УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

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

Приказ от «30» августа 2021г. № 74/2

Календарно-тематический план

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Содержание | Всего | Сентябрь | | | | | Октябрь | | | | Ноябрь | | | | Декабрь | | | | | Январь | | | Февраль | | | | Март | | | | | Апрель | | | | Май | | | |
| Фактические даты |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Предполагаемые даты | **1-3** | **6-8-10** | **13-15-17** | **20-22-24** | **27-29-1** | **4-6-8** | **11-13-15** | **18-20-22** | **25-27-29** | **1-3-5** | **8-10-12** | **15-17-19** | **22-24-26** | **29-1-3** | **6-8-10** | **13-15-17** | **20-22-24** | **27-29** | **10-12-14** | **17-19-21** | **24-26-28** | **31-2-4** | **7-9-11** | **14-16-18** | **21-25** | **28-2- 4** | **9-11** | **14-16-18** | **21-23-25** | **28-30-1** | **4-6-8** | **11-13-15** | **18-20-22** | **25-27-29** | **4-6** | **11-13** | **16-18-20** | **23-25-27** |
| **Физическая**  **подготовка**  **Всего:** | **188** | 2 | 6 | 4 | 3 | 5 | 6 | 6 | 6 | 4 | 6 | 6 | 4 | 6 | 6 | 6 | 4 | 4 | 4 | 6 | 4 | 6 | 4 | 6 | 6 | 4 | 4 | 4 | 5 | 6 | 6 | 6 | 6 | 4 | 6 | 4 | 3 | 4 | 6 |
| **ОФП** | **88** |  |  |  | 2 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 2 | 2 | 2 |
| **СФП и СТП** | **100** | 2 | 6 | 4 | 1 | 2 | 2 | 3 | 3 | 1 | 4 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 1 | 2 | 4 |
| **Соревнования и**  **контрольные испытания** | **16** |  |  | 2 | 2 |  |  |  |  | 2 |  |  |  |  |  |  |  | 2 |  |  |  |  | 2 |  |  |  | 2 |  |  |  |  |  |  | 2 |  |  |  | 2 |  |
| **Теор-кая подготовка** | **10** | 2 |  |  |  | 1 |  |  |  |  |  |  | 2 |  |  |  | 2 |  |  |  | 1 |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  | 1 |  |  |
| **Медицинское обследование** | **2** |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Всего часов | 216 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 6 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 4 | 6 | 6 |

д/о «Плавание», тренер-преподаватель Коровин С.Т., 1 года обучения (гр.№3), 2021 – 2022 учебный год