УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ А. Н. Рощупкин

Приказ от «30» августа 2021г. № 74/2

Календарно-тематический план

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Содержание |  | Сентябрь | | | | | Октябрь | | | | Ноябрь | | | | Декабрь | | | | | Январь | | | Февраль | | | | Март | | | | | Апрель | | | | Май | | | |
| Фактические даты |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Предполагаемые даты | 1-2 | 7-8-9 | 14-15-16 | **21-22-23** | **28-29-30** | 5-6-7 | 12-13-14 | 19-20-21 | 26-27-28 | 2-3 | 9-10-11 | 16-17-18 | 23-24--25 | 30-1-2 | 7-8-9 | 14-15-16 | 21-22-23 | 28-29-30 | 11-12-13 | 18-19-20 | 25-26-27 | 1-2-3 | 8-9-10 | **15-16-17** | 22-24 | 1-2-3 | 9-10 | 15-16-17 | 22-23-24 | 29-30-31 | 5-6-7 | 12-13-14 | 19-20-21 | 26-27-28 | 4-5 | 10-11-12 | 17-18-19 | 24-25 |
| **Физическая**  **подготовка**  **Всего:** | **196** | 2 | 6 | 6 | 3 | 5 | 6 | 6 | 6 | 6 | 4 | 4 | 6 | 6 | 5 | 6 | 6 | 4 | 5 | 4 | 6 | 6 | 6 | 6 | 6 | 4 | 5 | 4 | 6 | 6 | 5 | 6 | 4 | 4 | 6 | 4 | 6 | 6 | 4 |
| **ОФП** | **107** | 2 | 6 | 6 | 1 | 3 | 4 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 2 |
| **СФП и СТП** | **89** |  |  |  | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 2 |
| **Соревнования и**  **контрольные испытания** | **10** |  |  |  | 2 |  |  |  |  |  |  | 2 |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 | 2 |  |  |  |  |  |
| **Теор-кая подготовка** | **8** | 2 |  |  |  | 1 |  |  |  |  |  |  |  |  | 1 |  |  |  | 1 | 1 |  |  |  |  |  |  | 1 |  |  |  | 1 |  |  |  |  |  |  |  |  |
| **Медицинское обследование** | **2** |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Всего часов** | 216 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 6 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 6 | 4 |

д/о «Плавание», тренер-преподаватель Коровин С.Т., 3 года обучения (гр.№2), 2021 – 2021 учебный год