УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

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

Приказ от «30» августа 2021г. № 74/2

**Календарно-тематический план**

**д/о «**Плавание»**, тренер-преподаватель** Коровин С.Т.**,** 5 **года обучения (**гр.№5**), 2021 – 2022 учебный год**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Содержание |  | Сентябрь | | | | | Октябрь | | | | Ноябрь | | | | | Декабрь | | | | Январь | | | | Февраль | | | | Март | | | | Апрель | | | | Май | | | | |
| Фактические даты |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Предполагаемые даты | **2** | **6-7-9** | **13-14-16** | **20-21-23** | **27-28-30** | **4-5-7** | **11-12-14** | **18-19-21** | **25-26-28** | **1-2** | **8-9-11** | **15-16-18** | **22-23-25** | **29-30-2** | **6-7-9** | **13-14-16** | **20-21-23** | **27-28-30** | **10-11-13** | **17-18-20** | **24-25-27** | **31-1-3** | **7-8-10** | **14-15-17** | **21-22-24** | **28-1-3** | **10** | **14-15-17** | **21-22-24** | **28-29-31** | **4-5-7** | **11-12-14** | **18-19-21** | **25-26-28** | **5** | **10-12** | **16-17-19** | **23-24-26** | **30-31** |
| Физическая  подготовка  Всего: | **182** | 2 | 4 | 5 | 3 | 6 | 4 | 4 | 6 | 5 | 2 | 5 | 4 | 6 | 6 | 3 | 6 | 6 | 4 | 6 | 4 | 5 | 6 | 6 | 6 | 4 | 5 | 2 | 6 | 6 | 3 | 6 | 6 | 6 | 4 | 2 | 4 | 4 | 6 | 4 |
| ОФП | **72** | 2 | 4 | 2 |  |  |  | 2 | 3 | 2 |  | 2 | 1 | 3 | 3 | 1 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 1 | 2 | 2 | 3 | 3 |  | 3 | 2 | 2 |  | 1 | 2 |  | 2 | 1 |
| СФП и СТП | **110** |  |  | 3 | 3 | 6 | 4 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 |  | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 2 | 4 | 4 | 3 |
| Соревнования и  контрольные испытания | **20** |  | 2 |  | 2 |  |  | 2 |  |  | 2 |  | 1 |  |  | 2 |  |  |  |  |  | 1 |  |  |  | 2 |  |  |  |  | 2 |  |  |  | 2 |  |  | 2 |  |  |
| Теор-кая подготовка | **12** |  |  | 1 |  |  | 2 |  |  | 1 |  | 1 | 1 |  |  | 1 |  |  | 2 |  | 1 |  |  |  |  |  | 1 |  |  |  | 1 |  |  |  |  |  |  |  |  |  |
| Медицинское обследование | **2** |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Всего часов | **216** | **2** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **4** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **2** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **2** | **4** | **6** | **6** | **4** |