УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

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

Приказ от «30» августа 2021г. № 74/2

Календарно-тематический план

д/о «Тхэквондо», тренер-преподаватель Кравченко А.А., 4 года обучения, 2021 – 2022 учебный год

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Содержание |  | 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: | 200 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ОФП | 102 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 4 | 3 | 2 | 1 | 2 | 3 | 2 | 2 | 4 | 3 | 4 | 3 | 1 | 3 | 3 | 3 | 1 | 1 | 2 | 2 | 3 | 1 | 1 | 2 | 4 | 2 | 1 | 1 | 4 | 3 | 4 | 2 | 4 | 4 | 3 | 3 |
| СФП | 98 | 3 | 4 | 5 | 3 | 3 |  | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 4 |  |  | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 1 | 3 | 4 | 4 | 2 | 1 | 3 | 2 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 4 |  |  | 2 | 2 |
| Соревнования | 7 |  |  |  |  |  |  | 1 |  | 1 |  |  | 1 | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  | 1 |  |  |  |  |  | 1 |
| Контрольн.норм. | 2 |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |
| Теор-кая подготовка | 7 |  |  |  |  |  |  |  |  |  | 1 |  | 1 |  |  |  |  | 1 |  |  | 1 | 1 |  |  |  |  |  |  | 1 |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |
| Всего часов | 216 | 4 | 6 | 6 | 6 | 4 | 2 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 2 | 4 | 6 | 6 | 6 | 4 | 6 | 6 | 6 | 2 | 4 | 6 | 6 | 4 | 2 | 4 | 4 | 6 | 6 | 4 | 2 | 6 | 6 | 6 | 6 | 4 | 4 | 6 | 6 |  | |
| Месяц |  | 26 | | | | | 2 6 | | | | | 26 | | | | | 26 | | | | | 20 | | | | 22 | | | | | 24 | | | | | 26 | | | | | 18 | | | |  |  |