | | | | **4** | | |
| **Специальная физическая подготовка** | **26** |  | | | | | **2** | | | | | **3** | | | | | **3** | | | | | **3** | | | | | **3** | | | | | | | **3** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | |  | | |

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе по тайскому боксу «Введение в муай тай»**  **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** | | | | | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | |  | | |
| **ОФП** | **177** | **25** | | | | | **17** | | | | | **16,5** | | | | | **16,5** | | | | | **16,5** | | | | | **13,5** | | | | | | | **16,5** | | | | **13,5** | | | | | | **16,5** | | | | | | **16,5** | | | | | **8** | | |
| -*Задания силовой направленности* | *32* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *-задания на развитие быстроты* | *32* | *3* | | | | | *3* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | |  | | |
| *- задания на выносливость* | *24* | *1* | | | | | *2* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- задания на координацию и гибк.* | *16* | *3* | | | | | *4* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *2* | | | | | | *1* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *20* | *3 2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | |  | | | | | | | *3* | | | | *1* | | | | | | *2* | | | | | | *2* | | | | | *2* | | |
| *- игры и игровые задания* | *36* | *4* | | | | | *3* | | | | | *3,5* | | | | | *3,5* | | | | | *3,5* | | | | | *2,5* | | | | | | | *3,5* | | | | *2,5* | | | | | | *4,5* | | | | | | *3,5* | | | | | *2* | | |
| *-элементы других видов спорта* | ***17*** | *9* | | | | | *1* | | | | |  | | | | |  | | | | | *1* | | | | | *1* | | | | | | |  | | | |  | | | | | |  | | | | | | *3* | | | | | *2* | | |
| **Основы тайского бокса** | **67** |  | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | | | **7** | | | | **7** | | | | | | **7** | | | | | | **7** | | | | | **4** | | |
| **Специальная физическая подготовка** | **26** |  | | | | | **2** | | | | | **3** | | | | | **3** | | | | | **3** | | | | | **3** | | | | | | | **3** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | |  | | |

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе по тайскому боксу «Введение в муай тай»**  **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** | | | | | | 1 | | | | |  | | |
| **ОФП** | **140** | **13** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | | | **13** | | | | **13** | | | | | | **13** | | | | | | **13** | | | | | **10** | | |
| -*Задания силовой направленности* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | |  | | |
| *-задания на развитие быстроты* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 1 | | | | | 1 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- задания на выносливость* | *20* | 1 | | | | | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- задания на координацию и гибк.* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | |  | | |
| *- элементы гимнастики и акробатики* | *20* | 2 | | | | | 2 | | | | | 1 | | | | | 1 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- игры и игровые задания* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 1 | | | | 1 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *-элементы других видов спорта* | ***20*** | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 1 | | | | | | 1 | | | | | 2 | | |
| **Основы тайского бокса** | **90** | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | | | **9** | | | | **9** | | | | | | **9** | | | | | | **9** | | | | |  | | |
| **Специальная физическая подготовка** | **36** | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | | | **4** | | | | **1** | | | | | | **4** | | | | | | **4** | | | | | **2** | | |

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе по тайскому боксу «Введение в муай тай»**  **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** | | | | | | 1 | | | | |  | | |
| **ОФП** | **140** | **13** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | | | **13** | | | | **13** | | | | | | **13** | | | | | | **13** | | | | | **10** | | |
| -*Задания силовой направленности* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | |  | | |
| *-задания на развитие быстроты* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 1 | | | | | 1 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- задания на выносливость* | *20* | 1 | | | | | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- задания на координацию и гибк.* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | |  | | |
| *- элементы гимнастики и акробатики* | *20* | 2 | | | | | 2 | | | | | 1 | | | | | 1 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- игры и игровые задания* | *20* | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 1 | | | | 1 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *-элементы других видов спорта* | ***20*** | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 1 | | | | | | 1 | | | | | 2 | | |
| **Основы тайского бокса** | **90** | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | | | **9** | | | | **9** | | | | | | **9** | | | | | | **9** | | | | |  | | |
| **Специальная физическая подготовка** | **36** | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | | | **4** | | | | **1** | | | | | | **4** | | | | | | **4** | | | | | **2** | | |