УТВЕРЖДАЮ

Директор МБУДО «Ровесник»

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

Приказ от «30» августа 2021г. № 74/2

Календарно-тематический план

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Содержание | Всего | Сентябрь | | | | | Октябрь | | | | | Ноябрь | | | | | Декабрь | | | | | Январь | | | Февраль | | | | Март | | | | | Апрель | | | | | Май | | | |
| Фактические даты |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Предполагаемые даты | **2,4** | **7,9,11** | **14,16,18** | **21,23,25** | **28,30** | **2** | **5,7,9** | **12,14,16** | **19,21,23** | **26,28,30** | **2,6** | **9,11,13** | **16,18,20** | **23,25,27** | **30** | **2,4** | **7,9,11** | **14,16,18** | **21,23,25** | **28,30** | **11,13,15** | **18,20,22** | **25,27,29** | **1,3,5** | **8,10,12** | **15,17,19** | **22,24,26** | **1,3,5** | **10,12** | **15,17,19** | **22,24,26** | **29,31** | **2** | **5,7,9** | **12,14,16** | **19,21,23** | **26,28,30** | **5,7** | **10,12,14** | **17,19,21** | **24,26** |
| Физическая  подготовка  Всего: | **200** | 2 | 4 | 6 | 6 | 4 | 4 | 4 | 6 | 6 | 6 | 4 | 6 | 4 | 4 |  | 4 | 6 | 6 | 6 | 4 | 6 | 4 | 6 | 6 | 6 | 6 | 6 | 6 | 4 | 6 | 6 | 4 | 2 | 5 | 3 | 6 | 6 | 4 | 6 | 6 | 4 |
| ОФП | **50** |  | 2 | 2 | 2 | 2 | 2 |  |  | 2 | 2 |  | 2 | 2 | 2 |  |  | 2 |  | 2 | 2 | 2 | 2 | 2 | 2 | 2 |  | 2 | 2 |  | 2 |  |  |  | 2 | 2 | 2 |  |  |  |  | 2 |
| СФП и СТП  150 | **150** | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 6 | 4 | 4 | 4 | 4 | 2 | 2 |  | 4 | 4 | 6 | 4 | 2 | 4 | 2 | 4 | 4 | 4 | 6 | 4 | 4 | 4 | 4 | 6 | 4 | 2 | 3 | 1 | 4 | 6 | 4 | 6 | 6 | 2 |
| Соревнования и  контрольные испытания | **5** |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |  |  |  |  |  |  |
| Теор-кая подготовка | **9** | 2 |  |  |  |  |  | 2 |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |
| Медицинское обследование | **2** |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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** |

д/о «Кудо» тренер-преподаватель Сен В.Д., 3 года обучения, 2021-2022 уч.год