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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| УТВЕРЖДАЮ  Директор МБУДО «Ровесник»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ А. Н. Рощупкин  Приказ от «30» августа 2021г. № 74/2  **Календарно-тематический план**  **д/о «Плавание», тренер-преподаватель Березуцкая О.С., 2-го года обучения (гр.№8), 2021-2022 уч.года** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **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:** | **196** | - | **6** | **6** | **6** | **5** | **6** | **6** | **6** | **3** | **4** | **6** | **6** | **6** | **4** | **2** | **6** | **6** | **4** | **5** | **4** | **6** | **6** | **2** | **4** | **6** | **6** | **3** | **2** | **4** | **2** | **6** | **4** | **6** | **6** | **6** | **5** | **4** | **2** | **4** | **6** | **5** | **4** |
| **ОФП** | **104** | - | 6 | 6 | 6 | 5 | 3 | 3 | 3 |  | 2 | 3 | 3 | 3 | 2 | 1 | 3 | 3 |  | 2 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 2 | 1 | 2 | 1 | 3 |  | 3 | 3 | 3 | 3 |  | 1 | 2 | 3 | 3 | 2 |
| **СФП и СТП** | **92** | - |  |  |  |  | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 1 | 3 | 3 | 4 | 3 | 1 | 3 | 3 | 1 | 2 | 3 | 3 | 1 | 1 | 2 | 1 | 3 | 4 | 3 | 3 | 3 | 2 | 4 | 1 | 2 | 3 | 2 | 2 |
| **Соревнования и контрольные испытания** | **10** |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  | 2 |  |  |  |  | 2 |  |  |  |  | 2 |  |  |  |  |  |
| **Теор-кая подготовка** | **8** | 1 |  |  |  | 1 |  |  |  | 1 |  |  |  |  |  |  |  |  |  | 1 | 1 |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  | 1 |  |  |  |  | 1 |  |
| **Медицинское обследование** | **2** | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Всего часов** | **216** | **2** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **4** | **6** | **6** | **6** | **4** | **2** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **2** | **4** | **6** | **6** | **6** | **2** | **4** | **2** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **2** | **4** | **6** | **6** | **4** |

УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

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

Приказ от «30» августа 2021г. № 74/2

**Календарно-тематический план**

**д/о «Плавание», тренер-преподаватель Березуцкая О.С., 2-го года обучения (гр.№9), 2021-2022 уч.года**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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:** | **196** | **2** | **6** | **6** | **6** | **5** | **6** | **6** | **6** | **3** | **6** | | **6** | **6** | **6** | **6** | **6** | **6** | **4** | **3** | **4** | **6** | **6** | **6** | **6** | **6** | **1** | **6** | **4** | **6** | **4** | **6** | **6** | **6** | **5** | **4** | **4** | | **4** | **6** | **5** |
| **ОФП** | 104 | 2 | 6 | 6 | 6 | 1 | 3 | 3 | 3 | 1 | 3 | | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 3 | 3 | 3 | 3 |  | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | | 2 | 3 | 2 |
| **СФП и СТП** | 92 |  |  |  |  | 4 | 3 | 3 | 3 | 2 | 3 | | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | | 2 | 3 | 3 |
| **Соревнования и контрольные испытания** | **10** |  |  |  |  |  |  |  |  | 2 |  | |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  | 2 |  |  |  | 2 |  |  |  |  | 2 |  | |  |  |  |
| **Теор-кая подготовка** | **8** | 1 |  |  |  | 1 |  |  |  | 1 |  | |  |  |  |  |  |  |  | 1 | 1 |  |  |  |  |  | 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** |

УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

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

Приказ от «30» августа 2021г. № 74/2

**Календарно-тематический план**

**д/о «Плавание», тренер-преподаватель Березуцкая О.С., 2-го года обучения (гр.№10), 2021-2022 уч.года**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Содержание** |  | **Сентябрь** | | | | | **Октябрь** | | | | **Ноябрь** | | | | | **Декабрь** | | | | **Январь** | | | | | **Февраль** | | | | **Март** | | | | | **Апрель** | | | | **Май** | | | |
| Фактические даты |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Предполагаемые даты | 1-2  1-2  1-2 | 6-8-9 | 13-15-16 | 20-22-23 | 27-29-30 | 4-6-7 | 11-13-14 | 18-20-21 | 25-27-28 | 1-3 | 8-10-11 | 15-17-18 | 22-24-25 | 29 | 1-2 | 6-8-9 | 13-15-16 | 20-22-23 | 27-29-30 | 10-12-13 | 17-19-20 | 24-26-27 | 31 | 2-3 | 7-9-10 | 14-16-17 | 21-24-28 | 2-3 | 9-10 | 14-16-17 | 21-23-24 | 28-30-31 | 4-6-7 | 11-13-14 | 18-20-21 | 25-27-28 | 4-5 | 11-12 | 16-18-19 | 23-25-26 |
| **Физическая подготовка**  **Всего:** | **196** | **2** | **6** | **6** | **6** | **5** | **6** | **6** | **6** | **3** | **4** | **6** | **6** | **6** | **2** | **4** | **6** | **6** | **4** | **5** | **4** | **6** | **6** | **2** | **4** | **6** | **6** | **3** | **4** | **4** | **6** | **4** | **6** | **6** | **6** | **5** | **4** | **4** | **4** | **6** | **5** |
| **ОФП** | **104** | 2 | 6 | 6 | 6 | 2 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 1 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 1 |
| **СФП и СТП** | **92** |  |  |  |  | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 4 |
| **Соревнования и контрольные испытания** | **10** |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  | 2 |  |  |  | 2 |  |  |  |  | 2 |  |  |  |  |
| **Теор-кая подготовка** | **8** | 1 |  |  |  | 1 |  |  |  | 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** | **2** | **4** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **2** | **4** | **6** | **6** | **6** | **4** | **4** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **4** | **4** | **6** | **6** |

УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

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

Приказ от «30» августа 2021г. № 74/2

**Календарно-тематический план**

**д/о «Плавание», тренер-преподаватель Березуцкая О.С., 2-го года обучения (гр.№11), 2021-2022 уч.года**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Содержание** | **Всего** | **Сентябрь** | | | | | **Октябрь** | | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | **Февраль** | | | | **Март** | | | | | **Апрель** | | | | | **Май** | | | |
| Фактические даты |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Предполагаемые даты | 2-3 | 7-9-10 | 14-16-17 | 21-23-24 | 28-30 | 1 | 5-7-8 | 12-14-15 | 19-21-22 | 26-28-29 | 2-5 | | 9-11-12 | 16-18-19 | 23-25-26 | 30 | 2-3 | 7-9-10 | 14-16-17 | 21-23-24 | 28-30 | 11-13-14 | 18-20-21 | 25-27-28 | 1-3-4 | 8-10-11 | 15-17-18 | 22-24-25 | 1-3-4 | 10-11 | 15-17-18 | 22-24-25 | 29-31 | 1 | 5-7-8 | 12-14-15 | 19-21-22 | 26-28-29 | 5-6 | 10-12-13 | 17-19-20 | 24-26 |
| **Физическая подготовка**  **Всего:** | **196** | **2** | **6** | **6** | **6** | **3** | **2** | **6** | **6** | **6** | **3** | **4** | | **6** | **6** | **6** | **2** | **4** | **6** | **6** | **3** | **4** | **4** | **6** | **6** | **6** | **6** | **6** | **3** | **6** | **4** | **6** | **4** | **4** | **2** | **6** | **6** | **5** | **4** | **4** | **6** | **6** | **3** |
| **ОФП** | **104** | 2 | 6 | 6 | 6 | 3 |  | 3 | 3 | 3 | 1 | 2 | | 3 | 3 | 3 |  | 2 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 |  | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 1 |
| **СФП и СТП** | **92** |  |  |  |  |  | 2 | 3 | 3 | 3 | 2 | 2 | | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 |
| **Соревнования и контрольные испытания** | **10** |  |  |  |  |  |  |  |  |  | 2 |  | |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  | 2 |  |  |  | 2 |  |  |  |  |  | 2 |  |  |  |  |
| **Теор-кая подготовка** | **8** | 1 |  |  |  | 1 |  |  |  |  | 1 |  | |  |  |  |  |  |  |  | 1 |  | 1 |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  | 1 |  |  |  |  | 1 |
| **Медицинское обследование** | **2** | 1 |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Всего часов** | **216** | **4** | **6** | **6** | **6** | **4** | **2** | **6** | **6** | **6** | **6** | **4** | | **6** | **6** | **6** | **2** | **4** | **6** | **6** | **6** | **4** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **4** | **6** | **6** | **4** | **2** | **6** | **6** | **6** | **6** | **4** | **6** | **6** | **4** |