**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по волейболу «Летающий мяч»**

**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** | | |
| **Теория и методика физической культуры** | **6** | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **177** | **18** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **16** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **16** | | | | | **8** | | |
| -*Задания силовой направленности* | 24 | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | | | 2 | | | | 3 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *-задания на развитие быстроты* | 23 | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 3 | | | | | | 2 | | | | | 1 | | |
| *- задания на выносливость* | 23 | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- задания на координацию и гибк.* | 22 | 2 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- элементы гимнастики и акробатики* | 22 | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- игры и игровые задания* | 23 | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *-кроссовая подготовка* | 20 | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- элементы др.видов спорта* | 20 | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| **СФП** | **26** | **2,5** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | | | **3** | | | | **3** | | | | | | **1,5** | | | | | | **1,5** | | | | | **1** | | |
| *- стойки и перемещения* | 4,5 | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | - | | | | | | - | | | | | - | | |
| *- верхняя передача* | 6 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 1 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- прием снизу* | 5,5 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 1 | | | | | | 0,5 | | | | | | 0,5 | | | | | - | | |
| *- подача* | 6 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- ТТП* | 4 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | - | | | | | | - | | | | | - | | |
| **Основы волейбола** | **67** | **5,5** | | | | | **7** | | | | | **6,5** | | | | | **7** | | | | | **6,5** | | | | | **5** | | | | | | | **6,5** | | | | **3,5** | | | | | | **8** | | | | | | **9** | | | | | **2,5** | | |
| Освоение техники волейбольных упр-й | 57 | 5,5 | | | | | 6 | | | | | 4,5 | | | | | 6 | | | | | 5,5 | | | | | 4 | | | | | | | 4,5 | | | | 2,5 | | | | | | 7 | | | | | | 9 | | | | | 2,5 | | |
| Контр. испытания и соревнования | 10 |  | | | | | **1** | | | | | **2** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | |  | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по волейболу «Летающий мяч»**

**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** | | |
| **Теория и методика физической культуры** | **6** | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **177** | **18** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **16** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **16** | | | | | **8** | | |
| -*Задания силовой направленности* | 24 | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | | | 2 | | | | 3 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *-задания на развитие быстроты* | 23 | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 3 | | | | | | 2 | | | | | 1 | | |
| *- задания на выносливость* | 23 | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- задания на координацию и гибк.* | 22 | 2 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- элементы гимнастики и акробатики* | 22 | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- игры и игровые задания* | 23 | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *-кроссовая подготовка* | 20 | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- элементы др.видов спорта* | 20 | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| **СФП** | **26** | **2,5** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | | | **3** | | | | **3** | | | | | | **1,5** | | | | | | **1,5** | | | | | **1** | | |
| *- стойки и перемещения* | 4,5 | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | - | | | | | | - | | | | | - | | |
| *- верхняя передача* | 6 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 1 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- прием снизу* | 5,5 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 1 | | | | | | 0,5 | | | | | | 0,5 | | | | | - | | |
| *- подача* | 6 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- ТТП* | 4 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | - | | | | | | - | | | | | - | | |
| **Основы волейбола** | **67** | **5,5** | | | | | **7** | | | | | **6,5** | | | | | **7** | | | | | **6,5** | | | | | **5** | | | | | | | **6,5** | | | | **3,5** | | | | | | **8** | | | | | | **9** | | | | | **2,5** | | |
| Освоение техники волейбольных упр-й | 57 | 5,5 | | | | | 6 | | | | | 4,5 | | | | | 6 | | | | | 5,5 | | | | | 4 | | | | | | | 4,5 | | | | 2,5 | | | | | | 7 | | | | | | 9 | | | | | 2,5 | | |
| Контр. испытания и соревнования | 10 |  | | | | | **1** | | | | | **2** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | |  | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по волейболу «Летающий мяч»**

**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** | | |
| **Теория и методика физической культуры** | **10** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **1** | | | | **1** | | | | | | **1** | | | | | | **1** | | | | |  | | |
| **ОФП** | **140** | **14** | | | | | **14** | | | | | **13** | | | | | **14** | | | | | **13** | | | | | **12** | | | | | | | **14** | | | | **14** | | | | | | **12** | | | | | | **12** | | | | | **8** | | |
| -*Задания силовой направленности* | 20 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 1 | | | | | 1 | | |
| *-задания на развитие быстроты* | 18 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 1 | | | | | 1 | | | | | | | 2 | | | | 1 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- задания на выносливость* | 20 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 1 | | | | | 1 | | |
| *- задания на координацию и гибк.* | 18 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 1 | | | | | | | 1 | | | | 2 | | | | | | 1 | | | | | | 2 | | | | | 1 | | |
| *- элементы гимнастики и акробатики* | 19 | 2 | | | | | 2 | | | | | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 1 | | | | | | 2 | | | | | 1 | | |
| *- игры и игровые задания* | 21 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *-кроссовая подготовка* | 12 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 2 | | | | 1 | | | | | | 1 | | | | | | 1 | | | | | 1 | | |
| *- элементы др.видов спорта* | 12 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1 | | | | 2 | | | | | | 1 | | | | | | 1 | | | | | 1 | | |
| **СФП** | **36** | **4,5** | | | | | **4** | | | | | **3** | | | | | **3,5** | | | | | **3** | | | | | **3,5** | | | | | | | **3,5** | | | | **4** | | | | | | **3** | | | | | | **2** | | | | | **2** | | |
| *- стойки и перемещения* | 7 | 1 | | | | | 1 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | | | 1 | | | | 1 | | | | | | 0,5 | | | | | | - | | | | | - | | |
| *- верхняя передача* | 7,5 | 1 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | | | 0,5 | | | | 1 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- прием снизу* | 7,5 | 1 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | | | 0,5 | | | | 1 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- подача* | 7,5 | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 1 | | | | | 0,5 | | | | | 1 | | | | | | | 1 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- ТТП* | 6,5 | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | 1 | | | | | | 0,5 | | | | | 0,5 | | |
| **Основы волейбола** | **90** | **7,5** | | | | | **8** | | | | | **10** | | | | | **8,5** | | | | | **10** | | | | | **7,5** | | | | | | | **8,5** | | | | **5** | | | | | | **11** | | | | | | **12** | | | | | **2** | | |
| Освоение техники волейбольных упр-й | 80 | 7,5 | | | | | 7 | | | | | 8 | | | | | 7,5 | | | | | 9 | | | | | 6,5 | | | | | | | 6,5 | | | | 4 | | | | | | 10 | | | | | | 12 | | | | | 2 | | |
| Контр. испытания и соревнования | 10 |  | | | | | **1** | | | | | **2** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | |  | | | | |  | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной общеразвивающей программе по волейболу «Летающий мяч»**

**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** | | |
| **Теория и методика физической культуры** | **10** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **1** | | | | **1** | | | | | | **1** | | | | | | **1** | | | | |  | | |
| **ОФП** | **140** | **14** | | | | | **14** | | | | | **13** | | | | | **14** | | | | | **13** | | | | | **12** | | | | | | | **14** | | | | **14** | | | | | | **12** | | | | | | **12** | | | | | **8** | | |
| -*Задания силовой направленности* | 20 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 1 | | | | | 1 | | |
| *-задания на развитие быстроты* | 18 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 1 | | | | | 1 | | | | | | | 2 | | | | 1 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- задания на выносливость* | 20 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 1 | | | | | 1 | | |
| *- задания на координацию и гибк.* | 18 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 1 | | | | | | | 1 | | | | 2 | | | | | | 1 | | | | | | 2 | | | | | 1 | | |
| *- элементы гимнастики и акробатики* | 19 | 2 | | | | | 2 | | | | | 1 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 1 | | | | | | 2 | | | | | 1 | | |
| *- игры и игровые задания* | 21 | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *-кроссовая подготовка* | 12 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 2 | | | | 1 | | | | | | 1 | | | | | | 1 | | | | | 1 | | |
| *- элементы др.видов спорта* | 12 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1 | | | | 2 | | | | | | 1 | | | | | | 1 | | | | | 1 | | |
| **СФП** | **36** | **4,5** | | | | | **4** | | | | | **3** | | | | | **3,5** | | | | | **3** | | | | | **3,5** | | | | | | | **3,5** | | | | **4** | | | | | | **3** | | | | | | **2** | | | | | **2** | | |
| *- стойки и перемещения* | 7 | 1 | | | | | 1 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | | | 1 | | | | 1 | | | | | | 0,5 | | | | | | - | | | | | - | | |
| *- верхняя передача* | 7,5 | 1 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | | | 0,5 | | | | 1 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- прием снизу* | 7,5 | 1 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | | | 0,5 | | | | 1 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- подача* | 7,5 | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 1 | | | | | 0,5 | | | | | 1 | | | | | | | 1 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- ТТП* | 6,5 | 1 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | 1 | | | | | | 0,5 | | | | | 0,5 | | |
| **Основы волейбола** | **90** | **7,5** | | | | | **8** | | | | | **10** | | | | | **8,5** | | | | | **10** | | | | | **7,5** | | | | | | | **8,5** | | | | **5** | | | | | | **11** | | | | | | **12** | | | | | **2** | | |
| Освоение техники волейбольных упр-й | 80 | 7,5 | | | | | 7 | | | | | 8 | | | | | 7,5 | | | | | 9 | | | | | 6,5 | | | | | | | 6,5 | | | | 4 | | | | | | 10 | | | | | | 12 | | | | | 2 | | |
| Контр. испытания и соревнования | 10 |  | | | | | **1** | | | | | **2** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | |  | | | | |  | | |