ПЛАН- ГРАФИК

прохождения учебной программы по физической культуре

с учащимися 5 класса на 2012 – 2013 учебный год.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Разделы программы** | **Кол-во часов** | **1 четверть** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Номера уроков** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** | **20** | **21** | **22** | **23** | **24** | **25** | **26** | **27** |
| **Основы знаний** | **6** | **В ходе уроков** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Лёгкая атлетика** | **15** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Гимнастика** | **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
|  |  | **2 четверть** | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **Номера уроков** | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | **28** | **29** | **30** | **31** | **32** | **33** | **34** | **35** | **36** | **37** | **38** | **39** | **40** | **41** | **42** | **43** | **44** | **45** | **46** | **47** | **48** |  |  |  |  |  |  |
| **Гимнастика** | **6** | **1** | **2** | **3** | **4** | **5** | **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Баскетбол** | **15** |  |  |  |  |  |  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** |  |  |  |  |  |  |
|  |  | **3 четверть** | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  |  | **Номера уроков** | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  |  | **49** | **50** | **51** | **52** | **53** | **54** | **55** | **56** | **57** | **58** | **59** | **60** | **61** | **62** | **63** | **64** | **65** | **66** | **67** | **68** | **69** | **70** | **71** | **72** | **73** | **74** | **75** |
| **Лыжная подготовка** | **24** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** | **20** | **21** | **22** | **23** | **24** |  |  |  |
| **Волейбол** | **15** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **1** | **2** | **3** |
|  |  | **76** | **77** | **78** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Волейбол** |  | **4** | **5** | **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **4 четверть** | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  |  | **Номера уроков** | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  |  | **79** | **80** | **81** | **82** | **83** | **84** | **85** | **86** | **87** | **88** | **89** | **90** | **91** | **92** | **93** | **94** | **95** | **96** | **97** | **98** | **99** | **100** | **101** | **102** | **103** | **104** | **105** |
| **Волейбол** |  | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Лёгкая атлетика** | **18** |  |  |  |  |  |  |  |  |  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |