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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Карта развития физических качеств группы для детей с задержкой психического развития 5-6 лет** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№** | **Имя,фамилия ребенка** | **Скоростные качества**  **.** | | | | | | | | **ОРУ**  **ОВД** | | | | | | **Ходьба**  **гимнаст.**  **скрест.ш.**  **в приседе**  **и т.д.** | | | | **Скоростно-силовые качества** | | | | | | | | | | | | | | | | | | | | | | | | **Лазанье по гимнастической лестнице** | | | | **Уровень физической подготовки** | | |
| **Бег 30 м** | | | | **Бег 10м** | | | | **Прыжок в дл. с м.** | | | | | | **Метание набив. м** | | | | | | **Метание** | | | | | | | | | | | |
| **Пр.** | | | | | | **Лев.** | | | | | |
| **1** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **2** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **3** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **4** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **5** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **6** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **7** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **8** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **9** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **10** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **11** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **12** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **13** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **14** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **15** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **16** |  |  | |  | |  | |  | |  | | |  | | |  | | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  |
| **Карта развития физических качеств группы детей с задержкой психического развития 3-4 года** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№** | **Имя,фамилия ребенка** | | **ОРУ** | | | | **Ходьба всей группой** | | | | | **Бег**  **(50-60 с.)** | | | | | | **Скоростно-силовые качества** | | | | | | | | | | | | | | | | | | | | | | | | | **Лазание по гимнаст.**  **лестнице** | | | | **Уровень физической**  **подготовки** | | | |
| **Прыжок в длину с**  **места** | | | | | | | **Метание набивного**  **мяча** | | | | | | **Метание** | | | | | | | | | | | |
| **Правая** | | | | | | **Левая** | | | | | |
| **1** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **2** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **3** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **4** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **5** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **6** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **7** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **8** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **9** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **10** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **11** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **12** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **13** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **14** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **15** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **16** |  | |  | |  | |  | |  | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |  | |
| **Карта развития физических качеств группы для детей с тяжелым нарушение речи 2-3 года** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **№** | **Имя,фамилия ребенка** | | | | | | | | | | **Ходьба**  **стайкой**  **друг за другом** | | | | | | **Бег**  **(30-40 сек.)** | | | | | | | **Прыжок в длину с**  **места** | | | | | | **Перебрас.**  **мяча через**  **веревку** | | | | | | **Метание в горизонтальную цель** | | | | | | **Лазанье по лестнице стремянке** | | | | | **Уровень**  **физической**  **подготовки** | | | |
| **1** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **2** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **3** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **4** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **5** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **6** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **7** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **8** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **9** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **10** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **11** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **12** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **13** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **14** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **15** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |
| **16** |  | | | | | | | | | |  | | |  | | |  | | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |  | |  | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Карта развития физических качеств группы для детей с задержкой психического развития 4-5 лет** | | | | | | | | | | | | | | | | | | | | | | |
| **№** | **Имя,фамилия ребенка** | **Скоростные качества** | | **Ходьба и бег,соглас. движ. рук и ног** | | **ОРУ**  **ОВД** | | **Скоростно-силовые качества** | | | | | | | | | | **Лазанье по гимнаст. лестнице** | | | **Уровень физической подготовки** | |
| **Бег 10 м** | | **Отбив. м.**  **от пола** | | **Прыжок в длину с м** | | **Метание набив. мяча** | | **Метание** | | | |
| **Правая** | | **Левая** | |
| 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |
| **Карта развития физических качеств группы для детей с задержкой психического развития 6-7 лет** | | | | | | | | | | | | | | | | | | | | | | |
| **№** | **Имя,фамилия ребенка** | **Скоростные качества** | | **Общая вынослив.** | | **Ловкость** | | **Гибкость** | | **Скоростно-силовые качества** | | | | | | | | **Координация** | | | **Уровень физической подготовки** | |
| **Бег 30 м** | | **Бег 120м** | | **Бег 10м змейкой** | | **Наклоны стоя на ск.** | | **Прыжок в длину с м** | | **Метание набив. м** | | **Метание** | | | | **Подб.мяча**  **Отб. мяча** | | |
| **Пр.** | | **Лев.** | |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **15** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **16** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |
| **17** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |

**Карта развития физических качеств детей группы с интеллектуальной недостаточностью**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Карта развития физических качеств детей группы \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **За 2014-2015 год** | | | | | | | | | | | | | | | |
| **№** | **Имя,фамилия ребенка** | **Ходьба**  **стайкой(1ур.)**  **Ходьба группой(2-3ур.)** | | **Бег(1ур.)**  **(30-40 сек.)**  **Бег(2-3 ур.)**  **(50-60сек.)** | | **ОРУ(1ур.)**  **ОРУ+ОВД**  **(2-3 ур.)** | | **Перебрас.**  **мяча через**  **веревку** | | **Метание в горизонтальную цель** | | **Лазанье по лестнице стремянке** | | **Уровень**  **физической**  **подготовки** | |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |