УТВЕРЖДАЮ

Директор

ГБУ ДО КК ДЮСШ

\_\_\_\_\_\_\_\_\_\_Н.Ю. Анисимова

**«\_\_\_\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Учебный план**

**по образовательной программе базового уровня и углубленного уровней**

**в области физической культуры и спорта**

по виду спорта «**гандбол**»

на 2021-2022 учебный год

1. Календарный учебный график

Базовый уровень 1, 2, 3 годы обучения на 2021-2022 учебный год

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Год обучения** | сентябрь | | | | 27.09-03.10 | октябрь | | | 25-31 | ноябрь | | | | 30.11-06.12 | | декабрь | | | | | январь | | | | | февраль | | | | | март | | | | |  | | апрель | | | |  | | май | | | | | июнь | | | | |  | | июль | | | |  | | август | | | | |  | |  | |  | |  | |  | |  | |  | |
| 01-05 | 06-12 | 13-19 | 20-26 | 04-10 | 11-17 | 18-24 | 01-07 | 08-14 | 15-21 | 2-28 | | 29.11-05.12 | | 06-12 | 13-19 | 20-26 | 27.1202.01 | | 03-09 | 10-16 | 17-23 | 24-30 | | 31.01-06.02 | 07-13 | 14-20 | 21-27 | | 28.02-06.03 | 07-13 | 14-20 | 21-27 | | 28.03-03.04 | | 04-10 | 11-17 | 18-24 | | 25.04-01.05 | | 02-08 | 09-15 | 16-22 | 23-29 | | 30.05-05.06 | 06-12 | 13-19 | 20-26 | | 27.-30 | |  |  |  | |  | |  |  | 15-21 | 22-28 | | Теоретические занятия | | Практические занятия | | Самостоятельная работа | | Промежуточная аттестация | | Итоговая аттестация | | Каникулы | | Всего |
| **1** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | | **6** | **6** | **6** | | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | |  |  |  | |  | |  |  | **6** | **6** | |  | |  | |  | |  | |  | |  | | **276** |
| Т | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | | 1 |  |  |  | |  |  |  |  | | 1 | 1 | 1 | 1 | | 1 | 1 | 1 | 1 | | 1 | | 1 | 1 | 1 | | 1 | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | | 28 | |  | |  | |  | |  | |  | |  |
| П | 5 | 5 | 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | | 5 | | 5 | 6 | 6 | 6 | | 6 | 6 | 6 | 6 | | 5 | 5 | 5 | 5 | | 5 | 5 | 5 | 5 | | 5 | | 5 | 5 | 5 | | 5 | | 2 | 6 | 6 | 6 | | 6 | 6 | 6 | 6 | | 6 | |  |  |  | |  | |  |  | 6 | 6 | |  | | 240 | |  | |  | |  | |  | |  |
| С |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  | |  | |  | | 8 | |  | |  | |  |
| Э |  |  | 4 |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | | 4 |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  | |  | |  | |  | |  | |  | |  |
| = |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  | | = | = | = | | = | | = | = |  |  | |  | |  | |  | |  | |  | |  | |  |
| **2** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | **6** | | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | | **6** | **6** | **6** | | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | |  |  |  | |  | |  |  | **6** | **6** | |  | |  | |  | |  | |  | |  | | **276** |
| Т | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | | 1 |  |  |  | |  |  |  |  | | 1 | 1 | 1 | 1 | | 1 | 1 | 1 | 1 | | 1 | | 1 | 1 | 1 | | 1 | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | | 28 | |  | |  | |  | |  | |  | |  |
| П | 5 | 5 | 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | | 5 | | 5 | 6 | 6 | 6 | | 6 | 6 | 6 | 6 | | 5 | 5 | 5 | 5 | | 5 | 5 | 5 | 5 | | 5 | | 5 | 5 | 5 | | 5 | | 2 | 6 | 6 | 6 | | 6 | 6 | 6 | 6 | | 6 | |  |  |  | |  | |  |  | 6 | 6 | |  | | 240 | |  | |  | |  | |  | |  |
| С |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  | |  | |  | | 8 | |  | |  | |  |
| Э |  |  | 4 |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | | 4 |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  | |  | |  | |  | |  | |  | |  |
| = |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  | | = | = | = | | = | | = | = |  |  | |  | |  | |  | |  | |  | |  | |  |
| **3** | **8** | **8** | **8** | **8** | **8** | **8** | **8** | **8** | **8** | **8** | **8** | **8** | **8** | | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | | **8** | **8** | **8** | | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | |  |  |  | |  | |  |  | **8** | **8** | |  | |  | |  | |  | |  | |  | | **368** |
| Т | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | | 1 | 1 |  |  | |  |  |  | 1 | | 1 | 1 | 1 | 1 | | 1 | 1 | 1 | 1 | | 1 | | 1 | 1 | 1 | | 1 | | 1 |  |  |  | |  | 1 | 1 | 1 | | 1 | |  |  |  | |  | |  |  | 1 | 1 | | 37 | |  | |  | |  | |  | |  | |  |
| П | 7 | 7 | 3 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | | 7 | | 7 | 7 | 8 | 8 | | 8 | 8 | 8 | 7 | | 7 | 7 | 7 | 7 | | 7 | 7 | 7 | 7 | | 7 | | 7 | 7 | 7 | | 7 | | 3 | 8 | 8 | 8 | | 8 | 7 | 7 | 7 | | 7 | |  |  |  | |  | |  |  | 7 | 7 | |  | | 323 | |  | |  | |  | |  | |  |
| С |  |  | 4 |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | | 4 |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  | |  | |  | |  | |  | |  | |  |
| Э |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  | |  | |  | | 8 | |  | |  | |  |
| = |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  |  |  |  | |  | |  |  |  | |  | |  |  |  |  | |  |  |  |  | |  | | = | = | = | | = | | = | = |  |  | |  | |  | |  | |  | |  | |  | |  |

Ст. инструктор-методист Е.Ю. Барсукова