КАЛЕНДАРНО-ТЕМАТИЧЕСКОЕ ПЛАНИРОВАНИЕ ПО ФИЗИЧЕСКОЙ КУЛЬТУРЕ

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| № п/п | | Наименование разделов и тем программы | Дата изучения | | |  |
| План | Факт | Электронные (цифровые) образовательные ресурсы | |
| Раздел 1. Знания о физической культуре | | | | | | |  |  |
| 1.1. | | Физическая культура: Гимнастика. Игры. Туризм. Спорт. Важность регулярных занятий физической культурой в рамках учебной и внеурочной деятельности. Основные разделы урока. ГТО | 07.09  09.09 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 1.2. | | Правила поведения на уроках физической культуры. Общие принципы выполнения физических упражнений. Гимнастический шаг.  Гимнастический (мягкий) бег. Основные хореографические позиции | 14.09 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 1.3. | | Место для занятий физическими упражнениями. Спортивное оборудование и инвентарь. Одежда для занятий физическими упражнениями. Техника безопасности при выполнении физических упражнений, проведении игр и спортивных эстафет | 16.09 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 1.4. | | Распорядок дня. Личная гигиена. Основные правила личной гигиены. Закаливание. | 21.09 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 1.5 | | Строевые команды, виды построения, расчёта | 23.09 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| Раздел 2. Способы физкультурной деятельности | | | | | | |  |  |  |
| 2.1. | | Самостоятельные занятия общеразвивающими и здоровьеформирующими физическими упражнениями | 28.09  30.09 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 2.2. | | Самостоятельные развивающие подвижные игры и спортивные эстафеты, строевые упражнения | 05.10  07.10 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 2.3. | | Самоконтроль. Строевые команды и построения | 12.10  14.10 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| Раздел 3. Физкультурно-оздоровительная деятельность | | | | | | |  |  |  |
| 3.1. | | Освоение упражнений основной гимнастики:   * для формирования и развития опорно-двигательного аппарата; * для развития координации, моторики и жизненно важных навыков и умений.   Контроль величины нагрузки и дыхания | 19.10  21.10  26.10  28.10  09.11  11.11  16.11  18.11  23.11  25.11  30.11  2.12  07.12  09.12  14.12  16.12  21.12  23.12  11.01  13.01  18.01  20.01  24.01  27.01 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 3.2. | Игры и игровые задания | | 1.02  3.02  08.02  10.02  15.02  17.02  1.03  3.03  08.03  10.03  15.03  17.03  22.03  24.03 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| 3.3. | Организующие команды и приемы | | 05.04  07.04 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |
| Раздел 4. Спортивно-оздоровительная деятельность | | | | | | |
| 4.1. | Освоение физических упражнений | | 12.04  14.04  19.04  21.04  26.04  28.04  03.05  05.05  10.05  12.05  17.05  19.05  24.05  26.05 |  | [http://school-collection.edu.ru/](https://www.google.com/url?q=http://school-collection.edu.ru/-%2520%2520%25D0%2595%25D0%2594%25D0%2598%25D0%259D%25D0%2590%25D0%25AF%2520%25D0%259A%25D0%259E%25D0%259B%25D0%259B%25D0%2595%25D0%259A%25D0%25A6%25D0%2598%25D0%25AF%25D0%25A6%25D0%2598%25D0%25A4%25D0%25A0%25D0%259E%25D0%2592%25D0%25AB%25D0%25A5%2520%25D0%259E%25D0%2591%25D0%25A0%25D0%2590%25D0%2597%25D0%259E%25D0%2592%25D0%2590%25D0%25A2%25D0%2595%25D0%259B%25D0%25AC%25D0%259D%25D0%25AB%25D0%25A5%2520%25D0%25A0%25D0%2595%25D0%25A1%25D0%25A3%25D0%25A0%25D0%25A1%25D0%259E%25D0%2592&sa=D&ust=1566007446935000) | |