**Учебный план**

**по образовательной программе базового и углубленного уровней в области физической культуры и спорта**

по виду спорта «**гандбол**»

2021-2022 учебный год

1. Календарный учебный график

Углубленный уровень 1, 2, 3, 4 годы обучения на 2021-2022 учебный год

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Год обучения** | сентябрь | 27.09-03.10 | октябрь | 25-31 | ноябрь | декабрь | 27.12-02.01 | январь | февраль | март | 28.03-03.04 | апрель | 25.04-01.05 | май | июнь | 27.06-30.06 | июль |  | август |  |
| 01-05 | 06-12 | 13-19 | 20-26 | 04-10 | 11-17 | 18-24 | 01-07 | 08-14 | 15-21 | 22-28 | 29.11-05.12 | 06012 | 13-19 | 20-26 | 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 | 04-10 | 11-17 | 18-24 | 02-08 | 09-15 | 16-22 | 23-29 | 30.05-05.06 | 06-12 | 13-19 | 20-26 |  |  |  |  |  | 15-21 | 22-28 | Теоретические занятия | Практические занятия | Самостоятельная работа | Промежуточная аттестация | Итоговая аттестация | Каникулы | Всего |
| **1** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **1****2** | **12** | **12** | **12** | **1****2** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** | **12** |  |  |  |  |  |  | **12** | **12** |  |  |  |  |  |  | **552** |
| Т | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |  | 1 | 1 | 56 |  |  |  |  |  |  |
| П | 11 | 11 | 8 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 11 | 11 | 11 | 11 | 8 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |  |  |  |  |  |  | 11 | 11 |  | 488 |  |  |  |  |  |
| С |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Э |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |
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| Т | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |  |  |  |  |  |  | 1 | 1 | 56 |  |  |  |  |  |  |
| П | 11 | 11 | 8 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 11 | 11 | 11 | 11 | 8 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |  |  |  |  |  |  | 11 | 11 |  | 488 |  |  |  |  |  |
| С |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Э |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |
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| **3** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** |  |  |  |  |  |  | **14** | **14** |  |  |  |  |  |  | **644** |
| Т | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 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 |  | 65 |  |  |  |  |  |  |
| П | 12 | 12 | 8 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 9 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 |  |  |  |  |  |  | 13 | 14 |  | 571 |  |  |  |  |  |
| С |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Э |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |
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| **4** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **1****4** | **14** | **14** | **14** | **1****4** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** | **14** |  |  |  |  |  |  | **14** | **14** |  |  |  |  |  |  | **644** |
| Т | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 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 |  | 65 |  |  |  |  |  |  |
| П | 12 | 12 | 8 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 9 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 |  |  |  |  |  |  | 13 | 14 |  | 571 |  |  |  |  |  |
| С |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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Ст. инструктор-методист Е.Ю. Барсукова

Условные обозначения: теоретические занятия – Т; практические занятия – П; самостоятельная работа – С;

промежуточная аттестация – Э; итоговая аттестация – И; каникулы =.