Рассмотрен «Утверждаю»

тренерско-педагогическим Директор МКУДО «ПРДЮСШ»

советом МКУДО «ПРДЮСШ» \_\_\_\_\_\_\_\_\_\_\_\_\_\_ А.А. Чекунов

пр. № 3 от 14.09.2016 г. 19 сентября 2016 г.

**Учебный план** *(по отделениям)*

# МКУДО «Прикубанской районной ДЮСШ»

**на 2016-2017 учебный год**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Этапы подготовки | Год обучения | | Количество  групп | | | | Месяцы  (количество часов для занимающихся по группам) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Итого часов по всем гр. по школе |
| 09 | | | | 10 | | | 11 | | | 12 | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | | 07 | | | 08 | |  |
| **борьба на поясах** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Начальная подготовка | До года  Св. года | | | 1 | 4 | | | | 26 | | | 26 | | | 26 | | | 26 | | | 26 | | 26 | | | 26 | | | 26 | | | 26 | | 26 | | | 26 | | | 26 | 312 |
| 3 | 102 | | | 102 | | | 102 | | | 108 | | | 108 | | 108 | | | 102 | | | 102 | | | 108 | | 102 | | | 102 | | | 102 | 1248 |
| Учебно-тренировочный | 1й год | | | 1 | 2 | | | | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | 624 |
| 2й год | | | 1 | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | 624 |
| Итого: | | | | | **6** | | | | Итого: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **2808** |
| **вольная борьба** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Начальная подготовка | До года | | | 6 | 10 | | | | 156 | | | 156 | | | 156 | | | 156 | | | 156 | | 156 | | | 156 | | | 156 | | | 156 | | 156 | | | 156 | | | 156 | 1872 |
| Св. года | | | 4 | 138 | | | 138 | | | 138 | | | 140 | | | 140 | | 140 | | | 138 | | | 138 | | | 140 | | 138 | | | 138 | | | 138 | 1664 |
| Учебно-тренировочный | 1й год | | | 2 | 4 | | | | 104 | | | 104 | | | 104 | | | 104 | | | 104 | | 104 | | | 104 | | | 104 | | | 104 | | 104 | | | 104 | | | 104 | 1248 |
| 2й год | | | 1 | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | 624 |
| 3й год | | | 1 | 70 | | | 70 | | | 70 | | | 68 | | | 70 | | 68 | | | 70 | | | 68 | | | 68 | | 70 | | | 70 | | | 70 | 832 |
| Спортивное совершенств. | 1й год | | | 1 | 1 | | | | 104 | | | 104 | | | 104 | | | 104 | | | 104 | | 104 | | | 104 | | | 104 | | | 104 | | 104 | | | 104 | | | 104 | 1248 |
| Итого: | | | | | **15** | | | Итого: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **7488** |
| **дзюдо** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Начальная подготовка | Св. года | | | 1 | 1 | | | | 35 | | | 35 | | | 35 | | | 34 | | | 34 | | 34 | | | 35 | | | 35 | | | 34 | | 35 | | | 35 | | | 35 | 416 |
| Учебно-тренировочный | 1й год | | | 1 | 1 | | | | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | 624 |
|  | Итого: | | | | **2** | | | | Итого: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **1040** |
| бокс | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Начальная подготовка | До года | | | 3 | 7 | | | | 78 | | | 78 | | | 78 | | | 78 | | | 78 | | 78 | | | 78 | | | 78 | | | 78 | | 78 | | | 78 | | | 78 | 936 |
| Св. года | | | 4 | 140 | | | 140 | | | 140 | | | 136 | | | 136 | | 136 | | | 140 | | | 140 | | | 136 | | 140 | | | 140 | | | 140 | 1664 |
| Учебно-тренировочный | 1й год | | | 1 | 6 | | | | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | 624 |
| 3й год | | | 4 | 278 | | | 278 | | | 278 | | | 276 | | | 276 | | 276 | | | 278 | | | 278 | | | 276 | | 278 | | | 278 | | | 278 | 3328 |
| 4й год | | | 1 | 78 | | | 78 | | | 78 | | | 78 | | | 78 | | 78 | | | 78 | | | 78 | | | 78 | | 78 | | | 78 | | | 78 | 936 |
|  | Итого: | | | | **13** | | | | Итого: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **7488** |
| **баскетбол, футбол** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Начальная подготовка | До года | | | 2 | 5 | | | | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | 52 | | | 52 | | 52 | | 52 | | | 52 | | | 624 |
| Св. года | | | 3 | 105 | | | 105 | | | 105 | | | 102 | | | 102 | | | 102 | | 105 | | 105 | | | 102 | | 105 | | 105 | | | 105 | | | 1248 |
| Учебно-тренировочный | 3й год | | | 1 | 1 | | | | 70 | | | 70 | | | 70 | | | 68 | | | 70 | | | 68 | | 70 | | 68 | | | 68 | | 70 | | 70 | | | 70 | | | 832 |
| Итого: | | | | | **6** | | | | Итого: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **2704** |
| **греко-римская борьба** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Начальная подготовка | До года | | | 1 | 2 | | | | 26 | | | 26 | | | 26 | | | 26 | | | 26 | | 26 | | | 26 | | | 26 | | | 26 | | 26 | | | 26 | | | 26 | 312 |
| Св. года | | | 1 | 35 | | | 35 | | | 35 | | | 34 | | | 34 | | 34 | | | 35 | | | 35 | | | 34 | | 35 | | | 35 | | | 35 | 416 |
| **Учебно-тренировочный** | 1й год | | | 1 | 1 | | | | 52 | | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | | | 52 | | 52 | | | 52 | | | 52 | 624 |
| Итого: | | | | | **3** | | | | Итого: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **1352** |
| тхэквондо | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Начальная подготовка | | До года | | 1 | | 2 | | | | 26 | | | 26 | | | 26 | | | 26 | | 26 | | | 26 | | 26 | | 26 | | | 26 | | 26 | | 26 | | | 26 | | | 312 |
| Св. года | | 1 | | 35 | | | 35 | | | 35 | | | 34 | | 34 | | | 34 | | 35 | | 35 | | | 34 | | 35 | | 35 | | | 35 | | | 416 |
| Итого: | | | | | | **2** | | | | Итого: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **728** |
| Итого групп: **47**  Итого по ДЮСШ: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **23608** |

Зам. директора Шарабокова Т.Г.