**МИНИСТЕРСТВО ПРОСВЕЩЕНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ**

**‌****Министерство образования республики Мордовия‌‌**

**‌****Администрация Дубенского муниципального района‌**​

**МБОУ "Кочкуровская СОШ имени Народного учителя СССР Дергачева С.И"**

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|  | СОГЛАСОВАНОЗам. директора по УВР МБОУ «Кочкуровская СОШ» \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Кисилева Л.В.Протокол№1 от «29» 08. 2024 г. | УТВЕРЖДЕНОДиректор МБОУ «Кочкуровская СОШ» \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Шлабина В.В.Приказ №1 от «30» 08. 2024 г. |

**РАБОЧАЯ ПРОГРАММА**

(ID 5288482)

**учебного предмета «Физическая культура»**

для обучающихся 5 – 9 классов

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**с. Кочкурово, 2024 ‌ ‌**​

**ПОЯСНИТЕЛЬНАЯ ЗАПИСКА**

Программа по физической культуре представляет собой методически оформленную конкретизацию требований ФГОС ООО и раскрывает их реализацию через конкретное предметное содержание.

При создании программы по физической культуре учитывались потребности современного российского общества в физически крепком и дееспособном подрастающем поколении, способном активно включаться в разнообразные формы здорового образа жизни, умеющем использовать ценности физической культуры для самоопределения, саморазвития и самоактуализации.

В своей социально-ценностной ориентации программа по физической культуре рассматривается как средство подготовки обучающихся к предстоящей жизнедеятельности, укрепления их здоровья, повышения функциональных и адаптивных возможностей систем организма, развития жизненно важных физических качеств. Программа по физической культуре обеспечивает преемственность с федеральными рабочими программами начального общего и среднего общего образования.

Основной целью программы по физической культуре является формирование разносторонне физически развитой личности, способной активно использовать ценности физической культуры для укрепления и длительного сохранения собственного здоровья, оптимизации трудовой деятельности и организации активного отдыха. В программе по физической культуре данная цель конкретизируется и связывается с формированием устойчивых мотивов и потребностей обучающихся в бережном отношении к своему здоровью, целостном развитии физических, психических и нравственных качеств, творческом использовании ценностей физической культуры в организации здорового образа жизни, регулярных занятиях двигательной деятельностью и спортом.

Развивающая направленность программы по физической культуре определяется вектором развития физических качеств и функциональных возможностей организма, являющихся основой укрепления их здоровья, повышения надёжности и активности адаптивных процессов. Существенным достижением данной ориентации является приобретение обучающимися знаний и умений в организации самостоятельных форм занятий оздоровительной, спортивной и прикладно-ориентированной физической культурой, возможности познания своих физических способностей и их целенаправленного развития.

Воспитывающее значение программы по физической культуре заключается в содействии активной социализации обучающихся на основе осмысления и понимания роли и значения мирового и российского олимпийского движения, приобщения к их культурным ценностям, истории и современному развитию.

В число практических результатов данного направления входит формирование положительных навыков и умений в общении и взаимодействии со сверстниками и учителями физической культуры, организации совместной учебной и консультативной деятельности.

Центральной идеей конструирования учебного содержания и планируемых результатов образования по физической культуре на уровне основного общего образования является воспитание целостной личности обучающихся, обеспечение единства в развитии их физической, психической и социальной природы. Реализация этой идеи становится возможной на основе содержания учебного предмета, которое представляется двигательной деятельностью с её базовыми компонентами: информационным (знания о физической культуре), операциональным (способы самостоятельной деятельности) и мотивационно-процессуальным (физическое совершенствование).

В целях усиления мотивационной составляющей учебного предмета «Физическая культура», придания ей личностно значимого смысла, содержание программы по физической культуре представляется системой модулей, которые входят структурными компонентами в раздел «Физическое совершенствование».

Инвариантные модули включают в себя содержание базовых видов спорта: гимнастика, лёгкая атлетика, зимние виды спорта (на примере лыжной подготовки), спортивные игры, плавание. Инвариантные модули в своём предметном содержании ориентируются на всестороннюю физическую подготовленность обучающихся, освоение ими технических действий и физических упражнений, содействующих обогащению двигательного опыта.

Вариативные модули объединены модулем «Спорт», содержание которого разрабатывается образовательной организацией на основе модульных программ по физической культуре для общеобразовательных организаций. Основной содержательной направленностью вариативных модулей является подготовка обучающихся к выполнению нормативных требований Всероссийского физкультурно-спортивного комплекса ГТО, активное вовлечение их в соревновательную деятельность.

Модуль «Спорт» может разрабатываться учителями физической культуры на основе содержания базовой физической подготовки, национальных видов спорта, современных оздоровительных систем. В рамках данного модуля представлено примерное содержание «Базовой физической подготовки».

Содержание программы по физической культуре представлено по годам обучения, для каждого класса предусмотрен раздел «Универсальные учебные действия», в котором раскрывается вклад предмета в формирование познавательных, коммуникативных и регулятивных действий, соответствующих возможностям и особенностям обучающихся данного возраста. Личностные достижения непосредственно связаны с конкретным содержанием учебного предмета и представлены по мере его раскрытия.

Общее число часов, рекомендованных для изучения физической культуры на уровне основного общего образования, – 510 часов: в 5 классе – 68 часов (2 часа в неделю), в 6 классе – 68 часов (2 часа в неделю), в 7 классе – 68 часов (2 часа в неделю), в 8 классе – 68 часов (2 часа в неделю), в 9 классе – 68 часов (2 часа в неделю).

**СОДЕРЖАНИЕ УЧЕБНОГО ПРЕДМЕТА**

**5 КЛАСС**

***Знания о физической культуре.***

Физическая культура на уровне основного общего образования: задачи, содержание и формы организации занятий. Система дополнительного обучения физической культуре, организация спортивной работы в общеобразовательной организации.

Физическая культура и здоровый образ жизни: характеристика основных форм занятий физической культурой, их связь с укреплением здоровья, организацией отдыха и досуга.

Исторические сведения об Олимпийских играх Древней Греции, характеристика их содержания и правил спортивной борьбы. Расцвет и завершение истории Олимпийских игр древности.

***Способы самостоятельной деятельности.***

Режим дня и его значение для обучающихся, связь с умственной работоспособностью. Составление индивидуального режима дня, определение основных индивидуальных видов деятельности, их временных диапазонов и последовательности в выполнении.

Физическое развитие человека, его показатели и способы измерения. Осанка как показатель физического развития, правила предупреждения её нарушений в условиях учебной и бытовой деятельности. Способы измерения и оценивания осанки. Составление комплексов физических упражнений с коррекционной направленностью и правил их самостоятельного проведения.

Проведение самостоятельных занятий физическими упражнениями на открытых площадках и в домашних условиях, подготовка мест занятий, выбор одежды и обуви, предупреждение травматизма.

Оценивание состояния организма в покое и после физической нагрузки в процессе самостоятельных занятий физической культуры и спортом.

Составление дневника физической культуры.

***Физическое совершенствование.***

*Физкультурно-оздоровительная деятельность.*

Роль и значение физкультурно-оздоровительной деятельности в здоровом образе жизни современного человека. Упражнения утренней зарядки и физкультминуток, дыхательной и зрительной гимнастики в процессе учебных занятий, закаливающие процедуры после занятий утренней зарядкой. Упражнения на развитие гибкости и подвижности суставов, развитие координации; формирование телосложения с использованием внешних отягощений.

*Спортивно-оздоровительная деятельность.*

Роль и значение спортивно-оздоровительной деятельности в здоровом образе жизни современного человека.

Модуль «Гимнастика».

Кувырки вперёд и назад в группировке, кувырки вперёд ноги «скрестно», кувырки назад из стойки на лопатках (мальчики). Опорные прыжки через гимнастического козла ноги врозь (мальчики), опорные прыжки на гимнастического козла с последующим спрыгиванием (девочки).

Упражнения на низком гимнастическом бревне: передвижение ходьбой с поворотами кругом и на 90°, лёгкие подпрыгивания, подпрыгивания толчком двумя ногами, передвижение приставным шагом (девочки). Упражнения на гимнастической лестнице: перелезание приставным шагом правым и левым боком, лазанье разноимённым способом по диагонали и одноимённым способом вверх. Расхождение на гимнастической скамейке правым и левым боком способом «удерживая за плечи».

Модуль «Лёгкая атлетика».

Бег на длинные дистанции с равномерной скоростью передвижения с высокого старта, бег на короткие дистанции с максимальной скоростью передвижения. Прыжки в длину с разбега способом «согнув ноги», прыжки в высоту с прямого разбега.

Метание малого мяча с места в вертикальную неподвижную мишень, метание малого мяча на дальность с трёх шагов разбега.

Модуль «Зимние виды спорта».

Передвижение на лыжах попеременным двухшажным ходом, повороты на лыжах переступанием на месте и в движении по учебной дистанции, подъём по пологому склону способом «лесенка» и спуск в основной стойке, преодоление небольших бугров и впадин при спуске с пологого склона.

Модуль «Спортивные игры».

Баскетбол. Передача мяча двумя руками от груди, на месте и в движении, ведение мяча на месте и в движении «по прямой», «по кругу» и «змейкой», бросок мяча в корзину двумя руками от груди с места, ранее разученные технические действия с мячом.

Волейбол. Прямая нижняя подача мяча, приём и передача мяча двумя руками снизу и сверху на месте и в движении, ранее разученные технические действия с мячом.

Футбол. Удар по неподвижному мячу внутренней стороной стопы с небольшого разбега, остановка катящегося мяча способом «наступания», ведение мяча «по прямой», «по кругу» и «змейкой», обводка мячом ориентиров (конусов).

Совершенствование техники ранее разученных гимнастических и акробатических упражнений, упражнений лёгкой атлетики и зимних видов спорта, технических действий спортивных игр.

Модуль «Спорт».

Физическая подготовка к выполнению нормативов комплекса ГТО с использованием средств базовой физической подготовки, видов спорта и оздоровительных систем физической культуры, национальных видов спорта, культурно-этнических игр.

**6 КЛАСС**

***Знания о физической культуре.***

Возрождение Олимпийских игр и олимпийского движения в современном мире, роль Пьера де Кубертена в их становлении и развитии. Девиз, символика и ритуалы современных Олимпийских игр. История организации и проведения первых Олимпийских игр современности, первые олимпийские чемпионы.

***Способы самостоятельной деятельности.***

Ведение дневника физической культуры. Физическая подготовка и её влияние на развитие систем организма, связь с укреплением здоровья, физическая подготовленность как результат физической подготовки.

Правила и способы самостоятельного развития физических качеств. Способы определения индивидуальной физической нагрузки. Правила проведения измерительных процедур по оценке физической подготовленности. Правила техники выполнения тестовых заданий и способы регистрации их результатов.

Правила и способы составления плана самостоятельных занятий физической подготовкой.

***Физическое совершенствование.***

*Физкультурно-оздоровительная деятельность.*

Правила самостоятельного закаливания организма с помощью воздушных и солнечных ванн, купания в естественных водоёмах. Правила техники безопасности и гигиены мест занятий физическими упражнениями.

Оздоровительные комплексы: упражнения для коррекции телосложения с использованием дополнительных отягощений, упражнения для профилактики нарушения зрения во время учебных занятий и работы за компьютером, упражнения для физкультпауз, направленных на поддержание оптимальной работоспособности мышц опорно-двигательного аппарата в режиме учебной деятельности.

*Спортивно-оздоровительная деятельность.*

Модуль «Гимнастика».

Акробатическая комбинация из общеразвивающих и сложно координированных упражнений, стоек и кувырков, ранее разученных акробатических упражнений.

Комбинация из стилизованных общеразвивающих упражнений и сложно-координированных упражнений ритмической гимнастики, разнообразных движений руками и ногами с разной амплитудой и траекторией, танцевальными движениями из ранее разученных танцев (девочки).

Опорные прыжки через гимнастического козла с разбега способом «согнув ноги» (мальчики) и способом «ноги врозь» (девочки).

Гимнастические комбинации на низком гимнастическом бревне с использованием стилизованных общеразвивающих и сложно-координированных упражнений, передвижений шагом и лёгким бегом, поворотами с разнообразными движениями рук и ног, удержанием статических поз (девочки).

Упражнения на невысокой гимнастической перекладине: висы, упор ноги врозь, перемах вперёд и обратно (мальчики).

Лазанье по канату в три приёма (мальчики).

Модуль «Лёгкая атлетика».

Старт с опорой на одну руку и последующим ускорением, спринтерский и гладкий равномерный бег по учебной дистанции, ранее разученные беговые упражнения.

Прыжковые упражнения: прыжок в высоту с разбега способом «перешагивание», ранее разученные прыжковые упражнения в длину и высоту, напрыгивание и спрыгивание.

Метание малого (теннисного) мяча в подвижную (раскачивающуюся) мишень.

Модуль «Зимние виды спорта».

Передвижение на лыжах одновременным одношажным ходом, преодоление небольших трамплинов при спуске с пологого склона в низкой стойке, ранее разученные упражнения лыжной подготовки, передвижения по учебной дистанции, повороты, спуски, торможение.

Модуль «Спортивные игры».

Баскетбол. Технические действия игрока без мяча: передвижение в стойке баскетболиста, прыжки вверх толчком одной ногой и приземлением на другую ногу, остановка двумя шагами и прыжком.

Упражнения с мячом: ранее разученные упражнения в ведении мяча в разных направлениях и по разной траектории, на передачу и броски мяча в корзину.

Правила игры и игровая деятельность по правилам с использованием разученных технических приёмов.

Волейбол. Приём и передача мяча двумя руками снизу в разные зоны площадки команды соперника. Правила игры и игровая деятельность по правилам с использованием разученных технических приёмов в подаче мяча, его приёме и передаче двумя руками снизу и сверху.

Футбол. Удары по катящемуся мячу с разбега. Правила игры и игровая деятельность по правилам с использованием разученных технических приёмов в остановке и передаче мяча, его ведении и обводке.

Совершенствование техники ранее разученных гимнастических и акробатических упражнений, упражнений лёгкой атлетики и зимних видов спорта, технических действий спортивных игр.

Модуль «Спорт».

Физическая подготовка к выполнению нормативов комплекса ГТО с использованием средств базовой физической подготовки, видов спорта и оздоровительных систем физической культуры, национальных видов спорта, культурно-этнических игр.

**7 КЛАСС**

***Знания о физической культуре.***

Зарождение олимпийского движения в дореволюционной России, роль А.Д. Бутовского в развитии отечественной системы физического воспитания и спорта. Олимпийское движение в СССР и современной России, характеристика основных этапов развития. Выдающиеся советские и российские олимпийцы.

Влияние занятий физической культурой и спортом на воспитание положительных качеств личности современного человека.

***Способы самостоятельной деятельности.***

Правила техники безопасности и гигиены мест занятий в процессе выполнения физических упражнений на открытых площадках. Ведение дневника по физической культуре.

Техническая подготовка и её значение для человека, основные правила технической подготовки. Двигательные действия как основа технической подготовки, понятие двигательного умения и двигательного навыка. Способы оценивания техники двигательных действий и организация процедуры оценивания. Ошибки при разучивании техники выполнения двигательных действий, причины и способы их предупреждения при самостоятельных занятиях технической подготовкой.

Планирование самостоятельных занятий технической подготовкой на учебный год и учебную четверть. Составление плана учебного занятия по самостоятельной технической подготовке. Способы оценивания оздоровительного эффекта занятий физической культурой с помощью «индекса Кетле», «ортостатической пробы», «функциональной пробы со стандартной нагрузкой».

***Физическое совершенствование.***

*Физкультурно-оздоровительная деятельность.*

Оздоровительные комплексы для самостоятельных занятий с добавлением ранее разученных упражнений: для коррекции телосложения и профилактики нарушения осанки, дыхательной и зрительной гимнастики в режиме учебного дня.

*Спортивно-оздоровительная деятельность.*

Модуль «Гимнастика».

Акробатические комбинации из ранее разученных упражнений с добавлением упражнений ритмической гимнастики (девочки). Простейшие акробатические пирамиды в парах и тройках (девочки). Стойка на голове с опорой на руки, акробатическая комбинация из разученных упражнений в равновесии, стойках, кувырках (мальчики).

Комплекс упражнений степ-аэробики, включающий упражнения в ходьбе, прыжках, спрыгивании и запрыгивании с поворотами разведением рук и ног, выполняемых в среднем и высоком темпе (девочки).

Комбинация на гимнастическом бревне из ранее разученных упражнений с добавлением упражнений на статическое и динамическое равновесие (девочки). Комбинация на низкой гимнастической перекладине из ранее разученных упражнений в висах, упорах, переворотах (мальчики). Лазанье по канату в два приёма (мальчики).

Модуль «Лёгкая атлетика».

Бег с преодолением препятствий способами «наступание» и «прыжковый бег», эстафетный бег. Ранее освоенные беговые упражнения с увеличением скорости передвижения и продолжительности выполнения, прыжки с разбега в длину способом «согнув ноги» и в высоту способом «перешагивание».

Метание малого (теннисного) мяча по движущейся (катящейся) с разной скоростью мишени.

Модуль «Зимние виды спорта».

Торможение и поворот на лыжах упором при спуске с пологого склона, переход с передвижения попеременным двухшажным ходом на передвижение одновременным одношажным ходом и обратно во время прохождения учебной дистанции, спуски и подъёмы ранее освоенными способами.

Модуль «Спортивные игры».

Баскетбол. Передача и ловля мяча после отскока от пола, бросок в корзину двумя руками снизу и от груди после ведения. Игровая деятельность по правилам с использованием ранее разученных технических приёмов без мяча и с мячом: ведение, приёмы и передачи, броски в корзину.

Волейбол. Верхняя прямая подача мяча в разные зоны площадки соперника, передача мяча через сетку двумя руками сверху и перевод мяча за голову. Игровая деятельность по правилам с использованием ранее разученных технических приёмов.

Футбол. Средние и длинные передачи мяча по прямой и диагонали, тактические действия при выполнении углового удара и вбрасывании мяча из-за боковой линии. Игровая деятельность по правилам с использованием ранее разученных технических приёмов.

Совершенствование техники ранее разученных гимнастических и акробатических упражнений, упражнений лёгкой атлетики и зимних видов спорта, технических действий спортивных игр.

Модуль «Спорт».

Физическая подготовка к выполнению нормативов комплекса ГТО с использованием средств базовой физической подготовки, видов спорта и оздоровительных систем физической культуры, национальных видов спорта, культурно-этнических игр.

**8 КЛАСС**

***Знания о физической культуре.***

Физическая культура в современном обществе: характеристика основных направлений и форм организации. Всестороннее и гармоничное физическое развитие. Адаптивная физическая культура, её история и социальная значимость.

***Способы самостоятельной деятельности.***

Коррекция осанки и разработка индивидуальных планов занятий корригирующей гимнастикой. Коррекция избыточной массы тела и разработка индивидуальных планов занятий корригирующей гимнастикой.

Составление планов-конспектов для самостоятельных занятий спортивной подготовкой. Способы учёта индивидуальных особенностей при составлении планов самостоятельных тренировочных занятий.

***Физическое совершенствование.***

*Физкультурно-оздоровительная деятельность.*

Профилактика перенапряжения систем организма средствами оздоровительной физической культуры: упражнения мышечной релаксации и регулирования вегетативной нервной системы, профилактики общего утомления и остроты зрения.

*Спортивно-оздоровительная деятельность.*

Модуль «Гимнастика».

Акробатическая комбинация из ранее освоенных упражнений силовой направленности, с увеличивающимся числом технических элементов в стойках, упорах, кувырках, прыжках (юноши).

Гимнастическая комбинация на гимнастическом бревне из ранее освоенных упражнений с увеличивающимся числом технических элементов в прыжках, поворотах и передвижениях (девушки). Гимнастическая комбинация на перекладине с включением ранее освоенных упражнений в упорах и висах (юноши). Гимнастическая комбинация на параллельных брусьях с включением упражнений в упоре на руках, кувырка вперёд и соскока (юноши). Вольные упражнения на базе ранее разученных акробатических упражнений и упражнений ритмической гимнастики (девушки).

Модуль «Лёгкая атлетика».

Кроссовый бег, прыжок в длину с разбега способом «прогнувшись».

Правила проведения соревнований по сдаче норм комплекса ГТО. Самостоятельная подготовка к выполнению нормативных требований комплекса ГТО в беговых (бег на короткие и средние дистанции) и технических (прыжки и метание спортивного снаряда) дисциплинах лёгкой атлетики.

Модуль «Зимние виды спорта».

Передвижение на лыжах одновременным бесшажным ходом, преодоление естественных препятствий на лыжах широким шагом, перешагиванием, перелазанием, торможение боковым скольжением при спуске на лыжах с пологого склона, переход с попеременного двухшажного хода на одновременный бесшажный ход и обратно, ранее разученные упражнения лыжной подготовки в передвижениях на лыжах, при спусках, подъёмах, торможении.

Модуль «Спортивные игры».

Баскетбол. Повороты туловища в правую и левую стороны с удержанием мяча двумя руками, передача мяча одной рукой от плеча и снизу, бросок мяча двумя и одной рукой в прыжке. Игровая деятельность по правилам с использованием ранее разученных технических приёмов.

Волейбол. Прямой нападающий удар, индивидуальное блокирование мяча в прыжке с места, тактические действия в защите и нападении. Игровая деятельность по правилам с использованием ранее разученных технических приёмов.

Футбол. Удар по мячу с разбега внутренней частью подъёма стопы, остановка мяча внутренней стороной стопы. Правила игры в мини-футбол, технические и тактические действия. Игровая деятельность по правилам мини-футбола с использованием ранее разученных технических приёмов (девушки). Игровая деятельность по правилам классического футбола с использованием ранее разученных технических приёмов (юноши).

Совершенствование техники ранее разученных гимнастических и акробатических упражнений, упражнений лёгкой атлетики и зимних видов спорта, технических действий спортивных игр.

Модуль «Спорт».

Физическая подготовка к выполнению нормативов Комплекса ГТО с использованием средств базовой физической подготовки, видов спорта и оздоровительных систем физической культуры, национальных видов спорта, культурно-этнических игр.

**9 КЛАСС**

***Знания о физической культуре.***

Здоровье и здоровый образ жизни, вредные привычки и их пагубное влияние на здоровье человека. Туристские походы как форма организации здорового образа жизни. Профессионально-прикладная физическая культура.

***Способы самостоятельной деятельности.***

Восстановительный массаж как средство оптимизации работоспособности, его правила и приёмы во время самостоятельных занятий физической подготовкой. Банные процедуры как средство укрепления здоровья. Измерение функциональных резервов организма. Оказание первой помощи на самостоятельных занятиях физическими упражнениями и во время активного отдыха.

***Физическое совершенствование.***

*Физкультурно-оздоровительная деятельность.*

Занятия физической культурой и режим питания. Упражнения для снижения избыточной массы тела. Оздоровительные, коррекционные и профилактические мероприятия в режиме двигательной активности обучающихся.

*Спортивно-оздоровительная деятельность.*

Модуль «Гимнастика».

Акробатическая комбинация с включением длинного кувырка с разбега и кувырка назад в упор, стоя ноги врозь (юноши). Гимнастическая комбинация на высокой перекладине, с включением элементов размахивания и соскока вперёд прогнувшись (юноши). Гимнастическая комбинация на параллельных брусьях, с включением двух кувырков вперёд с опорой на руки (юноши). Гимнастическая комбинация на гимнастическом бревне, с включением полушпагата, стойки на колене с опорой на руки и отведением ноги назад (девушки). Черлидинг: композиция упражнений с построением пирамид, элементами степ-аэробики, акробатики и ритмической гимнастики (девушки).

Модуль «Лёгкая атлетика».

Техническая подготовка в беговых и прыжковых упражнениях: бег на короткие и длинные дистанции, прыжки в длину способами «прогнувшись» и «согнув ноги», прыжки в высоту способом «перешагивание». Техническая подготовка в метании спортивного снаряда с разбега на дальность.

Модуль «Зимние виды спорта».

Техническая подготовка в передвижении лыжными ходами по учебной дистанции: попеременный двухшажный ход, одновременный одношажный ход, способы перехода с одного лыжного хода на другой.

Модуль «Спортивные игры».

Баскетбол. Техническая подготовка в игровых действиях: ведение, передачи, приёмы и броски мяча на месте, в прыжке, после ведения.

Волейбол. Техническая подготовка в игровых действиях: подачи мяча в разные зоны площадки соперника, приёмы и передачи на месте и в движении, удары и блокировка.

Футбол. Техническая подготовка в игровых действиях: ведение, приёмы и передачи, остановки и удары по мячу с места и в движении.

Совершенствование техники ранее разученных гимнастических и акробатических упражнений, упражнений лёгкой атлетики и зимних видов спорта, технических действий спортивных игр.

Модуль «Спорт».

Физическая подготовка к выполнению нормативов Комплекса ГТО с использованием средств базовой физической подготовки, видов спорта и оздоровительных систем физической культуры, национальных видов спорта, культурно-этнических игр.

***Программа вариативного модуля «Базовая физическая подготовка».***

*Развитие силовых способностей.*

Комплексы общеразвивающих и локально воздействующих упражнений, отягощённых весом собственного тела и с использованием дополнительных средств (гантелей, эспандера, набивных мячей, штанги и другого инвентаря). Комплексы упражнений на тренажёрных устройствах. Упражнения на гимнастических снарядах (брусьях, перекладинах, гимнастической стенке и других снарядах). Броски набивного мяча двумя и одной рукой из положений стоя и сидя (вверх, вперёд, назад, в стороны, снизу и сбоку, от груди, из-за головы). Прыжковые упражнения с дополнительным отягощением (напрыгивание и спрыгивание, прыжки через скакалку, многоскоки, прыжки через препятствия и другие упражнения). Бег с дополнительным отягощением (в горку и с горки, на короткие дистанции, эстафеты). Передвижения в висе и упоре на руках. Лазанье (по канату, по гимнастической стенке с дополнительным отягощением). Переноска непредельных тяжестей (мальчики – сверстников способом на спине). Подвижные игры с силовой направленностью (импровизированный баскетбол с набивным мячом и другие игры).

*Развитие скоростных способностей.*

Бег на месте в максимальном темпе (в упоре о гимнастическую стенку и без упора). Челночный бег. Бег по разметкам с максимальным темпом. Повторный бег с максимальной скоростью и максимальной частотой шагов (10–15 м). Бег с ускорениями из разных исходных положений. Бег с максимальной скоростью и собиранием малых предметов, лежащих на полу и на разной высоте. Стартовые ускорения по дифференцированному сигналу. Метание малых мячей по движущимся мишеням (катящейся, раскачивающейся, летящей). Ловля теннисного мяча после отскока от пола, стены (правой и левой рукой). Передача теннисного мяча в парах правой (левой) рукой и попеременно. Ведение теннисного мяча ногами с ускорениями по прямой, по кругу, вокруг стоек. Прыжки через скакалку на месте и в движении с максимальной частотой прыжков. Преодоление полосы препятствий, включающей в себя: прыжки на разную высоту и длину, по разметкам, бег с максимальной скоростью в разных направлениях и с преодолением опор различной высоты и ширины, повороты, обегание различных предметов (легкоатлетических стоек, мячей, лежащих на полу или подвешенных на высоте). Эстафеты и подвижные игры со скоростной направленностью. Технические действия из базовых видов спорта, выполняемые с максимальной скоростью движений.

*Развитие выносливости.*

Равномерный бег и передвижение на лыжах в режимах умеренной и большой интенсивности. Повторный бег и передвижение на лыжах в режимах максимальной и субмаксимальной интенсивности. Кроссовый бег и марш-бросок на лыжах.

*Развитие координации движений.*

Жонглирование большими (волейбольными) и малыми (теннисными) мячами. Жонглирование гимнастической палкой. Жонглирование волейбольным мячом головой. Метание малых и больших мячей в мишень (неподвижную и двигающуюся). Передвижения по возвышенной и наклонной, ограниченной по ширине опоре (без предмета и с предметом на голове). Упражнения в статическом равновесии. Упражнения в воспроизведении пространственной точности движений руками, ногами, туловищем. Упражнение на точность дифференцирования мышечных усилий. Подвижные и спортивные игры.

*Развитие гибкости.*

Комплексы общеразвивающих упражнений (активных и пассивных), выполняемых с большой амплитудой движений. Упражнения на растяжение и расслабление мышц. Специальные упражнения для развития подвижности суставов (полушпагат, шпагат, выкруты гимнастической палки).

*Упражнения культурно-этнической направленности.*

Сюжетно-образные и обрядовые игры. Технические действия национальных видов спорта.

*Специальная физическая подготовка.*

Модуль «Гимнастика».

Развитие гибкости. Наклоны туловища вперёд, назад, в стороны с возрастающей амплитудой движений в положении стоя, сидя, сидя ноги в стороны. Упражнения с гимнастической палкой (укороченной скакалкой) для развития подвижности плечевого сустава (выкруты). Комплексы общеразвивающих упражнений с повышенной амплитудой для плечевых, локтевых, тазобедренных и коленных суставов, для развития подвижности позвоночного столба. Комплексы активных и пассивных упражнений с большой амплитудой движений. Упражнения для развития подвижности суставов (полушпагат, шпагат, складка, мост).

Развитие координации движений. Прохождение усложнённой полосы препятствий, включающей быстрые кувырки (вперёд, назад), кувырки по наклонной плоскости, преодоление препятствий прыжком с опорой на руку, безопорным прыжком, быстрым лазаньем. Броски теннисного мяча правой и левой рукой в подвижную и неподвижную мишень, с места и с разбега. Касание правой и левой ногой мишеней, подвешенных на разной высоте, с места и с разбега. Разнообразные прыжки через гимнастическую скакалку на месте и с продвижением. Прыжки на точность отталкивания и приземления.

Развитие силовых способностей. Подтягивание в висе и отжимание в упоре. Передвижения в висе и упоре на руках на перекладине (мальчики), подтягивание в висе стоя (лёжа) на низкой перекладине (девочки), отжимания в упоре лёжа с изменяющейся высотой опоры для рук и ног, отжимание в упоре на низких брусьях, поднимание ног в висе на гимнастической стенке до посильной высоты, из положения лёжа на гимнастическом козле (ноги зафиксированы) сгибание туловища с различной амплитудой движений (на животе и на спине), комплексы упражнений с гантелями с индивидуально подобранной массой (движения руками, повороты на месте, наклоны, подскоки со взмахом рук), метание набивного мяча из различных исходных положений, комплексы упражнений избирательного воздействия на отдельные мышечные группы (с увеличивающимся темпом движений без потери качества выполнения), элементы атлетической гимнастики (по типу «подкачки»), приседания на одной ноге «пистолетом» с опорой на руку для сохранения равновесия).

Развитие выносливости. Упражнения с непредельными отягощениями, выполняемые в режиме умеренной интенсивности в сочетаниис напряжением мышц и фиксацией положений тела. Повторное выполнение гимнастических упражнений с уменьшающимся интервалом отдыха (по типу «круговой тренировки»). Комплексы упражнений с отягощением, выполняемыев режиме непрерывного и интервального методов.

Модуль «Лёгкая атлетика».

Развитие выносливости. Бег с максимальной скоростью в режиме повторно-интервального метода. Бег по пересеченной местности (кроссовый бег). Гладкий бег с равномерной скоростью в разных зонах интенсивности. Повторный бег с препятствиями в максимальном темпе. Равномерный повторный бег с финальным ускорением (на разные дистанции). Равномерный бег с дополнительным отягощением в режиме «до отказа».

Развитие силовых способностей. Специальные прыжковые упражнения с дополнительным отягощением. Прыжки вверх с доставанием подвешенных предметов. Прыжки в полуприседе (на месте, с продвижением в разные стороны). Запрыгивание с последующим спрыгиванием. Прыжки в глубину по методу ударной тренировки. Прыжки в высоту с продвижением и изменением направлений, поворотами вправо и влево, на правой, левой ноге и поочерёдно. Бег с препятствиями. Бег в горку, с дополнительным отягощением и без него. Комплексы упражнений с набивными мячами. Упражнения с локальным отягощением на мышечные группы. Комплексы силовых упражнений по методу круговой тренировки.

Развитие скоростных способностей. Бег на месте с максимальной скоростью и темпом с опорой на руки и без опоры. Максимальный бег в горку и с горки. Повторный бег на короткие дистанции с максимальной скоростью (по прямой, на повороте и со старта). Бег с максимальной скоростью «с ходу». Прыжки через скакалку в максимальном темпе. Ускорение, переходящее в многоскоки, и многоскоки, переходящие в бег с ускорением. Подвижные и спортивные игры, эстафеты.

Развитие координации движений. Специализированные комплексы упражнений на развитие координации (разрабатываются на основе учебного материала модулей «Гимнастика» и «Спортивные игры»).

Модуль «Зимние виды спорта».

Развитие выносливости. Передвижения на лыжах с равномерной скоростью в режимах умеренной, большой и субмаксимальной интенсивности,с соревновательной скоростью.

Развитие силовых способностей. Передвижение на лыжахпо отлогому склону с дополнительным отягощением. Скоростной подъём ступающим и скользящим шагом, бегом, «лесенкой», «ёлочкой». Упражнения в «транспортировке».

Развитие координации. Упражнения в поворотах и спусках на лыжах, проезд через «ворота» и преодоление небольших трамплинов.

Модуль «Спортивные игры».

Баскетбол.

1) Развитие скоростных способностей. Ходьба и бег в различных направлениях с максимальной скоростью с внезапными остановками и выполнением различных заданий (например, прыжки вверх, назад, вправо, влево, приседания). Ускорения с изменением направления движения. Бег с максимальной частотой (темпом) шагов с опорой на руки и без опоры. Выпрыгивание вверх с доставанием ориентиров левой (правой) рукой. Челночный бег (чередование прохождения заданных отрезков дистанции лицом и спиной вперёд). Бег с максимальной скоростью с предварительным выполнением многоскоков. Передвижения с ускорениями и максимальной скоростью приставными шагами левым и правым боком. Ведение баскетбольного мяча с ускорением и максимальной скоростью. Прыжки вверх на обеих ногах и одной ноге с места и с разбега. Прыжки с поворотами на точность приземления. Передача мяча двумя руками от груди в максимальном темпе при встречном беге в колоннах. Кувырки вперёд, назад, боком с последующим рывком на 3–5 м. Подвижные и спортивные игры, эстафеты.

2) Развитие силовых способностей. Комплексы упражнений с дополнительным отягощением на основные мышечные группы. Ходьба и прыжки в глубоком приседе. Прыжки на одной ноге и обеих ногах с продвижением вперед, по кругу, «змейкой», на месте с поворотом на 180° и 360°. Прыжки через скакалку в максимальном темпе на месте и с передвижением (с дополнительным отягощением и без него). Напрыгивание и спрыгивание с последующим ускорением. Многоскоки с последующим ускорением и ускорения с последующим выполнением многоскоков. Броски набивного мяча из различных исходных положений, с различной траекторией полёта одной рукой и обеими руками, стоя, сидя, в полуприседе.

3) Развитие выносливости. Повторный бег с максимальной скоростью с уменьшающимся интервалом отдыха. Гладкий бег по методу непрерывно-интервального упражнения. Гладкий бег в режиме большой и умеренной интенсивности. Игра в баскетбол с увеличивающимся объёмом времени игры.

4) Развитие координации движений. Броски баскетбольного мяча по неподвижной и подвижной мишени. Акробатические упражнения (двойные и тройные кувырки вперёд и назад). Бег с «тенью» (повторение движений партнёра). Бег по гимнастической скамейке, по гимнастическому бревну разной высоты. Прыжки по разметкам с изменяющейся амплитудой движений. Броски малого мячав стену одной (обеими) руками с последующей его ловлей (обеими руками и одной рукой) после отскока от стены (от пола). Ведение мяча с изменяющейся по команде скоростью и направлением передвижения.

Футбол.

Развитие скоростных способностей. Старты из различных положений с последующим ускорением. Бег с максимальной скоростью по прямой, с остановками (по свистку, хлопку, заданному сигналу), с ускорениями, «рывками», изменением направления передвижения. Бег в максимальном темпе. Бег и ходьба спиной вперёд с изменением темпа и направления движения (по прямой, по кругу и «змейкой»). Бег с максимальной скоростью с поворотами на 180° и 360°. Прыжки через скакалку в максимальном темпе. Прыжки по разметкам на правой (левой) ноге, между стоек, спиной вперёд. Прыжки вверх на обеих ногах и одной ноге с продвижением вперёд. Удары по мячу в стенку в максимальном темпе. Ведение мяча с остановками и ускорениями, «дриблинг» мяча с изменением направления движения. Кувырки вперёд, назад, боком с последующим рывком. Подвижные и спортивные игры, эстафеты.

Развитие силовых способностей. Комплексы упражнений с дополнительным отягощением на основные мышечные группы. Многоскоки через препятствия. Спрыгивание с возвышенной опоры с последующим ускорением, прыжком в длину и в высоту. Прыжки на обеих ногах с дополнительным отягощением (вперёд, назад, в приседе, с продвижением вперёд).

Развитие выносливости. Равномерный бег на средние и длинные дистанции. Повторные ускорения с уменьшающимся интервалом отдыха. Повторный бег на короткие дистанции с максимальной скоростью и уменьшающимся интервалом отдыха. Гладкий бег в режиме непрерывно-интервального метода. Передвижение на лыжах в режиме большой и умеренной интенсивности.

**ПЛАНИРУЕМЫЕ РЕЗУЛЬТАТЫ ОСВОЕНИЯ ПРОГРАММЫ ПО ФИЗИЧЕСКОЙ КУЛЬТУРЕ НА УРОВНЕ НАЧАЛЬНОГО ОБЩЕГО ОБРАЗОВАНИЯ**

**ЛИЧНОСТНЫЕ РЕЗУЛЬТАТЫ**

В результате изучения физической культуры на уровне основного общего образования у обучающегося будут сформированы следующие **личностные результаты:**

готовность проявлять интерес к истории и развитию физической культуры и спорта в Российской Федерации, гордиться победами выдающихся отечественных спортсменов-олимпийцев;

готовность отстаивать символы Российской Федерации во время спортивных соревнований, уважать традиции и принципы современных Олимпийских игр и олимпийского движения;

готовность ориентироваться на моральные ценности и нормы межличностного взаимодействия при организации, планировании и проведении совместных занятий физической культурой и спортом, оздоровительных мероприятий в условиях активного отдыха и досуга;

готовность оценивать своё поведение и поступки во время проведения совместных занятий физической культурой, участия в спортивных мероприятиях и соревнованиях;

готовность оказывать первую медицинскую помощь при травмах и ушибах, соблюдать правила техники безопасности во время совместных занятий физической культурой и спортом;

стремление к физическому совершенствованию, формированию культуры движения и телосложения, самовыражению в избранном виде спорта;

готовность организовывать и проводить занятия физической культурой и спортом на основе научных представлений о закономерностях физического развития и физической подготовленности с учётом самостоятельных наблюдений за изменением их показателей;

осознание здоровья как базовой ценности человека, признание объективной необходимости в его укреплении и длительном сохранении посредством занятий физической культурой и спортом;

осознание необходимости ведения здорового образа жизни как средства профилактики пагубного влияния вредных привычек на физическое, психическое и социальное здоровье человека;

способность адаптироваться к стрессовым ситуациям, осуществлять профилактические мероприятия по регулированию эмоциональных напряжений, активному восстановлению организма после значительных умственных и физических нагрузок;

готовность соблюдать правила безопасности во время занятий физической культурой и спортом, проводить гигиенические и профилактические мероприятия по организации мест занятий, выбору спортивного инвентаря и оборудования, спортивной одежды;

готовность соблюдать правила и требования к организации бивуака во время туристских походов, противостоять действиям и поступкам, приносящим вред окружающей среде;

освоение опыта взаимодействия со сверстниками, форм общения и поведения при выполнении учебных заданий на уроках физической культуры, игровой и соревновательной деятельности;

повышение компетентности в организации самостоятельных занятий физической культурой, планировании их содержания и направленности в зависимости от индивидуальных интересов и потребностей;

формирование представлений об основных понятиях и терминах физического воспитания и спортивной тренировки, умений руководствоваться ими в познавательной и практической деятельности, общении со сверстниками, публичных выступлениях и дискуссиях.

**МЕТАПРЕДМЕТНЫЕ РЕЗУЛЬТАТЫ**

В результате изучения физической культуры на уровне основного общего образования у обучающегося будут сформированы универсальные познавательные учебные действия, универсальные коммуникативные учебные действия, универсальные регулятивные учебные действия.

У обучающегося будут сформированы следующие **универсальные познавательные учебные действия**:

проводить сравнение соревновательных упражнений Олимпийских игр древности и современных Олимпийских игр, выявлять их общность и различия;

осмысливать Олимпийскую хартию как основополагающий документ современного олимпийского движения, приводить примеры её гуманистической направленности;

анализировать влияние занятий физической культурой и спортом на воспитание положительных качеств личности, устанавливать возможность профилактики вредных привычек;

характеризовать туристские походы как форму активного отдыха, выявлять их целевое предназначение в сохранении и укреплении здоровья, руководствоваться требованиями техники безопасности во время передвижения по маршруту и организации бивуака;

устанавливать причинно-следственную связь между планированием режима дня и изменениями показателей работоспособности;

устанавливать связь негативного влияния нарушения осанки на состояние здоровья и выявлять причины нарушений, измерять индивидуальную форму и составлять комплексы упражнений по профилактике и коррекции выявляемых нарушений;

устанавливать причинно-следственную связь между уровнем развития физических качеств, состоянием здоровья и функциональными возможностями основных систем организма;

устанавливать причинно-следственную связь между качеством владения техникой физического упражнения и возможностью возникновения травм и ушибов во время самостоятельных занятий физической культурой и спортом;

устанавливать причинно-следственную связь между подготовкой мест занятий на открытых площадках и правилами предупреждения травматизма.

У обучающегося будут сформированы следующие **универсальные коммуникативные учебные действия**:

выбирать, анализировать и систематизировать информацию из разных источников об образцах техники выполнения разучиваемых упражнений, правилах планирования самостоятельных занятий физической и технической подготовкой;

вести наблюдения за развитием физических качеств, сравнивать их показатели с данными возрастно-половых стандартов, составлять планы занятий на основе определённых правил и регулировать нагрузку по частоте пульса и внешним признакам утомления;

описывать и анализировать технику разучиваемого упражнения, выделять фазы и элементы движений, подбирать подготовительные упражнения;

и планировать последовательность решения задач обучения, оценивать эффективность обучения посредством сравнения с эталонным образцом;

наблюдать, анализировать и контролировать технику выполнения физических упражнений другими обучающимися, сравнивать её с эталонным образцом, выявлять ошибки и предлагать способы их устранения;

изучать и коллективно обсуждать технику «иллюстративного образца» разучиваемого упражнения, рассматривать и моделировать появление ошибок, анализировать возможные причины их появления, выяснять способы их устранения.

У обучающегося будут сформированы следующие **универсальные регулятивные учебные действия**:

составлять и выполнять индивидуальные комплексы физических упражнений с разной функциональной направленностью, выявлять особенности их воздействия на состояние организма, развитие его резервных возможностей с помощью процедур контроля и функциональных проб;

составлять и выполнять акробатические и гимнастические комплексы упражнений, самостоятельно разучивать сложно-координированные упражнения на спортивных снарядах;

активно взаимодействовать в условиях учебной и игровой деятельности, ориентироваться на указания учителя и правила игры при возникновении конфликтных и нестандартных ситуаций, признавать своё право и право других на ошибку, право на её совместное исправление;

разучивать и выполнять технические действия в игровых видах спорта, активно взаимодействуют при совместных тактических действиях в защите и нападении, терпимо относится к ошибкам игроков своей команды и команды соперников;

организовывать оказание первой помощи при травмах и ушибах во время самостоятельных занятий физической культурой и спортом, применять способы и приёмы помощи в зависимости от характера и признаков полученной травмы.

**ПРЕДМЕТНЫЕ РЕЗУЛЬТАТЫ**

К концу обучения ***в 5 классе*** обучающийся научится:

выполнять требования безопасности на уроках физической культуры, на самостоятельных занятиях физическими упражнениями в условиях активного отдыха и досуга;

проводить измерение индивидуальной осанки и сравнивать её показатели со стандартами, составлять комплексы упражнений по коррекции и профилактике её нарушения, планировать их выполнение в режиме дня;

составлять дневник физической культуры и вести в нём наблюдение за показателями физического развития и физической подготовленности, планировать содержание и регулярность проведения самостоятельных занятий;

осуществлять профилактику утомления во время учебной деятельности, выполнять комплексы упражнений физкультминуток, дыхательной и зрительной гимнастики;

выполнять комплексы упражнений оздоровительной физической культуры на развитие гибкости, координации и формирование телосложения;

выполнять опорный прыжок с разбега способом «ноги врозь» (мальчики) и способом «напрыгивания с последующим спрыгиванием» (девочки);

выполнять упражнения в висах и упорах на низкой гимнастической перекладине (мальчики), в передвижениях по гимнастическому бревну ходьбой и приставным шагом с поворотами, подпрыгиванием на двух ногах на месте и с продвижением (девочки);

передвигаться по гимнастической стенке приставным шагом, лазать разноимённым способом вверх и по диагонали;

выполнять бег с равномерной скоростью с высокого старта по учебной дистанции;

демонстрировать технику прыжка в длину с разбега способом «согнув ноги»;

передвигаться на лыжах попеременным двухшажным ходом (для бесснежных районов – имитация передвижения);

тренироваться в упражнениях общефизической и специальной физической подготовки с учётом индивидуальных и возрастно-половых особенностей;

демонстрировать технические действия в спортивных играх:

баскетбол (ведение мяча с равномерной скоростью в разных направлениях, приём и передача мяча двумя руками от груди с места и в движении);

волейбол (приём и передача мяча двумя руками снизу и сверху с места и в движении, прямая нижняя подача);

футбол (ведение мяча с равномерной скоростью в разных направлениях, приём и передача мяча, удар по неподвижному мячу с небольшого разбега).

К концу обучения ***в 6 классе*** обучающийся научится:

характеризовать Олимпийские игры современности как международное культурное явление, роль Пьера де Кубертена в их историческом возрождении, обсуждать историю возникновения девиза, символики и ритуалов Олимпийских игр;

измерять индивидуальные показатели физических качеств, определять их соответствие возрастным нормам и подбирать упражнения для их направленного развития;

контролировать режимы физической нагрузки по частоте пульса и степени утомления организма по внешним признакам во время самостоятельных занятий физической подготовкой;

готовить места для самостоятельных занятий физической культурой и спортом в соответствии с правилами техники безопасности и гигиеническими требованиями;

отбирать упражнения оздоровительной физической культуры и составлять из них комплексы физкультминуток и физкультпауз для оптимизации работоспособности и снятия мышечного утомления в режиме учебной деятельности;

составлять и выполнять акробатические комбинации из разученных упражнений, наблюдать и анализировать выполнение другими обучающимися, выявлять ошибки и предлагать способы устранения;

выполнять лазанье по канату в три приёма (мальчики), составлять и выполнять комбинацию на низком бревне из стилизованных общеразвивающих и сложно-координированных упражнений (девочки);

выполнять беговые упражнения с максимальным ускорением, использовать их в самостоятельных занятиях для развития быстроты и равномерный бег для развития общей выносливости;

выполнять прыжок в высоту с разбега способом «перешагивание», наблюдать и анализировать его выполнение другими обучающимися, сравнивая с заданным образцом, выявлять ошибки и предлагать способы устранения;

выполнять передвижение на лыжах одновременным одношажным ходом, наблюдать и анализировать его выполнение другими обучающимися, сравнивая с заданным образцом, выявлять ошибки и предлагать способы устранения (для бесснежных районов – имитация передвижения);

тренироваться в упражнениях общефизической и специальной физической подготовки с учётом индивидуальных и возрастно-половых особенностей;

выполнять правила и демонстрировать технические действия в спортивных играх:

баскетбол (технические действия без мяча, броски мяча двумя руками снизу и от груди с места, использование разученных технических действий в условиях игровой деятельности);

волейбол (приём и передача мяча двумя руками снизу и сверху в разные зоны площадки соперника, использование разученных технических действий в условиях игровой деятельности);

футбол (ведение мяча с разной скоростью передвижения, с ускорением в разных направлениях, удар по катящемуся мячу с разбега, использование разученных технических действий в условиях игровой деятельности).

К концу обучения ***в 7 классе*** обучающийся научится:

проводить анализ причин зарождения современного олимпийского движения, давать характеристику основным этапам его развития в СССР и современной России;

объяснять положительное влияние занятий физической культурой и спортом на воспитание личностных качеств современных обучающихся, приводить примеры из собственной жизни;

объяснять понятие «техника физических упражнений», руководствоваться правилами технической подготовки при самостоятельном обучении новым физическим упражнениям, проводить процедуры оценивания техники их выполнения;

составлять планы самостоятельных занятий физической и технической подготовкой, распределять их в недельном и месячном циклах учебного года, оценивать их оздоровительный эффект с помощью «индекса Кетле» и «ортостатической пробы» (по образцу);

выполнять лазанье по канату в два приёма (юноши) и простейшие акробатические пирамиды в парах и тройках (девушки);

составлять и самостоятельно разучивать комплекс степ-аэробики, включающий упражнения в ходьбе, прыжках, спрыгивании и запрыгивании с поворотами, разведением рук и ног (девушки);

выполнять стойку на голове с опорой на руки и включать её в акробатическую комбинацию из ранее освоенных упражнений (юноши);

выполнять беговые упражнения с преодолением препятствий способами «наступание» и «прыжковый бег», применять их в беге по пересечённой местности;

выполнять метание малого мяча на точность в неподвижную, качающуюся и катящуюся с разной скоростью мишень;

выполнять переход с передвижения попеременным двухшажным ходом на передвижение одновременным одношажным ходом и обратно во время прохождения учебной дистанции, наблюдать и анализировать его выполнение другими обучающимися, сравнивая с заданным образцом, выявлять ошибки и предлагать способы устранения (для бесснежных районов – имитация перехода);

тренироваться в упражнениях общефизической и специальной физической подготовки с учётом индивидуальных и возрастно-половых особенностей;

демонстрировать и использовать технические действия спортивных игр:

баскетбол (передача и ловля мяча после отскока от пола, броски мяча двумя руками снизу и от груди в движении, использование разученных технических действий в условиях игровой деятельности);

волейбол (передача мяча за голову на своей площадке и через сетку, использование разученных технических действий в условиях игровой деятельности);

футбол (средние и длинные передачи футбольного мяча, тактические действия при выполнении углового удара и вбрасывании мяча из-за боковой линии, использование разученных технических действий в условиях игровой деятельности).

К концу обучения ***в 8 классе*** обучающийся научится:

проводить анализ основных направлений развития физической культуры в Российской Федерации, характеризовать содержание основных форм их организации;

анализировать понятие «всестороннее и гармоничное физическое развитие», раскрывать критерии и приводить примеры, устанавливать связь с наследственными факторами и занятиями физической культурой и спортом;

проводить занятия оздоровительной гимнастикой по коррекции индивидуальной формы осанки и избыточной массы тела;

составлять планы занятия спортивной тренировкой, определять их целевое содержание в соответствии с индивидуальными показателями развития основных физических качеств;

выполнять гимнастическую комбинацию на гимнастическом бревне из ранее освоенных упражнений с добавлением элементов акробатики и ритмической гимнастики (девушки);

выполнять комбинацию на параллельных брусьях с включением упражнений в упоре на руках, кувырка вперёд и соскока, наблюдать их выполнение другими обучающимися и сравнивать с заданным образцом, анализировать ошибки и причины их появления, находить способы устранения (юноши);

выполнять прыжок в длину с разбега способом «прогнувшись», наблюдать и анализировать технические особенности в выполнении другими обучающимися, выявлять ошибки и предлагать способы устранения;

выполнять тестовые задания комплекса ГТО в беговых и технических легкоатлетических дисциплинах в соответствии с установленными требованиями к их технике;

выполнять передвижение на лыжах одновременным бесшажным ходом, переход с попеременного двухшажного хода на одновременный бесшажный ход, преодоление естественных препятствий на лыжах широким шагом, перешагиванием, перелазанием (для бесснежных районов – имитация передвижения);

тренироваться в упражнениях общефизической и специальной физической подготовки с учётом индивидуальных и возрастно-половых особенностей;

демонстрировать и использовать технические действия спортивных игр:

баскетбол (передача мяча одной рукой снизу и от плеча, бросок в корзину двумя и одной рукой в прыжке, тактические действия в защите и нападении, использование разученных технических и тактических действий в условиях игровой деятельности);

волейбол (прямой нападающий удар и индивидуальное блокирование мяча в прыжке с места, тактические действия в защите и нападении, использование разученных технических и тактических действий в условиях игровой деятельности);

футбол (удары по неподвижному, катящемуся и летящему мячу с разбега внутренней и внешней частью подъёма стопы, тактические действия игроков в нападении и защите, использование разученных технических и тактических действий в условиях игровой деятельности).

К концу обучения ***в 9 классе*** обучающийся научится:

отстаивать принципы здорового образа жизни, раскрывать эффективность его форм в профилактике вредных привычек, обосновывать пагубное влияние вредных привычек на здоровье человека, его социальную и производственную деятельность;

понимать пользу туристских подходов как формы организации здорового образа жизни, выполнять правила подготовки к пешим походам, требования безопасности при передвижении и организации бивуака;

объяснять понятие «профессионально-прикладная физическая культура»;

её целевое предназначение, связь с характером и особенностями профессиональной деятельности, понимать необходимость занятий профессионально-прикладной физической подготовкой обучающихся общеобразовательной организации;

использовать приёмы массажа и применять их в процессе самостоятельных занятий физической культурой и спортом, выполнять гигиенические требования к процедурам массажа;

измерять индивидуальные функциональные резервы организма с помощью проб Штанге, Генча, «задержки дыхания», использовать их для планирования индивидуальных занятий спортивной и профессионально-прикладной физической подготовкой;

определять характер травм и ушибов, встречающихся на самостоятельных занятиях физическими упражнениями и во время активного отдыха, применять способы оказания первой помощи;

составлять и выполнять комплексы упражнений из разученных акробатических упражнений с повышенными требованиями к технике их выполнения (юноши);

составлять и выполнять гимнастическую комбинацию на высокой перекладине из разученных упражнений, с включением элементов размахиванияи соскока вперёд способом «прогнувшись» (юноши);

составлять и выполнять композицию упражнений черлидинга с построением пирамид, элементами степ-аэробики и акробатики (девушки);

составлять и выполнять комплекс ритмической гимнастики с включением элементов художественной гимнастики, упражнений на гибкость и равновесие (девушки);

совершенствовать технику беговых и прыжковых упражнений в процессе самостоятельных занятий технической подготовкой к выполнению нормативных требований комплекса ГТО;

совершенствовать технику передвижения лыжными ходами в процессе самостоятельных занятий технической подготовкой к выполнению нормативных требований комплекса ГТО;

выполнять повороты кувырком, маятником;

выполнять технические элементы брассом в согласовании с дыханием;

совершенствовать технические действия в спортивных играх: баскетбол, волейбол, футбол, взаимодействовать с игроками своих команд в условиях игровой деятельности, при организации тактических действий в нападении и защите;

тренироваться в упражнениях общефизической и специальной физической подготовки с учётом индивидуальных и возрастно-половых особенностей.

 **ТЕМАТИЧЕСКОЕ ПЛАНИРОВАНИЕ**

 **5 КЛАСС**

|  |  |  |  |
| --- | --- | --- | --- |
| **№ п/п**  | **Наименование разделов и тем программы**  | **Количество часов** | **Электронные (цифровые) образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| **Раздел 1.** **Знания о физической культуре** |
| 1.1 | Знания о физической культуре |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3  |  |
| **Раздел 2.** **Способы самостоятельной деятельности** |
| 2.1 | Способы самостоятельной деятельности |  4  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  4  |  |
| **ФИЗИЧЕСКОЕ СОВЕРШЕНСТВОВАНИЕ** |
| **Раздел 1.** **Физкультурно-оздоровительная деятельность** |
| 1.1 | Физкультурно-оздоровительная деятельность |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3  |  |
| **Раздел 2.** **Спортивно-оздоровительная деятельность** |
| 2.1 | Гимнастика (модуль "Гимнастика") |  10  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.2 | Лёгкая атлетика (модуль "Легкая атлетика") |  11  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.3 | Зимние виды спорта (модуль "Зимние виды спорта") |  10  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.4 | Спортивные игры. Баскетбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.5 | Спортивные игры. Волейбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.6 | Спортивные игры. Футбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.7 | Модуль "Спорт" |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  58  |  |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ |  68  |  0  |  0  |  |

 **6 КЛАСС**

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| --- | --- | --- | --- |
| **№ п/п**  | **Наименование разделов и тем программы**  | **Количество часов** | **Электронные (цифровые) образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| **Раздел 1.** **Знания о физической культуре** |
| 1.1 | Знания о физической культуре |  2  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  2  |  |
| **Раздел 2.** **Способы самостоятельной деятельности** |
| 2.1 | Способы самостоятельной деятельности |  5  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  5  |  |
| **ФИЗИЧЕСКОЕ СОВЕРШЕНСТВОВАНИЕ** |
| **Раздел 1.** **Физкультурно-оздоровительная деятельность** |
| 1.1 | Физкультурно-оздоровительная деятельность |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3  |  |
| **Раздел 2.** **Спортивно-оздоровительная деятельность** |
| 2.1 | Гимнастика (модуль "Гимнастика") |  10  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.2 | Лёгкая атлетика (модуль "Легкая атлетика") |  11  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.3 | Зимние виды спорта (модуль "Зимние виды спорта") |  10  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.4 | Спортивные игры. Баскетбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.5 | Спортивные игры. Волейбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.6 | Спортивные игры. Футбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.7 | Модуль "Спорт" |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  58  |  |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ |  68  |  0  |  0  |  |

 **7 КЛАСС**

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| --- | --- | --- | --- |
| **№ п/п**  | **Наименование разделов и тем программы**  | **Количество часов** | **Электронные (цифровые) образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| **Раздел 1.** **Знания о физической культуре** |
| 1.1 | Знания о физической культуре |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3  |  |
| **Раздел 2.** **Способы самостоятельной деятельности** |
| 2.1 | Способы самостоятельной деятельности |  5  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  5  |  |
| **ФИЗИЧЕСКОЕ СОВЕРШЕНСТВОВАНИЕ** |
| **Раздел 1.** **Физкультурно-оздоровительная деятельность** |
| 1.1 | Физкультурно-оздоровительная деятельность |  2  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  2  |  |
| **Раздел 2.** **Спортивно-оздоровительная деятельность** |
| 2.1 | Гимнастика (модуль "Гимнастика") |  10  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.2 | Лёгкая атлетика (модуль "Легкая атлетика") |  11  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.3 | Зимние виды спорта (модуль "Зимние виды спорта") |  10  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.4 | Спортивные игры. Баскетбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.5 | Спортивные игры. Волейбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.6 | Спортивные игры. Футбол (модуль "Спортивные игры") |  8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.7 | Модуль "Спорт" |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  58  |  |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ |  68  |  0  |  0  |  |

 **8 КЛАСС**

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| **№ п/п**  | **Наименование разделов и тем программы**  | **Количество часов** | **Электронные (цифровые) образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| **Раздел 1.** **Знания о физической культуре** |
| 1.1 | Знания о физической культуре |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3  |  |
| **Раздел 2.** **Способы самостоятельной деятельности** |
| 2.1 | Способы самостоятельной деятельности |  2 |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  2 |  |
| **ФИЗИЧЕСКОЕ СОВЕРШЕНСТВОВАНИЕ** |
| **Раздел 1.** **Физкультурно-оздоровительная деятельность** |
| 1.1 | Физкультурно-оздоровительная деятельность |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3  |  |
| **Раздел 2.** **Спортивно-оздоровительная деятельность** |
| 2.1 | Гимнастика (модуль "Гимнастика") |  5 |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.2 | Лёгкая атлетика (модуль "Легкая атлетика") |  10 |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.3 | Зимние виды спорта (модуль "Зимние виды спорта") |  10 |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.4 | Спортивные игры. Баскетбол (модуль "Спортивные игры") |  10  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.5 | Спортивные игры. Волейбол (модуль "Спортивные игры") |  7  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.6 | Спортивные игры. Футбол (модуль "Спортивные игры") |  6  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.7 | Подготовка к выполнению нормативных требований комплекса ГТО (модуль "Спорт") | 12  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу | 60  |  |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ | 68  |   |   |  |

**9 КЛАСС**

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| **№ п/п**  | **Наименование разделов и тем программы**  | **Количество часов** | **Электронные (цифровые) образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| **Раздел 1.** **Знания о физической культуре** |
| 1.1 | Знания о физической культуре |  2 |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  2 |  |
| **Раздел 2.** **Способы самостоятельной деятельности** |
| 2.1 | Способы самостоятельной деятельности |  3 |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3 |  |
| **ФИЗИЧЕСКОЕ СОВЕРШЕНСТВОВАНИЕ** |
| **Раздел 1.** **Физкультурно-оздоровительная деятельность** |
| 1.1 | Физкультурно-оздоровительная деятельность |  3  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  3  |  |
| **Раздел 2.** **Спортивно-оздоровительная деятельность** |
| 2.1 | Гимнастика (модуль "Гимнастика") | 4  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.2 | Лёгкая атлетика (модуль "Легкая атлетика") |  12  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.3 | Зимние виды спорта (модуль "Зимние виды спорта") | 7  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.4 | Спортивные игры. Баскетбол (модуль "Спортивные игры") |  9  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.5 | Спортивные игры. Волейбол (модуль "Спортивные игры") | 8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.6 | Спортивные игры. Футбол (модуль "Спортивные игры") | 8  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2.7 | Подготовка к выполнению нормативных требований комплекса ГТО (модуль "Спорт") | 12  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| Итого по разделу |  60 |  |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ |  68  |   |   |  |

 **ПОУРОЧНОЕ ПЛАНИРОВАНИЕ**

 **5 КЛАСС**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **№ п/п**  | **Тема урока**  | **Количество часов** | **Дата изучения**  | **Электронные цифровые образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| 1 | Физическая культура в основной школе |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2 | Физическая культура и здоровый образ жизни человека |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 3 | Олимпийские игры древности |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 4 | Режим дня |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 5 | Наблюдение за физическим развитием, оценка состояния организма |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 6 | Организация и проведение самостоятельных занятий |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 7 | Составление дневника по физической культуре |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 8 | Упражнения утренней зарядки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 9 | Физкультурно-оздоровительные мероприятия в жизнедеятельности современного человека |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 10 | Упражнения на развитие физических качеств и формирования гармоничного телосложения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 11 | Кувырок вперёд и назад в группировке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 12 | Кувырок назад в группировке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 13 | Кувырок назад из стойки на лопатках, кувырок вперёд ноги скрестно |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 14 | Опорные прыжки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 15 | Опорные прыжки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 16 | Упражнения на низком гимнастическом бревне |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 17 | Упражнения на гимнастической лестнице |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 18 | Упражнения на гимнастической скамейке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 19 | Правила и техника выполнения нормативов комплекса ГТО: подтягивание из виса на высокой перекладине – мальчики; наклон вперед из положения стоя на гимнастической скамье |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 20 | Правила и техника выполнения нормативов комплекса ГТО: подтягивание из виса лежа на низкой перекладине 90 см; сгибание и разгибание рук в упоре лежа на полу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 21 | Бег на длинные дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 22 | Правила и техника выполнения норматива комплекса ГТО: бег на 1000 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 23 | Бег на короткие дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 24 | Правила и техника выполнения норматива комплекса ГТО: бег на 30 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 25 | Правила и техника выполнения норматива комплекса ГТО: челночный бег 3х10 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 26 | Прыжок в длину с разбега способом «согнув ноги» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 27 | Правила и техника выполнения норматива комплекса ГТО: прыжок в длину с места толчком двумя ногами |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 28 | Метание малого мяча в неподвижную мишень |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 29 | Правила и техника выполнения норматива комплекса ГТО: метание мяча весом 150 г |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 30 | Прыжок в высоту с прямого разбега |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 31 | Правила и техника выполнения норматива комплекса ГТО: кросс на 2 км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 32 | Передвижение на лыжах попеременным двухшажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 33 | Передвижение на лыжах попеременным двухшажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 34 | Повороты на лыжах способом переступания |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 35 | Повороты на лыжах способом переступания |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 36 | Подъём в горку на лыжах способом «лесенка» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 37 | Подъём в горку на лыжах способом «лесенка» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 38 | Спуск на лыжах с пологого склона |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 39 | Спуск на лыжах с пологого склона |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 40 | Преодоление небольших препятствий при спуске с пологого склона |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 41 | Правила и техника выполнения норматива комплекса ГТО: бег на лыжах 1 км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 42 | Техника ловли и передачи мяча на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 43 | Техника ловли и передачи мяча на месте и в движении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 44 | Ведение мяча стоя на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 45 | Ведение мяча в движении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 46 | Ведение мяча в движении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 47 | Бросок баскетбольного мяча в корзину двумя руками от груди с места |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 48 | Технические действия с мячом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 49 | Технические действия с мячом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 50 | Прямая нижняя подача мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 51 | Прямая нижняя подача мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 52 | Приём и передача мяча снизу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 53 | Приём и передача мяча снизу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 54 | Приём и передача мяча сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 55 | Приём и передача мяча сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 56 | Технические действия с мячом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 57 | Технические действия с мячом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 58 | Удар по мячу внутренней стороной стопы |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 59 | Остановка катящегося мяча внутренней стороной стопы |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 60 | Ведение футбольного мяча «по прямой» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 61 | Ведение футбольного мяча «по прямой» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 62 | Ведение футбольного мяча «по кругу» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 63 | Ведение футбольного мяча «по кругу» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 64 | Ведение футбольного мяча «змейкой» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 65 | Обводка мячом ориентиров |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 66 | История ВФСК ГТО и ГТО в наши дни. Правила выполнения спортивных нормативов 3 ступени |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 67 | Летний фестиваль ГТО (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 3 ступени) |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 68 | Зимний фестиваль ГТО (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 3 ступени) |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ |  68  |  0  |  0  |  |

 **6 КЛАСС**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **№ п/п**  | **Тема урока**  | **Количество часов** | **Дата изучения**  | **Электронные цифровые образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| 1 | Возрождение Олимпийских игр |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2 | Символика и ритуалы Олимпийских игр |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 3 | Составление дневника физической культуры |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 4 | Физическая подготовка человека |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 5 | Основные показатели физической нагрузки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 6 | Составление плана самостоятельных занятий физической подготовкой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 7 | Закаливающие процедуры с помощью воздушных и солнечных ванн, купания в естественных водоёмах |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 8 | Упражнения для коррекции телосложения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 9 | Упражнения для профилактики нарушения зрения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 10 | Упражнения для профилактики нарушений осанки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 11 | Акробатические комбинации |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 12 | Акробатические комбинации |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 13 | Опорные прыжки через гимнастического козла |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 14 | Опорные прыжки через гимнастического козла |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 15 | Упражнения на низком гимнастическом бревне |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 16 | Упражнения на невысокой гимнастической перекладине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 17 | Правила и техника выполнения нормативов комплекса ГТО: подтягивание из виса на высокой перекладине – мальчики; наклон вперед из положения стоя на гимнастической скамье |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 18 | Лазание по канату в три приема |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 19 | Правила и техника выполнения нормативов комплекса ГТО: подтягивание из виса лежа на низкой перекладине 90см; поднимание туловища из положения лежа на спине. |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 20 | Упражнения ритмической гимнастики |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 21 | Старт с опорой на одну руку с последующим ускорением |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 22 | Спринтерский бег |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 23 | Правила и техника выполнения нормативов комплекса ГТО: бег на 30 м и 60 м. |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 24 | Гладкий равномерный бег |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 25 | Правила и техника выполнения нормативов комплекса ГТО: бег на 1000 м и 1500 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 26 | Прыжковые упражнения: прыжок в высоту с разбега способом «перешагивание» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 27 | Правила и техника выполнения норматива комплекса ГТО: прыжок в длину с места толчком двумя ногами |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 28 | Правила и техника выполнения норматива комплекса ГТО: челночный бег 3х10 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 29 | Метание малого мяча по движущейся мишени |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 30 | Правила и техника выполнения норматива комплекса ГТО: метание мяча весом 150 г |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 31 | Правила и техника выполнения нормативов комплекса ГТО: кросс на 2 км и 3 км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 32 | Повторение техники передвижения на лыжах попеременным двухшажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 33 | Передвижение одновременным одношажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 34 | Передвижение одновременным одношажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 35 | Техника спусков с пологого склона в низкой стойке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 36 | Техника подъема на склон способом «лесенка» и торможения «плугом» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 37 | Преодоление небольших трамплинов при спуске с пологого склона |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 38 | Преодоление небольших трамплинов при спуске с пологого склона |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 39 | Передвижения по учебной дистанции изученными ходами |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 40 | Передвижения по учебной дистанции изученными ходами |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 41 | Правила и техника выполнения нормативов комплекса ГТО: бег на лыжах 1 км и 2 км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 42 | Передвижение в стойке баскетболиста |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 43 | Прыжки вверх толчком одной ногой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 44 | Остановка двумя шагами и прыжком |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 45 | Упражнения в ведении мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 46 | Упражнения в ведении мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 47 | Упражнения на передачу и броски мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 48 | Игровая деятельность с использованием технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 49 | Игровая деятельность с использованием технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 50 | Приём мяча двумя руками снизу и передача в разные зоны площадки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 51 | Приём мяча двумя руками сверху и передача в разные зоны площадки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 52 | Игровая деятельность с использованием технических приёмов в подаче мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 53 | Игровая деятельность с использованием технических приёмов в подаче мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 54 | Игровая деятельность с использованием приёма мяча снизу и сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 55 | Игровая деятельность с использованием приёма мяча снизу и сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 56 | Игровая деятельность с использованием технических приёмов передачи мяча снизу и сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 57 | Игровая деятельность с использованием технических приёмов передачи мяча снизу и сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 58 | Удар по катящемуся мячу с разбега |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 59 | Удар по катящемуся мячу с разбега |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 60 | Игровая деятельность с использованием технических приёмов остановки мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 61 | Игровая деятельность с использованием технических приёмов остановки мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 62 | Игровая деятельность с использованием технических приёмов передачи мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 63 | Игровая деятельность с использованием технических приёмов передачи мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 64 | Игровая деятельность с использованием технических приёмов ведения мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 65 | Игровая деятельность с использованием технических приёмов обводки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 66 | Правила выполнения спортивных нормативов 3-4 ступени. Правила ТБ |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 67 | Фестиваль ГТО «Всем классом сдадим ГТО» (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 3-4 ступени) |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 68 | Фестиваль ГТО «Всем классом сдадим ГТО» (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 3-4 ступени |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ |  68  |  0  |  0  |  |

 **7 КЛАСС**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **№ п/п**  | **Тема урока**  | **Количество часов** | **Дата изучения**  | **Электронные цифровые образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| 1 | Истоки развития олимпизма в России |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2 | Олимпийское движение в СССР и современной России |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 3 | Воспитание качеств личности на занятиях физической культурой и спортом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 4 | Соблюдение правил техники безопасности и гигиены мест занятий физическими упражнениями |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 5 | Тактическая подготовка |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 6 | Способы и процедуры оценивания техники двигательных действий |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 7 | Планирование занятий технической подготовкой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 8 | Оценивание оздоровительного эффекта занятий физической культурой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 9 | Упражнения для коррекции телосложения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 10 | Упражнения для профилактики нарушения осанки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 11 | Акробатические комбинации |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 12 | Акробатические пирамиды |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 13 | Стойка на голове с опорой на руки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 14 | Комплекс упражнений степ-аэробики |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 15 | Правила и техника выполнения нормативов комплекса ГТО: подтягивание из виса лежа на низкой перекладине 90см; поднимание туловища из положения лежа на спине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 16 | Комбинация на гимнастическом бревне |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 17 | Комбинация на низкой гимнастической перекладине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 18 | Правила и техника выполнения нормативов комплекса ГТО: подтягивание из виса на высокой перекладине – мальчики; наклон вперед из положения стоя на гимнастической скамье |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 19 | Лазанье по канату в два приёма |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 20 | Лазанье по канату в два приёма |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 21 | Бег на короткие и средние дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 22 | Правила и техника выполнения нормативов комплекса ГТО: бег на 30 м и 60 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 23 | Техника преодоление препятствий наступанием и прыжковым бегом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 24 | Правила и техника выполнения норматива комплекса ГТО: бег на 1500 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 25 | Эстафетный бег |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 26 | Правила и техника выполнения норматива комплекса ГТО: челночный бег 3х10 м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 27 | Прыжки с разбега в высоту |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 28 | Прыжки с разбега в длину |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 29 | Правила и техника выполнения норматива комплекса ГТО: прыжок в длину с места толчком двумя ногами |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 30 | Правила и техника выполнения норматива комплекса ГТО: метание мяча весом 150 г |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 31 | Правила и техника выполнения норматива комплекса ГТО: кросс на 3 км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 32 | Торможение на лыжах способом «упор» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 33 | Торможение на лыжах способом «упор» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 34 | Поворот упором при спуске с пологого склона |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 35 | Поворот упором при спуске с пологого склона |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 36 | Преодоление естественных препятствий на лыжах |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 37 | Преодоление естественных препятствий на лыжах |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 38 | Переход с одного хода на другой во время прохождения учебной дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 39 | Переход с одного хода на другой во время прохождения учебной дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 40 | Спуски и подъёмы во время прохождения учебной дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 41 | Правила и техника выполнения норматива комплекса ГТО: бег на лыжах 2 км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 42 | Передача и ловля мяча после отскока от пола |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 43 | Передача и ловля мяча после отскока от пола |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 44 | Бросок мяча в корзину двумя руками снизу после ведения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 45 | Бросок мяча в корзину двумя руками снизу после ведения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 46 | Бросок мяча в корзину двумя рукам от груди после ведения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 47 | Бросок мяча в корзину двумя рукам от груди после ведения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 48 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 49 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 50 | Верхняя прямая подача мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 51 | Верхняя прямая подача мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 52 | Передача мяча через сетку двумя руками сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 53 | Передача мяча через сетку двумя руками сверху |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 54 | Перевод мяча за голову |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 55 | Перевод мяча за голову |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 56 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 57 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 58 | Средние и длинные передачи мяча по прямой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 59 | Средние и длинные передачи мяча по диагонали |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 60 | Тактические действия при выполнении углового удара |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 61 | Тактические действия при вбрасывании мяча из-за боковой линии |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 62 | Тактические действия при вбрасывании мяча из-за боковой линии |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 63 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 64 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 65 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 66 | Правила выполнения спортивных нормативов 4 ступени. Правила ТБ. |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 67 | Фестиваль «Мы и ГТО» (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 4 ступени) |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 68 | Фестиваль «Мы и ГТО» (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 4 ступени) |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ |  68  |  0  |  0  |  |

**8 КЛАСС**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **№ п/п**  | **Тема урока**  | **Количество часов** | **Дата изучения**  | **Электронные цифровые образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| 1 | Физическая культура в современном обществе |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2 | Всестороннее и гармоничное физическое развитие |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 3 | Адаптивная и лечебная физическая культура |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 4 | Коррекция нарушения осанки |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 5 | Способы учёта индивидуальных особенностей |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 6 | Профилактика умственного перенапряжения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 7 | Упражнения для профилактики утомления |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 8 | Дыхательная и зрительная гимнастика |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 9 | Акробатические комбинации |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 10 | Акробатические комбинации |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 11 | Гимнастическая комбинация на перекладине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 12 | Гимнастическая комбинация на перекладине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 13 | Вольные упражнения на базе ритмической гимнастики |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 14 | Бег на короткие дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 15 | Бег на средние дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 16 | Бег на длинные дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 17 | Бег на длинные дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 18 | Прыжки в длину с разбега |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 19 | Прыжки в длину с разбега |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 20 | Прыжок в длину с разбега способом «прогнувшись» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 21 | Прыжок в длину с разбега способом «прогнувшись» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 22 | Правила проведения соревнований по сдаче норм комплекса ГТО |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 23 | Самостоятельная подготовка к выполнению нормативных требований комплекса ГТО |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 24 | Техника передвижения на лыжах одновременным бесшажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 25 | Техника передвижения на лыжах одновременным бесшажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 26 | Способы преодоления естественных препятствий на лыжах |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 27 | Способы преодоления естественных препятствий на лыжах |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 28 | Торможение боковым скольжением |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 29 | Торможение боковым скольжением |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 30 | Переход с одного лыжного хода на другой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 31 | Переход с одного лыжного хода на другой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 32 | Лыжная подготовка в передвижениях на лыжах, при спусках, подъёмах, торможении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 33 | Правила и техника выполнения норматива комплекса ГТО: Бег на лыжах 2 км или 3 км |  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 34 | Повороты с мячом на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 35 | Повороты с мячом на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 36 | Передача мяча одной рукой от плеча и снизу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 37 | Передача мяча одной рукой от плеча и снизу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 38 | Передача мяча одной рукой снизу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 39 | Передача мяча одной рукой снизу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 40 | Бросок мяча в корзину двумя руками в прыжке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 41 | Бросок мяча в корзину двумя руками в прыжке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 42 | Бросок мяча в корзину одной рукой в прыжке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 43 | Бросок мяча в корзину одной рукой в прыжке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 44 | Прямой нападающий удар |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 45 | Прямой нападающий удар |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 46 | Индивидуальное блокирование мяча в прыжке с места |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 47 | Тактические действия в защите |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 48 | Тактические действия в нападении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 49 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 50 | Игровая деятельность с использованием разученных технических приёмов |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 51 | Удар по мячу с разбега внутренней частью подъёма стопы |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 52 | Остановка мяча внутренней стороной стопы |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 53 | Правила игры в мини-футбол |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 54 | Правила игры в мини-футбол |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 55 | Игровая деятельность по правилам классического футбола |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 56 | Игровая деятельность по правилам классического футбола |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 57 | История ВФСК ГТО, возрождение ГТО. Правила выполнения спортивных нормативов 4-5 ступени. Правила ТБ. Первая помощь при травмах |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 58 | Правила и техника выполнения норматива комплекса ГТО: Бег на 30м и 60м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 59 | Правила и техника выполнения норматива комплекса ГТО: Бег на 1500м или 2000м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 60 | Правила и техника выполнения норматива комплекса ГТО: Кросс на 3 км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 61 | Правила и техника выполнения норматива комплекса ГТО: Подтягивание из виса на высокой перекладине – мальчики. Сгибание и разгибание рук в упоре лежа на полу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 62 | Правила и техника выполнения норматива комплекса ГТО: Подтягивание из виса лежа на низкой перекладине 90см |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 63 | Правила и техника выполнения норматива комплекса ГТО: Наклон вперед из положения стоя на гимнастической скамье |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 64 | Правила и техника выполнения норматива комплекса ГТО: Прыжок в длину с места толчком двумя ногами |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 65 | Правила и техника выполнения норматива комплекса ГТО: Поднимание туловища из положения лежа на спине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 66 | Правила и техника выполнения норматива комплекса ГТО: Метание мяча весом 150г |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 67 | Правила и техника выполнения норматива комплекса ГТО: Челночный бег 3\*10м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 68 | Фестиваль «Мы сдадим ГТО». (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 4-5 ступени |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ | 68  |  |  |  |

**9 КЛАСС**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **№ п/п**  | **Тема урока**  | **Количество часов** | **Дата изучения**  | **Электронные цифровые образовательные ресурсы**  |
| **Всего**  | **Контрольные работы**  | **Практические работы**  |
| 1 | Здоровье и здоровый образ жизни |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 2 | Профессионально-прикладная физическая культура |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 3 | Восстановительный массаж |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 4 | Измерение функциональных резервов организма |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 5 | Оказание первой помощи во время самостоятельных занятий физическими упражнениями и активного отдыха |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 6 | Занятия физической культурой и режим питания |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 7 | Упражнения для снижения избыточной массы тела |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 8 | Мероприятия в режиме двигательной активности обучающихся |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 9 | Длинный кувырок с разбега |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 10 | Кувырок назад в упор |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 11 | Гимнастическая комбинация на высокой перекладине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 12 | Гимнастическая комбинация на высокой перекладине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 13 | Бег на короткие дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 14 | Бег на короткие дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 15 | Бег на длинные дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 16 | Бег на длинные дистанции |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 17 | Прыжки в длину «прогнувшись» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 18 | Прыжки в длину «прогнувшись» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 19 | Прыжки в длину «согнув ноги» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 20 | Прыжки в длину «согнув ноги» |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 21 | Прыжки в высоту |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 22 | Прыжки в высоту |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 23 | Метание спортивного снаряда с разбега на дальность |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 24 | Метание спортивного снаряда с разбега на дальность |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 25 | Передвижение попеременным двухшажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 26 | Передвижение попеременным двухшажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 27 | Передвижение одновременным одношажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 28 | Передвижение одновременным одношажным ходом |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 29 | Способы перехода с одного лыжного хода на другой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 30 | Способы перехода с одного лыжного хода на другой |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
|  | Правила и техника выполнения норматива комплекса ГТО: Бег на лыжах 3 км или 5 км |  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 31 | Ведение мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 32 | Ведение мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 33 | Передача мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 34 | Передача мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 35 | Приемы и броски мяча на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 36 | Приемы и броски мяча на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 37 | Приемы и броски мяча в прыжке |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 38 | Приемы и броски мяча после ведения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 39 | Приемы и броски мяча после ведения |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 40 | Подачи мяча в разные зоны площадки соперника |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 41 | Подачи мяча в разные зоны площадки соперника |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 42 | Приёмы и передачи мяча на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 43 | Приёмы и передачи мяча на месте |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 44 | Приёмы и передачи в движении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 45 | Приёмы и передачи в движении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 46 | Удары |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 47 | Блокировка |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 49 | Ведение мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 50 | Ведение мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 51 | Приемы мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 52 | Приемы мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 53 | Передачи мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 54 | Передачи мяча |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 55 | Остановки и удары по мячу с места |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 56 | Остановки и удары по мячу в движении |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 57 | История ВФСК ГТО, возрождение ГТО. Правила выполнения спортивных нормативов 5-6 ступени. Правила ТБ. Первая помощь при травмах |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 58 | Правила и техника выполнения норматива комплекса ГТО: Бег на 30м, 60м или 100м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 59 | Правила и техника выполнения норматива комплекса ГТО: Бег на 2000м или 3000м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 60 | Правила и техника выполнения норматива комплекса ГТО: Кросс на 3 км или 5км |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 61 | Правила и техника выполнения норматива комплекса ГТО: Подтягивание из виса на высокой перекладине. Рывок гири 16кг. Сгибание и разгибание рук в упоре лежа на полу |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 62 | Правила и техника выполнения норматива комплекса ГТО: Подтягивание из виса лежа на низкой перекладине 90см |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 63 | Правила и техника выполнения норматива комплекса ГТО: Наклон вперед из положения стоя на гимнастической скамье |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 64 | Правила и техника выполнения норматива комплекса ГТО: Прыжок в длину с места толчком двумя ногами |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 65 | Правила и техника выполнения норматива комплекса ГТО: Поднимание туловища из положения лежа на спине |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 66 | Правила и техника выполнения норматива комплекса ГТО: Метание мяча весом 150г, 500г(д), 700г(ю) |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 67 | Правила и техника выполнения норматива комплекса ГТО: Челночный бег 3\*10м |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| 68 | Фестиваль «Мы и ГТО». (сдача норм ГТО с соблюдением правил и техники выполнения испытаний (тестов) 5-6 ступени |  1  |  |  |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) |
| ОБЩЕЕ КОЛИЧЕСТВО ЧАСОВ ПО ПРОГРАММЕ | 68  |  |  |  |

**УЧЕБНО-МЕТОДИЧЕСКОЕ ОБЕСПЕЧЕНИЕ ОБРАЗОВАТЕЛЬНОГО ПРОЦЕССА**

**ОБЯЗАТЕЛЬНЫЕ УЧЕБНЫЕ МАТЕРИАЛЫ ДЛЯ УЧЕНИКА**

**МЕТОДИЧЕСКИЕ МАТЕРИАЛЫ ДЛЯ УЧИТЕЛЯ**

**ЦИФРОВЫЕ ОБРАЗОВАТЕЛЬНЫЕ РЕСУРСЫ И РЕСУРСЫ СЕТИ ИНТЕРНЕТ**