federal state budgetary educational institution

higher education

Orenburg State Medical University

Ministry of Health of the Russian Federation

**METHODOLOGICAL RECOMMENDATIONS**

**FOR THE TEACHER**

**ON THE ORGANIZATION OF STUDYING THE DISCIPLINE**

SPORTS GAMES

by field of study (specialty)

*31.05.01 Medical business*

It is part of the main professional educational program of higher education in the field of training (specialty) *31.05.01 Medical*Science, approved by the Academic Council of the FSBEI HE OrGMU of the Ministry of Health of the Russian Federation (Protocol No. 9 of 30.04.2021) and approved by the rector of the FSBEI HE OrGMU of the Ministry of Health of the Russian Federation 30.04.2021

Orenburg

**Module 1**. Sports games. Basketball.

**Topic 1.** Safety briefing. Rules of basketball competitions.

**Type of training session:** practical lesson.

**Goal.** Conduct a safety briefing in basketball classes and familiarize yourself with the competition rules.

**Training session plan:**

|  |  |
| --- | --- |
| №  n / | a Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson.  Motivational moment (formation of a complex of motor skills and physical qualities necessary in the professional activity of a pharmacist) |
| 2 | **The main part of the training session.**  To give students an idea of basketball:  - familiarization of students with the content of educational material;  - organization of classes at the stadium, in the gym;  - conduct a safety briefing: general requirements, safety requirements before the start of classes, safety requirements during classes, safety requirements in emergency situations, safety requirements at the end of classes.  - give a brief description of the terminology of basketball: basketball, attack, throw, block, throw-in, barrier, defense, defender, zone, player.  - familiarize with the rules of basketball competitions: run, out, wrong lead, jump with the ball in your hand, the three-second rule, the five-second rule, the eight-second rule, the twenty-four-second rule, violation of zones.  Types of ball passing:  With one hand:  1 - from the shoulder  2-over the head  3-from the bottom  4-from the bottom-back  5-from the shoulder with a jump  6-from the shoulder with a jump and turn  7-over the head with  a two-handed jump:  1-from the chest  2-from the bottom  3-from the head  4-from the bottom-back  5-from the head with a jump  6-transfer under the hand  7-pass with a rebound  ORU on the spot  1) I. P.-O. S., hands on the belt. Head tilts to the right, forward, left, back  2) I. P.-O. S., hands on the belt. Circular head rotations left and right  3)I. P. – O. S., feet shoulder-width apart, arms straight to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-O. S., legs shoulder-width apart, arms straight to the sides. Circular rotations of the arms in the shoulder joint forward and backward  5) I. P.-O. S., legs shoulder-width apart, arms bent at the elbows in front of you. Rotations of the upper torso to the right and left  6) I. P.-O. S., legs shoulder-width apart, hands on the belt. Circular torso rotations to the right and left  7)I. P. – O. S., feet shoulder-width apart, hands on the waist. Bending the body forward alternately to the left leg, between the feet, to the right leg |
| 3 | **The final part of the lesson:**   * oral survey (questions for conducting an oral survey are presented in the feedback form) * attention exercise * summing up the lesson results; * putting current grades in the training journal. |

**Training facilities:**

- logistics: stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 2.** Training in the main ways of movement and stand readiness of a basketball player.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of the main ways of movement and the stand of readiness of the basketball player.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practical skills development.  Training in the basic ways of movement and stand-up readiness of a basketball player. Exercise #1.  The ready stance assumes that the player can start moving or take the ball from a partner, so the legs are slightly bent at the knees, placed shoulder-width apart. One of them is slightly pushed forward. The foot of this leg is pointed forward, and the other is slightly turned around. The torso should be slightly tilted forward (approximately 130°), the arms should be slightly bent, and the hands should be positioned at chest level. The weight of the body is evenly distributed on both legs to ensure the most stable position.  Training in basic ways of movement.  Exercise #1.  Walking.  Walking is used when you need to change your location on the site. Most often, walking is used in moments of short pauses, combined with running.  Exercise #2.  Running is the main means of transportation.  When running, the basketball player must take into account the acceleration within the boundaries of the sports field in the desired direction. The player must navigate the situation and change the trajectory of movement taking into account the situation. Instantaneous acceleration of the run, unexpected for opponents, is carried out during the match. At the same time, five steps can be short, but quite fast. You can change the orientation of the movement using a strong push, which is performed with one foot in a different direction.  Exercise #3  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | The main attention should be paid to the main body stance, ease of passing the ball, receiving the ball and strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 3.** Improvement of the main ways of movement and stand readiness of a basketball player.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of the main ways of movement and the stand of readiness of the basketball player.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-in an accelerated | 3'  4 times |
|  | - "Right", after the guide to bypass the left "Step march!" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands in  the air 3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to the I. P.  7) I. P.-the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2  3.3 | Practical skills development.  Improvement of basic readiness racks.  Exercise #1.  The ready stance assumes that the player can start moving or take the ball from a partner, so the legs are slightly bent at the knees, placed shoulder-width apart. One of them is slightly pushed forward. The foot of this leg is pointed forward, and the other is slightly turned around. The torso should be slightly tilted forward (approximately 130°), the arms should be slightly bent, and the hands should be positioned at chest level. The weight of the body is evenly distributed on both legs to ensure the most stable position.  Improvement of basic methods of transportation.  Exercise #1.  Walking.  Walking is used when you need to change your location on the site. Most often, walking is used in moments of short pauses, combined with running.  Exercise #2.  Running is the main means of transportation.  When running, the basketball player must take into account the acceleration within the boundaries of the sports field in the desired direction. The player must navigate the situation and change the trajectory of movement taking into account the situation. Instantaneous acceleration of the run, unexpected for opponents, is carried out during the match. At the same time, five steps can be short, but quite fast. You can change the orientation of the movement using a strong push, which is performed with one foot in a different direction.  Acceptance of control standard No. 1 (submitted in the feedback form). | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | The main attention should be paid to the main body stance, ease of passing the ball, taking the ball and strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 4.** Stop training in basketball, training in the technique of catching and passing the ball in motion.

**Type of training session:** practical lesson.

**Goal.** Create an idea of stopping techniques in basketball, catching and passing the ball in motion.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-in an accelerated | 3'  4 times |
|  | - "Right", after the guide to bypass the left "Step march!" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands in  the air 3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practical skills development.  Learning to stop in basketball, learning the technique of catching and passing the ball in motion.  Exercise #1.  Catching the ball with one hand while pressing the ball.  Exercise #2.  Passing the ball with one hand over your head.  Exercise # 3  Passing the ball with one hand from the shoulder with a jump.  Learning to stop in basketball, learning the technique of catching and passing the ball in motion.  Exercise #1.  Catching a high-flying ball with both hands.  Exercise # 2  Passing the ball with both hands from the head.  Exercise # 3  Passing the ball with two hands from the bottom to the back.  Exercise # 4  Passing the ball with two hands from the head with a jump. | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | The main attention should be paid to the main body stance, ease of passing the ball, taking the ball and strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 5.** Covershenstvovanie stops in basketball, improving the technique of catching and passing the ball in motion.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of stopping in basketball, catching and passing the ball in motion.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-in an accelerated | 3'  4 times |
|  | - "Right", after the guide to bypass the left "Step march!" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands in  the air 3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly-performing exercise, method of strictly-regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  First – on the spot, the second is a step forward. Turn to face each other  Tempo low; tilt your head smoothly to each side with a short pause  Tempo low; perform movements smoothly  Tempo medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo below average; the amplitude of rotations should be maximum  Tempo medium; maximum range of motion; back straight; arms and head move synchronously with the upper body  Tempo below average; maximum range of motion; back straight  Pace low; legs straight at the knees; smooth movements | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2  3.3 | Practical skills development.  Covershenstvovanie stops in basketball, improving the technique of catching and passing the ball in motion.  Exercise #1.  Catching the ball with one hand while pressing the ball.  Exercise #2.  Passing the ball with one hand over your head.  Exercise # 3  Passing the ball with one hand from the shoulder with a jump.  Covershooting stops in basketball, learning the technique of catching and passing the ball in motion.  Exercise #1.  Catching a high-flying ball with both hands.  Exercise # 2  Passing the ball with both hands from the head.  Exercise # 3  Passing the ball with two hands from the bottom to the back.  Exercise # 4  Passing the ball with two hands from the head with a jump.  Acceptance of control standard No. 2 (submitted in the feedback form). | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | The main attention should be paid to the main body stance, ease of passing the ball, taking the ball and strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 6.** Training in the technique of passing the ball with both hands from the chest.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of passing the ball with both hands from the chest.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to the I. P.  7) I. P.-the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  , the pace is below average; the range of motion is maximum; the back is straight  ; the pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in the technique of passing the ball with both hands from the chest.  Exercise #1.  Transfer with both hands from the chest in place. The ball is at chest level, after the transfer, the arms are stretched out, an overwhelming movement of the hands.  Exercise #2.  Passing the ball with one hand from the shoulder.  Exercise # 3  Passing with both hands from behind the head.  Exercise # 4  Passing the ball to the floor with both hands from the chest.  Exercise # 5  Passing the ball with both hands from the chest in motion.  Exercise # 6  Passing the ball with one hand from the shoulder into motion. | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | The main attention should be paid to the main body stance, ease of passing the ball, taking the ball and strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 7.** Improving the technique of passing the ball with both hands from the chest.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of passing the ball with both hands from the chest.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-in an accelerated | 3'  4 times |
|  | - "Right", after the guide to bypass the left "Step march!" |  | Dial the distance | 2 ' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands in  the air 3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S.  Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Improving the technique of passing the ball with both hands from the chest.  Exercise #1.  Transfer with both hands from the chest in place. The ball is at chest level, after the transfer, the arms are stretched out, an overwhelming movement of the hands.  Exercise #2.  Passing the ball with one hand from the shoulder.  Exercise # 3  Passing with both hands from behind the head.  Exercise # 4  Passing the ball to the floor with both hands from the chest.  Exercise # 5  Passing the ball with both hands from the chest in motion.  Exercise # 6  Passing the ball with one hand from the shoulder into motion.  Reception of control exercise # 2 (presented in the feedback form). | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | The main attention should be paid to the main body stance, ease of passing the ball, taking the ball and strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is the development of dexterity due to the mobile game  Building. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  7’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 8.** Training the technique of driving the ball with a change of direction.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of driving the ball with a change of direction.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in the technique of driving the ball with a change of direction.  Exercise #1.  Anti-pass management. The student moves with the ball in the direction of the partner, circles it and returns to the starting position. When approaching your partner, move to medium or low after a high lead; play with the hand farthest from the opponent, covering the ball with your torso and near hand.  Exercise #2.  Keeping track of the basketball court layout.  Exercise #3.  Driving the ball in a zigzag "snake" pattern).  Exercise # 4  Two-way game | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 9.** Improving the technique of driving the ball with a change of direction.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of driving the ball with a change of direction.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Improving the technique of driving the ball with a change of direction.  Exercise #1.  Anti-pass management. The student moves with the ball in the direction of the partner, circles it and returns to the starting position. When approaching your partner, move to medium or low after a high lead; play with the hand farthest from the opponent, covering the ball with your torso and near hand.  Exercise #2.  Keeping track of the basketball court layout.  Exercise #3.  Driving the ball in a zigzag "snake" pattern).  Acceptance of control standard No. 4 (submitted in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 10.** Learn the technique of running the ball in a straight line.

**Type of training session:** practical lesson

**Goal.** Create an idea of the technique of driving the ball in a straight line.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Learn the technique of running the ball in a straight line.  Exercise #1.  Keeping the ball in a high, low stance.  Exercise #2.  Keeping a step on your knees.  Exercise #3.  Driving with stops on the signal after 5-6 m (when driving stops on the spot).  Exercise #4.  Lead, stop, take a stand on one leg and perform ball transfers under your foot or behind your back. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 11.** Improving the technique of running the ball in a straight line.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of the main ways of driving the ball in a straight line.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Improving the technique of running the ball in a straight line.  Exercise #1.  Keeping the ball in a high, low stance.  Exercise #2.  Keeping a step on your knees.  Exercise #3.  Driving with stops on the signal after 5-6 m (when driving stops on the spot).  Exercise #4.  Lead, stop, take a stand on one leg and perform ball transfers under your foot or behind your back.    Reception of control exercise # 3 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 12.** Training oncoming ball passes in motion.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of the main counter passes of the ball in motion.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training for counter ball passes in motion  Exercise #1.  Passing the ball in motion to a stationary player after a two-step run - up, removing the ball from the partner's outstretched hand.  Exercise #2.  The same, but removing the ball after moving by walking and then running.  Exercise # 3  The same thing, but the partner, when approaching the player performing the "reception, slightly throws the ball vertically up.  Exercise # 4  Performing a catch-pass in motion, directing the ball to a stationary partner: the ball is thrown to the incoming player at a pre-specified point on the court, indicated by a marking line, a stuffed ball, etc.  Exercise # 5  The same, but after the partner's counter pass with a rebound from the floor, performed from the spot at the sound signal of the incoming player.  Exercise # 6  The same thing, but after the counter transfer of the partner on a mounted, and then on a straight trajectory.  Exercise # 7  Performing various types of counter ball passes in motion in relay races and outdoor games "Hunting with the ball" | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 13.** Improving the technique of passing the ball in motion.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of passing the ball in motion.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improving the technique of passing the ball in motion.  Exercise #1.  Passing the ball in motion to a stationary player after a two-step run - up, removing the ball from the partner's outstretched hand.  Exercise #2.  The same, but removing the ball after moving by walking and then running.  Exercise # 3  The same thing, but the partner, when approaching the player performing the "reception, slightly throws the ball vertically up.  Exercise # 4  Performing a catch-pass in motion, directing the ball to a stationary partner: the ball is thrown to the incoming player at a pre-specified point on the court, indicated by a marking line, a stuffed ball, etc.  Exercise # 5  The same, but after the partner's counter pass with a rebound from the floor, performed from the spot at the sound signal of the incoming player.  Exercise # 6  The same thing, but after the counter transfer of the partner on a mounted, and then on a straight trajectory.  Exercise # 7  Performing various types of counter ball passes in motion in relay races and outdoor games "Hunting with the ball" | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 14.** Training in distance throws from a standstill.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of remote throws from a standstill.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in distance throws from a standstill.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball in[motion](http://www.psihdocs.ru/razrabotka-tehnicheskogo-zadaniya-videomontaj.html).  Exercise # 3  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 15.** Improvement of distance shots from a standstill.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of the main methods of remote throws from a standstill.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Improvement of distance shots from a standstill.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball inmotion.    Reception of control exercise # 1 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 16.** Training in the technique of long throws.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of long throws.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in the technique of long throws.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball in[motion](http://www.psihdocs.ru/razrabotka-tehnicheskogo-zadaniya-videomontaj.html).  Exercise # 3  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 17.** Improving the technique of long throws.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of long throws.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improving the technique of long throws.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball in[motion](http://www.psihdocs.ru/razrabotka-tehnicheskogo-zadaniya-videomontaj.html).  Exercise # 3  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 18.** Improving the technique of long throws.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of long throws.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improving the technique of long throws.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball in[motion](http://www.psihdocs.ru/razrabotka-tehnicheskogo-zadaniya-videomontaj.html).  Exercise # 3  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1.** Sports games. Basketball.

**Topic.** History of the game basketball

**Goal.** Control of independent work.

|  |  |
| --- | --- |
| №  n/a | Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Review of a test paper on the topic you have studied |
| 3 | **The final part of the lesson:**   * summing up the lesson results; * announcement of points for completing the test work. |

**Module 1**. Sports games. Basketball.

**Topic 19.** Training in the technique of catching and passing the ball, development of coordination abilities.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of catching and passing the ball on the spot in basketball, the development of coordination abilities.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Training in the technique of catching and passing the ball, developing coordination abilities.  Exercise #1.  Catching the ball with one hand while pressing the ball.  In order to implement such a technique, it is necessary that the projectile flies to the left. To catch-straighten your left arm so that it is almost in a straight line with the forearm, while the left leg is set aside. The fingers should be spread out and relaxed, and when the projectile touches them, you need to bend the limb at the elbow and let the projectile roll into the hand as if by inertia. At this point, you can feel the shoulder pulling back. Continue to bend your left arm until the ball touches your forearm. Only then will it be possible to press it to the body.  Exercise #2.  Passing the ball with one hand over your head.  The ball is in the lowered hand, and firmly pressed to the forearm. The athlete stands with his left side facing his partner. Legs slightly apart: right-supporting, left-placed on the toe. The arm with the projectile is raised to a vertical position, slightly pulled back, bent at the elbow, then sharply unbent. A rapid throw is made, during which the brush must be exactly above the basketball player's head.  Exercise # 3  Passing the ball with one hand from the shoulder with a jump.  Myach is located near the hip in the palm of your hand. The fingers are relaxed and facing forward. The almost fully extended arm is pulled back, behind the hip. The basketball player turns to the selected player, shifting his body weight to the left support leg. A swing is made, during which the projectile is rapidly moving forward. The throw is made with a brush.  Learning how to catch and pass the ball with both hands.  Exercise #1.  Catching a high-flying ball with both hands.  A high-flying ball should be caught in a jump. To do this, you need to push off strongly from the floor and jump out, stretching your limbs up with your fingers spread apart in the form of a"funnel". To tame the speed of flight, you need to bend your elbows to maintain balance. When the projectile touches your fingers, you need to wrap your palms around its sides, then lower your hands down, and then pull it to your chest along with the projectile.  Exercise # 2  Passing the ball with both hands from the head.  The ball is held just above eye level, but does not hover over your head. The left leg is slightly extended forward, the support goes to the right. The body is straightened. The ball is abruptly sent forward. It is released when it is in front of the head. Even after the projectile is released, the arms continue to move rapidly forward almost until they are fully straightened. The weight is transferred to the exposed left leg, the right one rises on the toe.  Exercise # 3  Passing the ball with two hands from the bottom to the back.  The ball is held with both hands, fingers spread wide apart. The right leg is brought forward. The athlete leans down a little. This is the starting position. Then, a deceptive movement follows: the athlete begins to straighten his arms, giving the impression that a pass is about to be given, and leans forward even more. The hands drop abruptly, are pulled back behind the hip, and push the ball with the hands towards the partner.  Exercise # 4  Passing the ball with two hands from the head with a jump.  Before the swing, the player squats, then makes a rapid jump up. The hands are in an upright position at this point. Being at the highest point of the jump, the athlete abruptly throws the ball, directing it with his hands in the direction of the chosen partner. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 20.** Improving the technique of catching and passing the ball, developing coordination abilities.

**Type of training session:** practical lesson.

**The goal** is to consolidate the technique of catching and passing the ball on the spot in basketball, develop coordination abilities.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, assessment of students ' readiness, checking the students present in the class  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | - "To the right", follow the "March at a walk!"direction to the left. |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Improving the technique of catching and passing the ball, developing coordination abilities.  Exercise #1.  Catching the ball with one hand while pressing the ball.  In order to implement such a technique, it is necessary that the projectile flies to the left. To catch-straighten your left arm so that it is almost in a straight line with the forearm, while the left leg is set aside. The fingers should be spread out and relaxed, and when the projectile touches them, you need to bend the limb at the elbow and let the projectile roll into the hand as if by inertia. At this point, you can feel the shoulder pulling back. Continue to bend your left arm until the ball touches your forearm. Only then will it be possible to press it to the body.  Exercise #2.  Passing the ball with one hand over your head.  The ball is in the lowered hand, and firmly pressed to the forearm. The athlete stands with his left side facing his partner. Legs slightly apart: right-supporting, left-placed on the toe. The arm with the projectile is raised to a vertical position, slightly pulled back, bent at the elbow, then sharply unbent. A rapid throw is made, during which the brush must be exactly above the basketball player's head.  Exercise # 3  Passing the ball with one hand from the shoulder with a jump.  Myach is located near the hip in the palm of your hand. The fingers are relaxed and facing forward. The almost fully extended arm is pulled back, behind the hip. The basketball player turns to the selected player, shifting his body weight to the left support leg. A swing is made, during which the projectile is rapidly moving forward. The throw is made with a brush.  Improvement of movements when catching and passing the ball with both hands.  Exercise #1.  Catching a high-flying ball with both hands.  A high-flying ball should be caught in a jump. To do this, you need to push off strongly from the floor and jump out, stretching your limbs up with your fingers spread apart in the form of a"funnel". To tame the speed of flight, you need to bend your elbows to maintain balance. When the projectile touches your fingers, you need to wrap your palms around its sides, then lower your hands down, and then pull it to your chest along with the projectile.  Exercise # 2  Passing the ball with both hands from the head.  The ball is held just above eye level, but does not hover over your head. The left leg is slightly extended forward, the support goes to the right. The body is straightened. The ball is abruptly sent forward. It is released when it is in front of the head. Even after the projectile is released, the arms continue to move rapidly forward almost until they are fully straightened. The weight is transferred to the exposed left leg, the right one rises on the toe.  Exercise # 3  Passing the ball with two hands from the bottom to the back.  The ball is held with both hands, fingers spread wide apart. The right leg is brought forward. The athlete leans down a little. This is the starting position. Then, a deceptive movement follows: the athlete begins to straighten his arms, giving the impression that a pass is about to be given, and leans forward even more. The hands drop abruptly, are pulled back behind the hip, and push the ball with the hands towards the partner.  Exercise # 4  Passing the ball with two hands from the head with a jump.  Before the swing, the player squats, then makes a rapid jump up. The hands are in an upright position at this point. Being at the highest point of the jump, the athlete abruptly throws the ball, directing it with his hands in the direction of the chosen partner. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 21.** Training in the technique of throwing the ball in motion, development of coordination capabilities.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of throwing the ball in motion.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | - "To the right", follow the "March at a walk!"direction to the left. |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in the technique of throwing the ball in motion, development of coordination capabilities.  Exercise #1.  Starting position-a straight arm is raised up, the ball lies on widely spaced fingers that look back - due to the back flexion of the hand, the ball is separated from the hand up, slightly rotating.  Exercise #2.  Ball at chest level - taking the ball out over the right shoulder - at the top point - releasing the ball with a sweeping movement of the hand.  Exercise # 3  Starting position-left foot in front on the heel, legs bent at the knee joints, ball at chest level. At the same time, he pushes off with his left, swings with his right and takes the ball out over the right shoulder, releases the ball over himself at the top point, and lands on 2 legs.  Exercise #4.  Students are divided into pairs. One of them has a ball in his outstretched hand. His partner walks with a wide step from a distance of 2-3 m. and under the step of the right takes the ball from the partner's hand, takes a step with the left, pushes off, swings with the right-taking out the ball-throwing over himself.  Exercise # 5  Same thing, running slowly.  Exercise # 6  The same, but the partner with the ball is located on the sideline of the 3-second zone and a throw into the ring with a reflection from the shield.  Exercise # 7  Throw in motion, after catching the ball | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 22.** Improving the technique of throwing the ball in motion, developing coordination capabilities.

**Type of training session:** practical lesson.

**Goal.** Fixing the technique of throwing the ball in motion.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Improving the technique of throwing the ball in motion.  Exercise #1.  Starting position-a straight arm is raised up, the ball lies on widely spaced fingers that look back - due to the back flexion of the hand, the ball is separated from the hand up, slightly rotating.  Exercise #2.  Ball at chest level - taking the ball out over the right shoulder - at the top point - releasing the ball with a sweeping movement of the hand.  Exercise # 3  Starting position-left foot in front on the heel, legs bent at the knee joints, ball at chest level. At the same time, he pushes off with his left, swings with his right and takes the ball out over the right shoulder, releases the ball over himself at the top point, and lands on 2 legs.  Exercise #4.  Students are divided into pairs. One of them has a ball in his outstretched hand. His partner walks with a wide step from a distance of 2-3 m. and under the step of the right takes the ball from the partner's hand, takes a step with the left, pushes off, swings with the right-taking out the ball-throwing over himself.  Exercise # 5  Same thing, running slowly.  Exercise # 6  the same, but the partner with the ball is located on the sideline of the 3-second zone and a throw into the ring with a reflection from the shield.  Exercise # 7  Throw in motion, after catching the ball  Acceptance of control standard No. 3 (submitted in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 23.** Training in the technique of throwing into the ring.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of throwing into the ring.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training the technique of throwing into the ring Exercise #1.  Starting position-a straight arm is raised up, the ball lies on widely spaced fingers that look back - due to the back flexion of the hand, the ball is separated from the hand up, slightly rotating.  Exercise #2.  Ball at chest level - taking the ball out over the right shoulder - at the top point - releasing the ball with a sweeping movement of the hand.  Exercise # 3  Starting position-left foot in front on the heel, legs bent at the knee joints, ball at chest level. At the same time, he pushes off with his left, swings with his right and takes the ball out over the right shoulder, releases the ball over himself at the top point, and lands on 2 legs.  Exercise # 4  Ring shot from the penalty line  Exercise # 5  Throw into the ring with dots  Exercise # 6  Throw into the ring from the three-point line. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 24.** Improving the technique of throwing into the ring.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of throwing into the ring.

**Lesson plan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Improving the technique of throwing into the ring.  Exercise #1.  Starting position-a straight arm is raised up, the ball lies on widely spaced fingers that look back - due to the back flexion of the hand, the ball is separated from the hand up, slightly rotating.  Exercise #2.  Ball at chest level - taking the ball out over the right shoulder - at the top point - releasing the ball with a sweeping movement of the hand.  Exercise # 3  Starting position-left foot in front on the heel, legs bent at the knee joints, ball at chest level. At the same time, he pushes off with his left, swings with his right and takes the ball out over the right shoulder, releases the ball over himself at the top point, and lands on 2 legs.  Reception of control exercise #4 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 25.** Training in the technique of driving the ball.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of driving the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Training in the technique of driving the ball.  Exercise #1.  Anti-pass management. The student moves with the ball in the direction of the partner, circles it and returns to the starting position. When approaching your partner, move to medium or low after a high lead; play with the hand farthest from the opponent, covering the ball with your torso and near hand.  Exercise #2.  Keeping track of the basketball court layout.  Exercise #3.  Driving the ball in a zigzag "snake" pattern).  Exercise # 4  Two-way game  Development of coordination.  Exercise # 1  Keeping the ball in place while standing on one knee.  Exercise # 2  Throws the ball at the target (a hoop suspended at a height of 1.5-2.0 m) in various ways.  Exercise # 3  Throwing the ball into the basket on the floor in a convenient way. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 26.** Improving the technique of driving the ball.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of driving the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2  3.3 | Practicing practical skills.  Improving the technique of driving the ball.  Exercise #1.  Anti-pass management. The student moves with the ball in the direction of the partner, circles it and returns to the starting position. When approaching your partner, move to medium or low after a high lead; play with the hand farthest from the opponent, covering the ball with your torso and near hand.  Exercise #2.  Keeping track of the basketball court layout.  Exercise #3.  Driving the ball in a zigzag "snake" pattern).  Exercise # 4  Two-way game  Development of coordination.  Exercise # 1  Keeping the ball in place while standing on one knee.  Exercise # 2  Throws the ball at the target (a hoop suspended at a height of 1.5-2.0 m) in various ways.  Exercise # 3  Throwing the ball into the basket on the floor in a convenient way.  Reception of control exercise # 6 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 27.** Training in the technique of throwing the ball, picking up the ball after the throw.

**Type of training session:** practical lesson.

**Goal.** Create an idea of the technique of throwing the ball, picking up the ball after the throw.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in the technique of throwing the ball, picking up the ball after the throw.  Exercise #1.  Simulation of the studied method of throwing without the ball by divisions in combination with the reproduction of elements of the technique in reverse order.  Exercise #2.  Throw to your partner or into a wall without using your feet.  Exercise # 3  Throws the ball from the penalty line, observing all the rules of its execution.  Exercise #4.  Students are divided into pairs. One of them has a ball in his outstretched hand. His partner walks with a wide step from a distance of 2-3 m. and under the step of the right takes the ball from the partner's hand, takes a step with the left, pushes off, swings with the right-taking out the ball-throwing over himself.  Exercise # 5  Same thing, running slowly.  Exercise # 6  the same, but the partner with the ball is located on the sideline of the 3-second zone and a throw into the ring with a reflection from the shield.  Exercise # 7  Throw in motion, after catching the ball. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 28.** Improving the technique of throwing the ball, picking up the ball after the throw.

**Type of training session:** practical lesson.

**Goal:** Fixing the technique of throwing the ball, picking up the ball after the throw.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness.  Declaring the topic, goal, and task of the class.  Brief description of the stages and content of students ' work in the classroom.  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improving the technique of throwing the ball, picking up the ball after the throw. Exercise #1.  Simulation of the studied method of throwing without the ball by divisions in combination with the reproduction of elements of the technique in reverse order.  Exercise #2.  Throw to your partner or into a wall without using your feet.  Exercise # 3  Throws the ball from the penalty line, observing all the rules of its execution.  Exercise #4.  Students are divided into pairs. One of them has a ball in his outstretched hand. His partner walks with a wide step from a distance of 2-3 m. and under the step of the right takes the ball from the partner's hand, takes a step with the left, pushes off, swings with the right-taking out the ball-throwing over himself.  Exercise # 5  Same thing, running slowly.  Exercise # 6  the same, but the partner with the ball is located on the sideline of the 3-second zone and a throw into the ring with a reflection from the shield.  Exercise # 7  Throw in motion, after catching the ball. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 29.** Training in the technique of moving, standing, catching the ball: two hands, one hand.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of moving, standing, catching the ball: two-handed, one-handed.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Training in the technique of moving, standing, catching the ball: two hands, one hand.  Exercise #1.  High stance (flexion angle at the knee joints is more than 145 degrees).  Exercise # 2  Medium stance (flexion angle 110 ° - 145°).  Exercise # 3  Low stance (bending angle less than 110°).  Training in basic movement techniques.  Exercise #1.  Walking.  Walking is used when you need to change your location on the site.  Exercise #2.  Running is the main means of transportation.  Exercise # 3  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 10’  10’  10’  10’  5’  5’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 30.** Improving the technique of moving, standing, catching the ball: two-handed, one-handed.

**Type of training session:** practical lesson.

**Goal:** Fixing movement techniques, struts, catching the ball: two-handed, one-handed.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2  3.3 | Practicing practical skills.  Improving the technique of moving, standing, catching the ball: two-handed, one-handed.Exercise #1.  High stance (flexion angle at the knee joints is more than 145 degrees).  Exercise # 2  Medium stance (flexion angle 110 ° - 145°).  Exercise # 3  Low stance (bending angle less than 110°).  Improvement of basic methods of movement.  Exercise #1.  Walking.  Walking is used when you need to change your location on the site.  Exercise #2.  Running is the main means of transportation.  Exercise # 3  Two-way game  Acceptance of control standard No. 6 (Submitted in the feedback Form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 10’  10’  10’  10’  5’  5’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 31.** Teaching the technique of passing the ball with one hand from the shoulder.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball with one hand from the shoulder.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in the technique of passing the ball one from the shoulder.  Exercise #1.  Passing the ball with one hand over your head.  Exercise # 2  Passing the ball with one hand from the shoulder with a jump.  Exercise # 3  Passing the ball with both hands from the head.  Exercise # 4  Passing the ball with two hands from the bottom to the back.  Exercise # 5  Passing the ball with two hands from the head with a jump.  Exercise # 6  Passing the ball right from the shoulder.  Exercise # 7  Passing the ball left from the shoulder.  Exercise # 8  Pass the ball to the floor right from the shoulder.  Exercise # 9  Pass the ball to the floor left of the shoulder. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 32.** Improving the technique of passing the ball with one hand from the shoulder.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball one from the shoulder.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improving the technique of passing the ball with one hand from the shoulder.  Exercise #1.  Passing the ball with one hand over your head.  Exercise # 2  Passing the ball with one hand from the shoulder with a jump.  Exercise # 3  Passing the ball with both hands from the head.  Exercise # 4  Passing the ball with two hands from the bottom to the back.  Exercise # 5  Passing the ball with two hands from the head with a jump.  Exercise # 6  Passing the ball right from the shoulder.  Exercise # 7  Passing the ball left from the shoulder.  Exercise # 8  Pass the ball to the floor right from the shoulder.  Exercise # 9  Pass the ball to the floor left of the shoulder. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 33.** Improving the technique of passing the ball with one hand from the shoulder.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball one from the shoulder.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Improving the technique of passing the ball with one hand from the shoulder.  Exercise #1.  Passing the ball with one hand over your head.  Exercise # 2  Passing the ball with one hand from the shoulder with a jump.  Exercise # 3  Passing the ball with both hands from the head.  Exercise # 4  Passing the ball with two hands from the bottom to the back.  Exercise # 5  Passing the ball with two hands from the head with a jump.  Exercise # 6  Passing the ball right from the shoulder.  Exercise # 7  Passing the ball left from the shoulder.  Exercise # 8  Pass the ball to the floor right from the shoulder.  Exercise # 9  Pass the ball to the floor left of the shoulder.  Reception of control exercise # 5 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 34.** Learning the technique of throwing with two steps.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of throwing with two steps.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Learn the technique of throwing with two steps.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  One-handed throw from under the ring.  Exercise # 3  Throw with one hand from two steps.  Exercise # 4  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 35.** Learn the technique of throwing with two steps.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of throwing with two steps.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Learn the technique of throwing with two steps.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  One-handed throw from under the ring.  Exercise # 3  Throw with one hand from two steps.  Exercise # 4  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 36.** Improvingthe technique of throwing with two steps.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of throwing with two steps.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improving the technique of throwing with two steps.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  One-handed throw from under the ring.  Exercise # 3  Throw with one hand from two steps.  Exercise # 4  Two-way game. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 37.** Improvingthe technique of throwing with two steps.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of throwing with two steps.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1    3.2 | Practicing practical skills.  Improving the technique of throwing with two steps.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  One-handed throw from under the ring.  Exercise # 3  Throw with one hand from two steps.  Exercise # 4  Two-way game.  Acceptance of the control standard No. 7 (submitted in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

**-** stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 38.** Training in distance throws from a standstill, development of jumping ability.

**Type of training session:** practical lesson.

**Goal:** To create an idea of distance shots from a place in basketball, to develop jumping ability.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in distance throws from a standstill.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball in[motion](http://www.psihdocs.ru/razrabotka-tehnicheskogo-zadaniya-videomontaj.html).  Exercise # 3  Two-way game | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 1**. Sports games. Basketball.

**Topic 39.** Improvement of distance throws from a standstill, development of jumping ability.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of distance shots from a place in basketball, to develop jumping ability.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improvement of distance throws from a standstill, development of jumping ability.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball in[motion](http://www.psihdocs.ru/razrabotka-tehnicheskogo-zadaniya-videomontaj.html).  Exercise # 3  Two-way game | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and basketball equipment, places for running classes.

**Module 1**. Sports games. Basketball.

**Topic 40.** Improvement of distance throws from a standstill, development of jumping ability.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of distance shots from a place in basketball, to develop jumping ability.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improvement of distance throws from a standstill, development of jumping ability.  Exercise #1.  A one-handed shot from the shoulder*is*an effective way to attack­a ball from a standstill from medium and long distances, and is also successfully used as a free throw.  Exercise #2.  Throw with one hand from above in motion. The throwis made fromthe head with the right hand to the right of the basket, and the left-to the left after mastering the ball in[motion](http://www.psihdocs.ru/razrabotka-tehnicheskogo-zadaniya-videomontaj.html).  Exercise # 3  Two-way game | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on the basic stance of the body, the ease of passing the ball, receiving the ball, and the strenuous performance of the exercise as a whole.  Pay special attention to the starting position. The hands move according to the exercise being performed. The exercise is performed on basketball courts with a certain marking. | 15’  15’  20’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and basketball equipment, places for running classes.

**Module 1.** Sports games. Basketball.

**Topic.** Rules of the game basketball.

**Goal.** Control of independent work.

|  |  |
| --- | --- |
| №  n/a | Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Review of a test paper on the topic you have studied |
| 3 | **The final part of the lesson:**   * summing up the lesson results; * announcement of points for completing the test work. |

**Module 1.** Sports games. Basketball.

**Subject** Credit.

**Goal.** Determination of the success of students ' achievement of learning outcomes in an academic discipline.

Lesson plan

|  |  |
| --- | --- |
| №  n/a | Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Independent warm-up.  Students ' response to credit cards (submitted in the feedback form):  Practical tasks:  - control exercises,  - control standards. |
| 3 | **The final part of the lesson:**   * summing up the lesson results; * announcement of the disciplinary rating; * setting a credit score. |

**Training facilities:**

- material and technical: sports hall, gym mats, gym mats, gym benches, hoops, gym sticks, jump ropes, hand and foot weights, medical balls, mats, stopwatches.

**Module 2**. Sports games. Volleyball.

**Topic 1.** Safety briefing. Rules for playing volleyball.

**Type of training session:** practical lesson.

**Purpose:** To provide safety instructions in volleyball classes, to create an idea of the rules of the game of volleyball.

Training session plan:

|  |  |
| --- | --- |
| №  n / | a Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson.  Motivational moment (formation of a complex of motor skills and physical qualities necessary in professional activity) |
| 2 | **The main part of the training session.**  Create an idea of volleyball for students:  - familiarization of students with the content of the educational material;  - organization of classes;  - conduct a safety briefing: general requirements, safety requirements before the start of classes, safety requirements during classes, safety requirements in emergency situations, safety requirements at the end of classes.  - give a brief description of the terminology: finishing the game, take-off, organized block, first pace, etc  . - introduce the rules of the game of volleyball.  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-squat, hands up on the belt  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  Yelling on the spot  1) I. P.-O. S., hands on the belt. Head tilts to the right, forward, left, back  2) I. P.-O. S., hands on the belt. Circular head rotations left and right  3)I. P. – O. S., feet shoulder-width apart, arms straight to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-O. S., legs shoulder-width apart, arms straight to the sides. Circular rotations of the arms in the shoulder joint forward and backward  5) I. P.-O. S., legs shoulder-width apart, arms bent at the elbows in front of you. Rotations of the upper torso to the right and left  6) I. P.-O. S., legs shoulder-width apart, hands on the belt. Circular torso rotations to the right and left  7)I. P. – O. S., feet shoulder-width apart, hands on the waist. Bending the body forward alternately to the left leg, between the feet, to the right leg |
| 3 | **The final part of the lesson:**   * oral survey (questions for conducting an oral survey are presented in the feedback form); * summing up the lesson results; * putting current grades in the training journal. |

**Training facilities:**

- material and technical: stopwatches, equipment and equipment for volleyball, a place for training (sports hall).

**Module 2**. Sports games. Volleyball.

**Topic 2.** Training in ball passing techniques.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical ball passing skills  Training in ball passing techniques.  Exercise #1.  In pairs.The 1st one throws the ball along a convenient trajectory, and the 2nd one performs a pass.  Exercise #2  In pairs.The 1st one hits the ball on the floor so that it bounces on a high trajectory, and the 2nd one performs a pass. The main thing is a timely "exit" to the ball.  Exercise # 3  the 1st throws not quite accurately, and the 2nd performs the transfer. The main thing is a timely "exit" to the ball.  Exercise # 4  The 1st throws 10 times in a row quickly, the 2nd performs a transfer.  Throw it to yourself - high,high, pass it on. The main thing is to include legs, coordination of efforts, "stretch".  Exercise # 5  In pairs-passing at a short and medium distance (3-5m) The main thing – timely "exit" to the ball, do not miss the ball behind the head, there should be a trajectory of the ball.  Exercise # 6  : Move away from the wall, standing at a distance of 3-4m.  Exercise # 7  Self | -improvement Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Focus on light, strenuous exercise  performance Pay special attention to the non-strenuous position of the shoulder girdle | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 3.** Improving the technique of passing the ball.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of passing the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-in an accelerated | 3'  4 times |
|  | - "Right", after the guide to bypass the left "Step march!" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands in  the air 3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical ball passing skills  Improving the ball passing technique.  Exercise #1.  In pairs.The 1st one throws the ball along a convenient trajectory, and the 2nd one performs a pass.  Exercise #2  In pairs.The 1st one hits the ball on the floor so that it bounces on a high trajectory, and the 2nd one performs a pass. The main thing is a timely "exit" to the ball.  Exercise # 3  the 1st throws not quite accurately, and the 2nd performs the transfer. The main thing is a timely "exit" to the ball.  Exercise # 4  The 1st throws 10 times in a row quickly, the 2nd performs a transfer.  Throw it to yourself - high,high, pass it on. The main thing is to include legs, coordination of efforts, "stretch".  Exercise # 5  In pairs-passing at a short and medium distance (3-5m) The main thing – timely "exit" to the ball, do not miss the ball behind the head, there should be a trajectory of the ball.  Exercise # 6  : Move away from the wall, standing at a distance of 3-4m.  Exercise # 7  Self | -improvement Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Focus on light, strenuous exercise  performance Pay special attention to the non-strenuous position of the shoulder girdle | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 4.** Improving the technique of passing the ball.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of passing the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-in an accelerated | 3'  4 times |
|  | - "Right", after the guide to bypass the left "Step march!" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands in  the air 3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Developing practical ball passing skills  Improving ball passing techniques.  Exercise #1.  In pairs.The 1st one throws the ball along a convenient trajectory, and the 2nd one performs a pass.  Exercise #2  In pairs.The 1st one hits the ball on the floor so that it bounces on a high trajectory, and the 2nd one performs a pass. The main thing is a timely "exit" to the ball.  Exercise # 3  the 1st throws not quite accurately, and the 2nd performs the transfer. The main thing is a timely "exit" to the ball.  Exercise # 4  The 1st throws 10 times in a row quickly, the 2nd performs a transfer.  Throw it to yourself - high,high, pass it on. The main thing is to include legs, coordination of efforts, "stretch".  Exercise # 5  In pairs-passing at a short and medium distance (3-5m) The main thing – timely "exit" to the ball, do not miss the ball behind the head, there should be a trajectory of the ball.  Exercise # 6  : Move away from the wall, standing at a distance of 3-4m.  Exercise # 7  Passing over yourself  : Applying control standard # 1 over yourself (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Focus on light, strenuous exercise  performance Pay special attention to the non-strenuous position of the shoulder girdle | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is Developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 5.** Training in the technique of passing the ball from above, from below.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball from above, from below.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | rate 3'  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands p to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  , the pace is below average; the amplitude of movement is maximum; the back is straight  ; the pace is low; the legs are straight in the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2. | Practicing practical skills and  training in the technique of passing the ball from above.  Exercise # 1  In the rack pushing a volleyball ball (0.5-1 kg) forward and up; back up from the support and in a jump.  Exercise #2.  In pairs: one partner throws a volleyball ball, the other catches in the starting position to perform a pass (the same in the jump).  Exercise #3  Upr. 2, but throw to the side (right, left) from the player.  Exercise #4. Toss the ball over yourself and pass it back and forth to your partner ( the same goes for a jump).  Training in two-handed top gear techniques.  Exercise # 1  Transfers in different directions (forward, backward);  Exercise #2  Transfers over different distances (long, short, short);  Exercise #3  Transfers of different heights (high, medium, low); | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Main focus pay attention to clear exercise | performance 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 6.** Improving the technique of passing the ball from above.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball from above, from below.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace,  then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  , the pace is below average; the range of motion is maximum; the back is straight  ; the pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2. | Practice practical skills  -Improving the technique of passing the ball from above, from below.  Exercise # 1  In the rack pushing a volleyball ball (0.5-1 kg) forward and up; back up from the support and in a jump.  Exercise #2.  In pairs: one partner throws a volleyball ball, the other catches in the starting position to perform a pass (the same in the jump).  Exercise #3  Upr. 2, but throw to the side (right, left) from the player.  Exercise #4. Toss the ball over yourself and pass it back and forth to your partner ( the same goes for a jump).  Improving gears from above with two hands.  Exercise # 1  Transfers in different directions (forward, backward);  Exercise #2  Transfers over different distances (long, short, short);  Exercise #3  Transfers of different heights (high, medium, low); | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Main focus pay attention to clear exercise | performance 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 7.** Improving the technique of passing the ball from above, from below.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball from above, from below.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace,  then-at an accelerated | rate 3'  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2.3.3  3.3  3.4 | Practicing practical skills  Improving the technique of passing the ball from above, from below.  Exercise # 1  In the rack pushing a volleyball ball (0.5-1 kg) forward and up; back up from the support and in a jump.  Exercise #2.  In pairs: one partner throws a volleyball ball, the other catches in the starting position to perform a pass (the same in the jump).  Exercise #3  Upr. 2, but throw to the side (right, left) from the player.  Exercise #4. Toss the ball over yourself and pass it back and forth to your partner ( the same goes for a jump).  Improving gears from above with two hands.  Exercise # 1  Transfers in different directions (forward, backward);  Exercise #2  Transfers over different distances (long, short, short);  Exercise #3  Transfers of different heights (high, medium, low).  Reception of control exercise # 2 (presented in the feedback form).  Reception of control exercise #3 (presented in the feedback form). | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on clearly performing the exercises | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 8.** Training in the technique of receiving the ball after serving.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of receiving the ball after serving.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up,spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  , the pace is below average; the range of motion is maximum; the back is straight  ; the pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-4 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Learning to receive the ball after serving.  Exercise # 1  In pairs and threes, the receiving player works out the reception of strong punches or throws on his side of the court.  Exercise # 2  To develop a low stance, punches should be made down. A proper low stance can be achieved by quickly dropping to one knee while maintaining a straight body position.  Exercise #3  Exercise with multiple balls. The receiver improves 2-3 options for receiving the ball at  once: Reception of the control standard No. 2 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Focus on light, strenuous exercise  performance Pay special attention to the non-strenuous position of the shoulder girdle. The arms move in a straight line, bent at a right or obtuse angle, without crossing the mid-plane. The exercise is performed on a distance of up to 100 m | . 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 9.** Improving the technique of receiving the ball after serving.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of receiving the ball after serving.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non /** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up,spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  , the pace is below average; the range of motion is maximum; the back is straight  ; the pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-4 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Improving the reception of the ball after serving.  Exercise # 1  In pairs and threes, the receiving player works out the reception of strong punches or throws on his side of the court.  Exercise # 2  To develop a low stance, punches should be made down. A proper low stance can be achieved by quickly dropping to one knee while maintaining a straight body position.  Exercise #3  Exercise with multiple balls. The receiver improves 2-3 options for receiving the ball at  once: Reception of the control standard No. 4 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Focus on light, strenuous exercise  performance Pay special attention to the non-strenuous position of the shoulder girdle. The arms move in a straight line, bent at a right or obtuse angle, without crossing the mid-plane. The exercise is performed on a distance of up to 100 m | . 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 10.** Training in the lower straight feed technique.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the lower straight feed technique.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Non/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical ball passing skills  Training in the technique of lower straight  Exercise # 1  N-lower pass the ball over yourself on the spot;  Exercise #2  One student throws the ball to another, who performs a lower reception over yourself.  Exercise # 3  Serve to the zones. | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Focus on light, strenuous exercise  performance Pay special attention to the non-strenuous position of the shoulder girdle | 7’  7’  7 ' |
| 4  4.1  4.2 | The final part of the lesson  is Developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 11.** Improvement of the lower straight feed technique.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of the lower straight feed.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practice practical ball passing skills.  Improvement of the lower straight feed technique.  Exercise # 1  НNj passing the ball over yourself on the spot;  Exercise # 2  One student throws the ball to another, who performs a lower reception over himself.  Exercise # 3  Lower direct feed to the site areas. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on light, strenuous exercise performance  Pay special attention to the non-strained position of the shoulder girdle | 7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 12.** Improvement of the lower straight feed technique.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of the lower straight feed.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p/p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical ball passing skills  Improvement of the lower straight feed technique.  Exercise # 1  НNj passing the ball over yourself on the spot;  Exercise # 2  One student throws the ball to another, who performs a lower reception over himself.  Exercise # 3  Lower straight pdacha to the volleyball court zones.  Reception of control exercise #1 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on light, strenuous exercise performance  Pay special attention to the non-strained position of the shoulder girdle | 7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2.** Sports games. Volleyball.

**Topic.** The history of the game volleyball.

**Goal.** Control of independent work.

|  |  |
| --- | --- |
| №  n/a | Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Review of a test paper on the topic you have studied |
| 3 | **The final part of the lesson:**   * summing up the lesson results; * announcement of points for completing the test work. |

**Module 2**. Sports games. Volleyball.

**Topic 13.** Teaching the technique of passing the ball in pairs in motion.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball in pairs in motion.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practical skills development  Training in the technique of passing the ball in pairs in motion.  Exercise # 1  In the rack, push a volleyball ball (0.5-1 kg) forward and up; back up from the support and in a jump.  Exercise #2.  In pairs. One partner throws a volleyball ball, the other catches it in the starting position to perform a pass (also in a jump).  Exercise # 3  Upr. 2, but the outline is to the side (right, left) from the player.  Exercise #4. Toss the ball over yourself and pass it back and forth to your partner (also in a jump).  Exercise #5.  In pairs.The 1st one throws the ball along a convenient trajectory, and the 2nd one performs a pass.  Exercise # 6  In pairs.The 1st one hits the ball on the floor so that it bounces on a high trajectory, and the 2nd one performs a pass.  Exercise # 7  The 1st one throws not quite accurately, and the 2nd one performs the transfer. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on clearly performing the exercises | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 14.** Improving the technique of passing the ball in pairs in motion.

**Type of training session:** practical lesson.

**Goal:** To consolidate the technique of passing the ball in pairs in motion.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practical skills development  Improving the technique of passing the ball in pairs in motion. Exercise # 1  In the rack, push a volleyball ball (0.5-1 kg) forward and up; back up from the support and in a jump.  Exercise #2.  In pairs. One partner throws a volleyball ball, the other catches it in the starting position to perform a pass (also in a jump).  Exercise # 3  Upr. 2, but the outline is to the side (right, left) from the player.  Exercise #4. Toss the ball over yourself and pass it back and forth to your partner (also in a jump).  Exercise #5.  In pairs.The 1st one throws the ball along a convenient trajectory, and the 2nd one performs a pass.  Exercise # 6  In pairs.The 1st one hits the ball on the floor so that it bounces on a high trajectory, and the 2nd one performs a pass.  Exercise # 7  The 1st one throws not quite accurately, and the 2nd one performs the transfer.  Acceptance of control standard No. 3 (submitted in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on clearly performing the exercises | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 15.** Training in the upper straight serve technique.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the upper straight serve technique.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Training in the upper straight serve technique.  Exercise #1.  Feed to the wall from a distance of 6-9 m;  Exercise # 2  Serve in pairs (players on the sidelines);  Exercise #3.  Feed through the grid from a distance of 3,6,9 m from the grid;  Exercise #4.  Serve out of bounds from behind the front line.  Exercise #5.  Serve to the right or left half of the court.  Exercise # 6.  Feed to the near or far part of the site.  Exercise # 7.  Feed for accuracy in zones 1,6,5. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on light, strenuous exercise performance  Pay special attention to the non-tense position of the shoulder girdle. The arms move in a straight line, bent at a right or obtuse angle, without crossing the mid-plane. The exercise is performed on a distance of up to 100 m. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 16.** Improvement of the upper straight feed technique.

**Type of training session:** practical lesson.

**Goal:** To consolidate the upper straight serve technique.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-4 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills.  Improvement of the upper straight feed technique.  Exercise #1.  Feed to the wall from a distance of 6-9 m;  Exercise # 2  Serve in pairs (players on the sidelines);  Exercise #3.  Feed through the grid from a distance of 3,6,9 m from the grid;  Exercise #4.  Serve out of bounds from behind the front line.  Exercise #5.  Serve to the right or left half of the court.  Exercise # 6.  Feed to the near or far part of the site.  Exercise # 7.  Feed for accuracy in zones 1,6,5. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on light, strenuous exercise performance  Pay special attention to the non-tense position of the shoulder girdle. The arms move in a straight line, bent at a right or obtuse angle, without crossing the mid-plane. The exercise is performed on a distance of up to 100 m. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 17.** Improvement of the upper straight feed technique.

**Type of training session:** practical lesson.

**Goal:** To consolidate the upper straight serve technique.

Training session plan:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING with the ball  1) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight, spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  3) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward and put the ball on the floor.  2-stand up straight,spread your arms out to the sides.  3-lean forward, take the ball.  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-go back to the I. P.  Perform the exercise with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  6) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-go back to the I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest.  2 – ball up.  3 – ball on the chest.  4-I. P. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-4 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Improvement of the upper straight feed technique.  Exercise #1.  Feed to the wall from a distance of 6-9 m;  Exercise # 2  Serve in pairs (players on the sidelines);  Exercise #3.  Feed through the grid from a distance of 3,6,9 m from the grid;  Exercise #4.  Serve out of bounds from behind the front line.  Exercise #5.  Serve to the right or left half of the court.  Exercise # 6.  Feed to the near or far part of the site.  Exercise # 7.  Feed for accuracy in zones 1,6,5.  Reception of control exercise # 4 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on light, strenuous exercise performance  Pay special attention to the non-tense position of the shoulder girdle. The arms move in a straight line, bent at a right or obtuse angle, without crossing the mid-plane. The exercise is performed on a distance of up to 100 m. | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 18.** Training in the technique of passing the ball from above, from below above yourself.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball from above, from below above yourself.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practical skills development  Training in the technique of passing the ball from above, below, above yourself.  Exercise # 1  The 1st one throws not quite accurately, and the 2nd one performs the transfer.  Exercise # 2  The 1st throws 10 times in a row quickly, the 2nd performs a transfer.  Throw it to yourself - high,high, pass it on.  Exercise # 3  In pairs-short and medium distance transmissions (3-5m)  Exercise # 4  Transfers from the wall, standing at a distance of 3-4m.  Exercise # 5  Passing the ball from above yourself.  Exercise # 6  Passing the ball from below over yourself.  Acceptance of control standard No. 6 (submitted in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration |  | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 19.** Improving the technique of passing the ball from above, from below above yourself.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball from above, below, above yourself.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practical skills development  Improving the technique of passing the ball from above, below, above yourself.  Exercise # 1  The 1st one throws not quite accurately, and the 2nd one performs the transfer.  Exercise # 2  The 1st throws 10 times in a row quickly, the 2nd performs a transfer.  Throw it to yourself - high,high, pass it on.  Exercise # 3  In pairs-short and medium distance transmissions (3-5m)  Exercise # 4  Transfers from the wall, standing at a distance of 3-4m.  Exercise # 5  Passing the ball from above yourself.  Exercise # 6  Passing the ball from below over yourself.  Reception of control exercise # 5 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration |  | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 20.** Improving the technique of passing the ball from above, from below above yourself.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball from above, below, above yourself.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  YELLING in pairs  1) I. P. – standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch.  2) I. P. – standing with their backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward bends  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right leg forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practical skills development  Improving the technique of passing the ball from above, below, above yourself.  Exercise # 1  The 1st one throws not quite accurately, and the 2nd one performs the transfer.  Exercise # 2  The 1st throws 10 times in a row quickly, the 2nd performs a transfer.  Throw it to yourself - high,high, pass it on.  Exercise # 3  In pairs-short and medium distance transmissions (3-5m)  Exercise # 4  Transfers from the wall, standing at a distance of 3-4m.  Exercise # 5  Passing the ball from above yourself.  Exercise # 6  Passing the ball from below over yourself.  Reception of control exercise # 6 (presented in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration |  | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 21.** Training in the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practical skills development  Learn the technique of passing the ball from above with two hands and from below with two hands in various combinations.  Exercise # 1  Transfers in different directions (forward, backward).  Exercise # 2  Transmissions over various distances (long, short, and short).  Exercise # 3  Gears of different heights (high, medium, and low).  Exercise # 4  Performing a pass over yourself with your own flip.  Exercise # 5  Make a lunge with the right (left) foot forward, take a stuffed ball with straight hands (weight 1 kg.) and without bending your arms, throw the ball up.  Exercise # 6  In pairs. Throws of a stuffed ball from the bottom two. Make sure that your arms are straight and do not rise above shoulder height.  Exercise # 7  Receiving a suspended volleyball ball from below while standing still and after moving. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on clearly performing the exercises | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 22.** Training in the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practical skills development  Learn the technique of passing the ball from above with two hands and from below with two hands in various combinations.  Exercise # 1  Transfers in different directions (forward, backward).  Exercise # 2  Transmissions over various distances (long, short, and short).  Exercise # 3  Gears of different heights (high, medium, and low).  Exercise # 4  Performing a pass over yourself with your own flip.  Exercise # 5  Make a lunge with the right (left) foot forward, take a stuffed ball with straight hands (weight 1 kg.) and without bending your arms, throw the ball up.  Exercise # 6  In pairs. Throws of a stuffed ball from the bottom two. Make sure that your arms are straight and do not rise above shoulder height.  Exercise # 7  Receiving a suspended volleyball ball from below while standing still and after moving. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on clearly performing the exercises | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 23.** Improving the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practical skills development  Improving the technique of passing the ball from above with two hands and from below with two hands in various combinations.  Exercise # 1  Transfers in different directions (forward, backward).  Exercise # 2  Transmissions over various distances (long, short, and short).  Exercise # 3  Gears of different heights (high, medium, and low).  Exercise # 4  Performing a pass over yourself with your own flip.  Exercise # 5  Make a lunge with the right (left) foot forward, take a stuffed ball with straight hands (weight 1 kg.) and without bending your arms, throw the ball up.  Exercise # 6  In pairs. Throws of a stuffed ball from the bottom two. Make sure that your arms are straight and do not rise above shoulder height.  Exercise # 7  Receiving a suspended volleyball ball from below while standing still and after moving.  Acceptance of control standard No. 7 (submitted in the feedback form). | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on clearly performing the exercises | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2**. Sports games. Volleyball.

**Topic 24.** Improving the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball from above with two hands and from below with two hands in various combinations.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No. p / p** | **Stages and content**  **lessons** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Building, greeting, and evaluating students ' readiness,  Declaring the topic, goal, and task of the class  Brief description of the stages and content of students ' work in the classroom  Attention exercise:  1) I. P.: - O. S.  1 – step forward.  2 – turn "right".  3 – hands out to the sides.  4-hands up.  5 - cotton.  6-hands out to the sides.  7-arms along the torso.  8 – turn "left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  Organize students for the lesson.  First, execute commands at a slow pace, then at an accelerated pace | 3’  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Set a distance | 2’ |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1 – on your toes, hands up.  2 – on the heels, hands to the sides.  3 – on the outside of the foot, hands behind the head.  4 – on the inside of the foot, hands behind the back.  5 – "high" step, hands forward.  6 - in a half-crouch, hands on the belt  Running and its varieties:  1 – running at a slow pace.  2-running with straight legs forward.  3-running with your legs straight back.  4-running with straight legs to the sides  "March at a walk!", " Stand still!", " Turn left!", "Pay off for the first, second time!"  I yell on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands apart. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands apart. Circular rotations of the arms in the shoulder joint back and forth  5) I. P.-stand legs apart, hands in front of you. Upper torso rotations to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular torso rotations to the right and left  7) I. P.-stand legs apart, hands on the belt. Body tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods (explanations, explanations), the method of holistic analysis.  performing the exercise  Method of holistic exercise execution  Front-group method, method of holistic and constructive exercise performance, method of strictly regulated exercise performance | Keep your distance, monitor your posture  Breathing evenly, keep your distance  Perform with maximum amplitude  The first – on the spot, the second-a step forward. Turn to face each other  The tempo is low; tilt your head smoothly to each side with a short pause  The pace is low; perform movements smoothly  The pace is medium; during rotation, the shoulder remains stationary, parallel to the floor  The tempo is below average; the rotation amplitude should be maximum  The pace is medium; the range of motion is maximum; the back is straight; the arms and head move synchronously with the upper body  Lower-than-average pace; maximum range of motion; straight back  The pace is low; the knees are straight; the movements are smooth | 3’  10’  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practical skills development  Improving the technique of passing the ball from above with two hands and from below with two hands in various combinations.  Exercise # 1  Transfers in different directions (forward, backward).  Exercise # 2  Transmissions over various distances (long, short, and short).  Exercise # 3  Gears of different heights (high, medium, and low).  Exercise # 4  Performing a pass over yourself with your own flip.  Exercise # 5  Make a lunge with the right (left) foot forward, take a stuffed ball with straight hands (weight 1 kg.) and without bending your arms, throw the ball up.  Exercise # 6  In pairs. Throws of a stuffed ball from the bottom two. Make sure that your arms are straight and do not rise above shoulder height.  Exercise # 7  Receiving a suspended volleyball ball from below while standing still and after moving. | Strictly regulated exercise method  Verbal methods (story, explanation, explanation), demonstration | The main focus should be on clearly performing the exercises | 7’  7’  7’  7’  7’  7’  7’ |
| 4  4.1  4.2 | Final part of the lesson  Development of dexterity through mobile play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the status of students at the end of the lesson | 10’  5’ |

**Training facilities:**

- logistics: stopwatches, equipment and volleyball equipment, places for running classes.

**Module 2.** Sports games. Volleyball.

**Topic.** Rules of the game volleyball.

**Goal.** Control of independent work.

|  |  |
| --- | --- |
| №  n/a | Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Review of a test paper on the topic you have studied |
| 3 | **The final part of the lesson:**   * summing up the lesson results; * announcement of points for completing the test work. |

**Module 2** Sports games. Volleyball.

**Topic.** Test.

**Goal.** Determination of the success of students ' achievement of learning outcomes in an academic discipline.

Lesson plan

|  |  |
| --- | --- |
| №  n/a | Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Independent warm-up.  Students ' response to credit cards (submitted in the feedback form):  Practical tasks:  - control exercises,  - control standards. |
| 3 | **The final part of the lesson:**   * summing up the lesson results; * announcement of the disciplinary rating; * setting a credit score. |

**Training facilities:**

- material and technical: sports hall, gym mats, gym mats, gym benches, hoops, gym sticks, jump ropes, hand and foot weights, medical balls, mats, stopwatches.

**Module 3**. Sports games. Football. Handball.

**Topic 1:** Football. Safety briefing. Rules of the game of football.

**Type of training session:** practical lesson.

**Purpose:** To provide safety instructions in soccer classes, to create an idea of the rules of the competition.

**Training session plan:**

|  |  |
| --- | --- |
| №  n / | a Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson.  Motivational moment (formation of a complex of motor skills and physical qualities necessary in the professional activity of a pharmacist) |
| 2 | **The main part of the training session.**  To give students an idea of football:  - familiarization of students with the content of educational material;  - organization of classes at the stadium, in the gym;  - conduct a safety briefing: general requirements, safety requirements before the start of classes, safety requirements during classes, safety requirements in emergency situations, safety requirements at the end of classes.  - give a brief description of football terminology: football player, goal, goal, goalkeeper, disqualification, ball, etc.  - introduce you to the rules of football competitions: number of players, duration of the game, penalties, fight for the ball.  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-squat, hands up on the belt  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  Yelling on the spot  1) I. P.-O. S., hands on the belt. Head tilts to the right, forward, left, back  2) I. P.-O. S., hands on the belt. Circular head rotations left and right  3)I. P. – O. S., feet shoulder-width apart, arms straight to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-O. S., legs shoulder-width apart, arms straight to the sides. Circular rotations of the arms in the shoulder joint forward and backward  5) I. P.-O. S., legs shoulder-width apart, arms bent at the elbows in front of you. Rotations of the upper torso to the right and left  6) I. P.-O. S., legs shoulder-width apart, hands on the belt. Circular torso rotations to the right and left  7)I. P. – O. S., feet shoulder-width apart, hands on the waist. Bending the body forward alternately to the left leg, between the feet, to the right leg |
| 3 | **The final part of the lesson:**   * exercise for attention * summing up the results of the lesson; * putting current grades in the training journal. |

**Training facilities:**

- logistics: stopwatches, basketball equipment and equipment, places of practice for working with the ball.

**Module 3**. Sports games. Football. Handball.

**Topic 2.** Training in the movement technique of a football player.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the player's movement technique.

**Training session plan:**

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| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment.  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills  Training in the movement technique of a football player.  Exercise #1.  Goal kicks for accuracy. They are performed on a stationary ball with the right and left foot from a distance of 17 m.  Exercise #2  Running the ball, tracing the posts and hitting the goal. It is performed from the start line (30 m from the penalty area line), drive the ball 20 m, then circle the four posts with a snake and, before reaching the penalty area, score the ball into the goal.  Exercise #3  Ball juggling. Blows are performed with the right and left foot (middle, inner and outer parts of the lift), hip and head.  Exercise #4  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

**-** logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 3.** Improving the movement technique of a football player.

**Type of training session:** practical lesson.

**Goal:** To consolidate the player's movement technique.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills and  improving the movement technique of a football player.  Exercise #1.  Goal kicks for accuracy. They are performed on a stationary ball with the right and left foot from a distance of 17 m.  Exercise #2  Running the ball, tracing the posts and hitting the goal. It is performed from the start line (30 m from the penalty area line), drive the ball 20 m, then circle the four posts with a snake and, before reaching the penalty area, score the ball into the goal.  Exercise #3  Ball juggling. Blows are performed with the right and left foot (middle, inner and outer parts of the lift), hip and head.  Exercise #4  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

**-** logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 4.** Training in the technique of hitting the middle of the rise on a stationary ball.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of hitting the middle of the rise on a stationary ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up,spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-4 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills and  Training in the technique of hitting the middle of the rise on a stationary ball.  Exercise #1.  Simulated impact. Perform a kick without the ball.  Exercise # 2  Slow kick. Hit a stationary ball into the wall from a distance of 3 m without running. The movement is performed in slow motion.  Exercise # 3  Precise kick. A 1x1 m square is shown on the wall. The player must make 20 shots at this target from a distance of 10m. Strikes are made on a stationary ball.  Exercise # 4  Between the checkboxes. Players are divided into pairs. The distance between partners is 24-26 m. In the middle, a 1.5-2 m wide gate is constructed from flags. Partners alternately direct the ball to each other by hitting the middle of the rise so that the ball passes first between the flags.  Exercise # 5  Two-way game  Acceptance of the control standard # 2 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 5.** Improvement of the technique of hitting the middle of the rise on a stationary ball.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of hitting the middle of the rise on a stationary ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-4 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills and  Improving the technique of hitting the middle of the rise on a stationary ball.  Exercise #1.  Simulated impact. Perform a kick without the ball.  Exercise # 2  Slow kick. Hit a stationary ball into the wall from a distance of 3 m without running. The movement is performed in slow motion.  Exercise # 3  Precise kick. A 1x1 m square is shown on the wall. The player must make 20 shots at this target from a distance of 10m. Strikes are made on a stationary ball.  Exercise # 4  Between the checkboxes. Players are divided into pairs. The distance between partners is 24-26 m. In the middle, a 1.5-2 m wide gate is constructed from flags. Partners alternately direct the ball to each other by hitting the middle of the rise so that the ball passes first between the flags.  Exercise #5  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 6.** Improvement of the technique of hitting the middle of the rise on a stationary ball.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of hitting the middle of the rise on a stationary ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up,spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-4 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills and  Improving the technique of hitting the middle of the rise on a stationary ball.  Exercise #1.  Simulated impact. Perform a kick without the ball.  Exercise # 2  Slow kick. Hit a stationary ball into the wall from a distance of 3 m without running. The movement is performed in slow motion.  Exercise # 3  Precise kick. A 1x1 m square is shown on the wall. The player must make 20 shots at this target from a distance of 10m. Strikes are made on a stationary ball.  Exercise # 4  Between the checkboxes. Players are divided into pairs. The distance between partners is 24-26 m. In the middle, a 1.5-2 m wide gate is constructed from flags. Partners alternately direct the ball to each other by hitting the middle of the rise so that the ball passes first between the flags.  Exercise #5  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 7.** Training in the technique of driving the ball.

**Type of training session:** practical lesson.

**Goal**: To create an idea of the technique of driving the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills and skills  Training in the technique of  Exercise #1.  Slow dribbling. You should drive the ball in a straight line at a slow pace so that you touch it with your foot at each step.  Exercise #2  Alternating legs. Same as the previous exercise. However, students alternate between leading, performing punches-pushes on the ball with the right or left foot.  Exercise # 3  In a circle. A circle with a diameter of 5-6m is indicated on the field. Players practice driving the ball: counterclockwise, they drive the ball with the outer part of the lift, and clockwise-with the inner part of the lift.  Exercise # 4  Along the corridor. A corridor 25 m long and 1 m wide is indicated on the field. You need to move the ball along the corridor without going beyond it  Exercise #5  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the supporting leg slightly bent at the knee. Her sock shows the direction of the approaching ball. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 8.** Improving the technique of driving the ball.

**Type of training session:** practical lesson.

**Goal**: To consolidate the technique of driving the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills and  improving the technique of  Exercise #1.  Slow dribbling. You should drive the ball in a straight line at a slow pace so that you touch it with your foot at each step.  Exercise #2  Alternating legs. Same as the previous exercise. However, students alternate between leading, performing punches-pushes on the ball with the right or left foot.  Exercise # 3  In a circle. A circle with a diameter of 5-6m is indicated on the field. Players practice driving the ball: counterclockwise, they drive the ball with the outer part of the lift, and clockwise-with the inner part of the lift.  Exercise # 4  Along the corridor. A corridor with a length of 25 m and a width of 1 m is marked on the field. You need to move the ball along the corridor without going beyond it  Exercise #5  Two-way game  Reception of control exercise # 5 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the supporting leg slightly bent at the knee. Her sock shows the direction of the approaching ball. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 9.** Improving the technique of driving the ball.

**Type of training session:** practical lesson.

**Goal**: To consolidate the technique of driving the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills and  improving the technique of  Exercise #1.  Slow dribbling. You should drive the ball in a straight line at a slow pace so that you touch it with your foot at each step.  Exercise #2  Alternating legs. Same as the previous exercise. However, students alternate between leading, performing punches-pushes on the ball with the right or left foot.  Exercise # 3  In a circle. A circle with a diameter of 5-6m is indicated on the field. Players practice driving the ball: counterclockwise, they drive the ball with the outer part of the lift, and clockwise-with the inner part of the lift.  Exercise # 4  Along the corridor. A corridor with a length of 25 m and a width of 1 m is marked on the field. You need to move the ball along the corridor without going beyond it  Exercise #5  Two-way game  Reception of control exercise # 6 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the supporting leg slightly bent at the knee. Her sock shows the direction of the approaching ball. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 10.** Training in ball juggling techniques.

**Type of training session:** practical lesson.

**Goal**: To create an idea of the ball juggling technique.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", following the "Step march!"guide around the hall. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills  Training in ball juggling techniques. Exercise #1.  Juggling a ball with two feet.  Exercise # 2  Juggling the ball with two legs, the inner sides of the feet.  Exercise #3  Juggling the ball with two legs, hips.  Exercise # 4  Juggling the nine: juggling the ball with two legs, right and left, as well as the inner sides of the feet, the outer sides of the feet, throwing on the hip (right and left). Tossing the ball with either foot, hip up and chest down.  Exercise # 5  Two-way game. | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 11.** Improving the ball juggling technique.

**Type of training session:** practical lesson.

**Goal**: To consolidate the technique of juggling the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills and  improving the technique of juggling the ball.  Exercise #1.  Juggling a ball with two feet.  Exercise # 2  Juggling the ball with two legs, the inner sides of the feet.  Exercise #3  Juggling the ball with two legs, hips.  Exercise # 4  Juggling the nine: juggling the ball with two legs, right and left, as well as the inner sides of the feet, the outer sides of the feet, throwing on the hip (right and left). Tossing the ball with either foot, hip up and chest down.  Exercise # 5  Two-way game. | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 12.** Improving the ball juggling technique.

**Type of training session:** practical lesson.

**Goal**: To consolidate the technique of juggling the ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU in pairs  1) I. P.-standing with their backs to each other, hands clasped. Slowly stand on your toes, hands up, stretch;  2) I. P. – standing with your backs to each other, hands clasped at the top. Tilt to the right, to the left.  3) I. P. –standing facing each other, hands on the partner's shoulders. Springy forward leans  4) I. P. – standing with their backs to each other, hands clasped at the elbows. Lunge right and left.  5) I. P. – standing with their backs to each other, hands clasped at the elbows. Squat.  6) I. P.-keep your feet apart, hands clasped forward. Alternate inclines with a slight resistance of the partner.  7) I. P. – standing facing each other, right foot forward (held by the partner's left hand). Left and right leg jumps. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills and  improving the technique of juggling the ball.  Exercise #1.  Juggling a ball with two feet.  Exercise # 2  Juggling the ball with two legs, the inner sides of the feet.  Exercise #3  Juggling the ball with two legs, hips.  Exercise # 4  Juggling the nine: juggling the ball with two legs, right and left, as well as the inner sides of the feet, the outer sides of the feet, throwing on the hip (right and left). Tossing the ball with either foot, hip up and chest down.  Exercise # 5  Two-way game.  Reception of control exercise # 2 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the position of the legs. Simultaneously with the kicking leg, the eponymous arm, unbending, is pulled back, and the opposite arm is thrown forward-up. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 13.** Training in the technique of stopping a rolling ball.

**Type of training session:** practical lesson.

**Goal**: To create an idea of the technique of stopping a rolling ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up,spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills  Training in the technique of stopping a rolling ball.  Exercise #1.  Hit and stop. Stand 5 m away from the wall and aim the ball down so that it bounces off the wall and rolls back. After stopping the ball, send it to the wall again with a kick, and so on  . Exercise #2  Receiving and passing. Players are divided into pairs. Partners face each other at a distance of 6 m. Sending the ball to each other in turn, they practice passing and stopping the ball with the inside of their foot. Gradually, the distance between partners increases.  Exercise # 3  Throw the ball. Two players practice. One of them throws the ball along a steep trajectory to his partner, who sends it back with a headbutt in a running jump, pushing off with one foot. After five strikes, the partners switch roles.  Exercise # 4  Ball to the center. Students stand up in a circle with a diameter of 12-14 m. One of the players takes a place in the center of the circle. His task is to pass the ball to his colleagues in turn. The latter, having stopped the ball, again return it to the player standing in the center of the circle.  Exercise #5  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the supporting leg slightly bent at the knee. Her sock shows the direction of the approaching ball. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 14.** Training in the technique of stopping a rolling ball.

**Type of training session:** practical lesson.

**Goal**: To create an idea of the technique of stopping a rolling ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up,spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills  Training in the technique of stopping a rolling ball.  Exercise #1.  Hit and stop. Stand 5 m away from the wall and aim the ball down so that it bounces off the wall and rolls back. After stopping the ball, send it to the wall again with a kick, and so on  . Exercise #2  Receiving and passing. Players are divided into pairs. Partners face each other at a distance of 6 m. Sending the ball to each other in turn, they practice passing and stopping the ball with the inside of their foot. Gradually, the distance between partners increases.  Exercise # 3  Throw the ball. Two players practice. One of them throws the ball along a steep trajectory to his partner, who sends it back with a headbutt in a running jump, pushing off with one foot. After five strikes, the partners switch roles.  Exercise # 4  Ball to the center. Students stand up in a circle with a diameter of 12-14 m. One of the players takes a place in the center of the circle. His task is to pass the ball to his colleagues in turn. The latter, having stopped the ball, again return it to the player standing in the center of the circle.  Exercise # 5  Two-way game  Acceptance of control standard # 1 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the supporting leg slightly bent at the knee. Her sock shows the direction of the approaching ball. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football.

**Topic 15.** Improving the technique of stopping a rolling ball.

**Type of training session:** practical lesson.

**Goal**: To fix the technique of stopping the rolling ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up,spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1 | Practicing practical skills and  improving the technique of stopping a rolling ball.  Exercise #1.  Hit and stop. Stand 5 m away from the wall and aim the ball down so that it bounces off the wall and rolls back. After stopping the ball, send it to the wall again with a kick, and so on  . Exercise #2  Receiving and passing. Players are divided into pairs. Partners face each other at a distance of 6 m. Sending the ball to each other in turn, they practice passing and stopping the ball with the inside of their foot. Gradually, the distance between partners increases.  Exercise # 3  Throw the ball. Two players practice. One of them throws the ball along a steep trajectory to his partner, who sends it back with a headbutt in a running jump, pushing off with one foot. After five strikes, the partners switch roles.  Exercise # 4  Ball to the center. Students stand up in a circle with a diameter of 12-14 m. One of the players takes a place in the center of the circle. His task is to pass the ball to his colleagues in turn. The latter, having stopped the ball, again return it to the player standing in the center of the circle.  Exercise #5  Two-way game | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the supporting leg slightly bent at the knee. Her sock shows the direction of the approaching ball. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3**. Sports games. Football. Handball.

**Topic 16.** Improving the technique of stopping a rolling ball.

**Type of training session:** practical lesson.

**Goal**: To fix the technique of stopping the rolling ball.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU with the ball  1) I. P. – the ball is at the bottom.  1-ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P.  2) I. P.-the leg stand apart is average, the ball is in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  3) I. P.-stand legs apart average, the ball in front of the chest.  1-lean forward, put the ball on the floor;  2-straighten up, spread your arms to the sides;  3-lean forward, take the ball;  4-I. P.  4) I. P.-sitting, feet to the sides, ball from the right.  1-move the ball to the left, touch the floor  2-return to the I. P.  Exercise should be performed with increasing tempo.  5) I. P.-lying on your back with the ball at the top.  1-get the ball with your feet  2-return to the I. P.  6) I. P.-lying on your back, the ball is at the top.  1-get the ball with your feet  2-return to I. P.  7) I. P. – the ball is at the bottom.  1 – ball on the chest;  2-ball up;  3-ball on the chest;  4-I. P. | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  The first – on the spot, the second-step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the knees are straight; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills and  improving the technique of stopping a rolling ball.  Exercise #1.  Hit and stop. Stand 5 m away from the wall and aim the ball down so that it bounces off the wall and rolls back. After stopping the ball, send it to the wall again with a kick, and so on  . Exercise #2  Receiving and passing. Players are divided into pairs. Partners face each other at a distance of 6 m. Sending the ball to each other in turn, they practice passing and stopping the ball with the inside of their foot. Gradually, the distance between partners increases.  Exercise # 3  Throw the ball. Two players practice. One of them throws the ball along a steep trajectory to his partner, who sends it back with a headbutt in a running jump, pushing off with one foot. After five strikes, the partners switch roles.  Exercise # 4  Ball to the center. Students stand up in a circle with a diameter of 12-14 m. One of the players takes a place in the center of the circle. His task is to pass the ball to his colleagues in turn. The latter, having stopped the ball, again return it to the player standing in the center of the circle.  Exercise # 5  Two-way game  Acceptance of the control standard # 6 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the supporting leg slightly bent at the knee. Her sock shows the direction of the approaching ball. | 10’  10’  10’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatch, football equipment and equipment, places for football practice (sports hall).

**Module 3.** Sports games. Football. Handball.

**Topic.** The history of the game football. Rules of the game football**.**

**Goal.** Control of independent work.

|  |  |
| --- | --- |
| №  n / | a Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Review of test papers on the topics studied. |
| 3 | **Final part of the lesson:**   * summing up the results of the lesson; * announcement of points for completing control works. |

**Module 3**. Sports games. Football. Handball.

**Topic 17.** Handball. Safety briefing.

**Type of training session:** practical lesson.

**Purpose:** To provide safety instructions in handball classes.

**Training session plan:**

|  |  |
| --- | --- |
| №  n / | a Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson.  Motivational moment (formation of a complex of motor skills and physical qualities necessary in the professional activity of a pharmacist) |
| 2 | **The main part of the training session.**  Create an idea of athletics for students:  - familiarization of students with the content of educational material;  - organization of classes at the stadium, in the gym;  - conduct a safety briefing: general requirements, safety requirements before the start of classes, safety requirements during classes, safety requirements in emergency situations, safety requirements at the end of classes.  - give a brief description of the track and field terminology: out, goalkeeper, catch the ball, mini-handball, corner throw, free throw, etc  . - introduce the rules of the handball competition: the size of the court, how many times in handball, the start of the competition, time-out, when the participants are replaced.  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6 - in a half-squat, hands up on the belt  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  Yelling on the spot  1) I. P.-O. S., hands on the belt. Head tilts to the right, forward, left, back  2) I. P.-O. S., hands on the belt. Circular head rotations left and right  3)I. P. – O. S., feet shoulder-width apart, arms straight to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-O. S., legs shoulder-width apart, arms straight to the sides. Circular rotations of the arms in the shoulder joint forward and backward  5) I. P.-O. S., legs shoulder-width apart, arms bent at the elbows in front of you. Rotations of the upper torso to the right and left  6) I. P.-O. S., legs shoulder-width apart, hands on the belt. Circular torso rotations to the right and left  7)I. P. – O. S., feet shoulder-width apart, hands on the waist. Bending the body forward alternately to the left leg, between the feet, to the right leg |
| 3 | **The final part of the lesson:**   * oral survey (questions for conducting an oral survey are presented in the feedback form) * attention exercise * summing up the lesson results; * putting current grades in the training journal. |

**Training facilities:**

- logistics: stopwatches, handball equipment and equipment, places for handball practice.

**Module 3**. Sports games. Football. Handball.

**Topic 18.** Training in the technique of driving a ball with one hand in a straight line, snake, figure eight, shuttle.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of driving the ball with one hand in a straight line, snake, figure eight, shuttle.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the amplitude of movement is maximum; the back is straight  The pace is low; the legs are straight in the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills  Training in the technique of driving the ball with one hand in a straight line, snake, figure eight, or shuttle.  Exercise #1.  I. P.-ball on the left hand, right palm on top.  1-4-rotation of the moo around the brush away from you.  1-4-rotation of the moo around the brush towards itself.  Exercise #2.  I. P.-the ball is in your hands in front of you.  1-4 - rotation of the ball around the head to the left side.  1-4 - rotation of the ball around the head to the right side.  Exercise # 3  I. P.-ball in the hands in front of you.  1-4 - rotation of the ball around the torso to the left side.  1-4 - rotation of the ball around the torso to the right side.  Exercise #4  Two-way game.  Acceptance of control standard No. 1 (submitted in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the technique of driving the ball: Try not to drop the ball,  Achieve a fast pace.  We move the ball from hand to hand,  without touching the head with the ball.  The ball does not touch the torso. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, handball equipment and equipment, places for handball practice.

**Module 3**. Sports games. Football. Handball.

**Topic 19.** Improving the technique of driving the ball with one hand in a straight line, snake, figure eight, shuttle.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of driving the ball with one hand in a straight line, snake, figure eight, shuttle.

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | rate 3'  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the amplitude of movement is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2  3.3 | Practicing practical skills  Training in one-handed, snake, figure eight, shuttle.  Exercise #1.  I. P.-ball on the left hand, right palm on top.  1-4-rotation of the moo around the brush away from you.  1-4-rotation of the moo around the brush towards itself.  Exercise #2.  I. P.-the ball is in your hands in front of you.  1-4 - rotation of the ball around the head to the left side.  1-4 - rotation of the ball around the head to the right side.  Exercise # 3  I. P.-ball in the hands in front of you.  1-4 - rotation of the ball around the torso to the left side.  1-4 - rotation of the ball around the torso to the right side.  Exercise #4  Two-way game.  Reception of control exercise # 2 (presented in the feedback form).  Reception of control exercise # 4 (presented in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the technique of driving the ball: Try not to drop the ball,  Achieve a fast pace.  We move the ball from hand to hand,  without touching the head with the ball.  The ball does not touch the torso. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, handball equipment and equipment, places for handball practice.

**Module 3**. Sports games. Football. Handball.

**Topic 20.** Learn the technique of passing the ball with one hand from the shoulder.

**Type of training session:** practical lesson.

**Goal:** To create an idea of the technique of passing the ball with one hand from the shoulder**.**

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | 3'  4 times |
|  | - "To the right", followed by the "Step march!" guide in a detour to the left. |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  , the pace is below average; the range of motion is maximum; the back is straight  ; The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2  3.3 | Practicing practical skills.  Learn the technique of passing the ball with one hand from the shoulder.  Exercise # 1  Passing the ball with one hand from behind the back is performed with an arc-shaped movement of the hand behind the back, while simultaneously turning the hand palm inwards towards the torso. The player sends the ball to his partner behind his back with a sharp movement of the forearm.  Exercise # 2  Passing the ball with one hand over the shoulder behind the head is performed with a light movement of the hand by turning it palm inwards. The ball is sent over the shoulder behind the head in the direction of the partner.  Exercise # 3  Passing the ball with a straight hand from below is used without training for accurate passes over short distances. After catching the ball, the player makes a backswing with a straight arm, the center of gravity is transferred to the right leg, the left leg is in front, then the ball is sent forward to the partner in a reverse motion, and the center of gravity is transferred to the left leg.  Acceptance of control standard No. 2 (submitted in the feedback form).  Acceptance of control standard No. 6 (submitted in the feedback form). | Method of strictly regulated exercises  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the technique of driving the ball: Try not to drop the ball,  Achieve a fast pace.  We move the ball from hand to hand,  without touching the head with the ball.  The ball does not touch the torso. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, handball equipment and equipment, places for handball practice.

**Module 3**. Sports games. Football. Handball.

**Topic 21.** Improving the technique of passing the ball with one hand from the shoulder.

**Type of training session:** practical lesson.

**Goal:** To fix the technique of passing the ball with one hand from the shoulder**.**

**Training session plan:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **n/p** | **a Stages and content**  **of the lesson** | **Methods used (including interactive ones)** | **General guidelines** | **Dosage** |
| 1  1.1  1.2  1.3 | Organizational moment  Construction, greeting, assessment of students 'readiness,  Announcement of the topic, goals, tasks of the lesson  Brief description of the stages and content of students' work in the lesson  Attention exercise:  1) I. P.: - O. S.  1-step forward;  2-turn "to the right";  3-hands to the sides;  4-hands up;  5-clap;  6-hands to the sides;  7-hands along the torso;  8-turn "to the left" | Verbal methods (short story, explanation)  Visual methods (display) | Check the availability of the appropriate form  to organize students for the lesson.  First, perform commands at a slow pace, then-at an accelerated | rate 3'  4 times |
|  | "To the right, follow the detour to the left,' March at a walk!'" |  | Dial the distance | 2' |
| 2  2.1  2.2  2.3 | Preparatory part  Walking and its varieties:  1-on the toes, hands up;  2-on the heels, hands to the sides;  3 - on the outside of the foot, hands behind the head;  4 - on the inside of the foot, hands behind the back;  5 - "high" step, hands forward;  6-in a half-crouch, hands on the waist  Running and its varieties:  1-running at a slow pace;  2-running with straight legs forward;  3-running with straight legs back;  4-running with straight legs to the sides  " Step march!", " Stand still!", " Left!", " On the first, second pay off!"  ORU on the spot  1) I. P.-O. S. Head tilts to the right, forward, left, back  2) I. P.-O. S. Circular rotations of the head to the left and right  3) I. P.-stand legs apart, hands to the sides. Circular rotations of the arms in and out of the elbow joint  4) I. P.-stand legs apart, hands to the sides. Circular rotations of the hands in the shoulder joint forward and backward  5) I. P.-stand legs apart, hands in front of you. Rotations of the upper torso to the right and left  6) I. P.-stand legs apart, hands on the belt. Circular rotations of the body to the right and left  7) I. P.-stand legs apart, hands on the belt. Torso tilts forward alternately to the left leg, between the feet, to the right leg | Verbal methods( explanations, explanations), method of holistic  exercise execution  Method of holistic exercise execution  Frontal-group method, method of holistic-constructive exercise execution, method of strictly regulated exercise execution | Observe distance, monitor posture  Breathing evenly, observe distance  Perform with maximum amplitude  , the first ones are in place, the second ones are a step forward. Turn to face each other  Tempo is low; tilt your head smoothly to each side with a short pause  Tempo is low; perform movements smoothly  Tempo is medium; during rotation, the shoulder remains stationary, parallel to the floor  Tempo is below average; the amplitude of rotations should be maximum  Tempo is medium; the amplitude of movement is maximum; the back is straight; the arms and head move synchronously with the upper part of the body  The pace is below average; the range of motion is maximum; the back is straight  The pace is low; the legs are straight at the knees; the movements are smooth | 3 '  10 '  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times  6-8 times |
| 3  3.1  3.2 | Practicing practical skills.  Improving the technique of passing the ball with one hand from the shoulder. Exercise # 1  Passing the ball with one hand from behind the back is performed with an arc-shaped movement of the hand behind the back, while simultaneously turning the hand palm inwards towards the torso. The player sends the ball to his partner behind his back with a sharp movement of the forearm.  Exercise # 2  Passing the ball with one hand over the shoulder behind the head is performed with a light movement of the hand by turning it palm inwards. The ball is sent over the shoulder behind the head in the direction of the partner.  Exercise # 3  Passing the ball with a straight hand from below is used without training for accurate passes over short distances. After catching the ball, the player makes a backswing with a straight arm, the center of gravity is transferred to the right leg, the left leg is in front, then the ball is sent forward to the partner in a reverse motion, and the center of gravity is transferred to the left leg.  Reception of control exercise # 3 (presented in the feedback form). | Method of strictly regulated exercise  Verbal methods (story, explanation, explanation), demonstration | Pay special attention to the technique of driving the ball: Try not to drop the ball,  Achieve a fast pace.  We move the ball from hand to hand,  without touching the head with the ball.  The ball does not touch the torso. | 15’  15’  10’  10’ |
| 4  4.1  4.2 | The final part of the lesson  is developing dexterity through outdoor play.  Construction. Error analysis. Summing up the results. Setting ratings. | Game method  Verbal methods (explanations, explanations) | View and check the condition of students at the end of class | 10 '  5’ |

**Training facilities:**

- logistics: stopwatches, handball equipment and equipment, places for handball practice.

**Module 3**. Sports games. Football. Handball.

**Topic.** The history of the game of handball. Rules of the game handball.

**Goal.** Control of independent work

|  |  |
| --- | --- |
| №  n / | a Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Review of test papers on the topics studied. |
| 3 | **Final part of the lesson:**   * summing up the results of the lesson; * announcement of points for completing control works. |

**Module 3**. Sports games. Football. Handball.

**Topic.** Test.

**Goal.** Determination of the success of students ' achievement of learning outcomes in an academic discipline.

**Lesson plan**

|  |  |
| --- | --- |
| №  n / | a Stages and content of the lesson |
| 1 | **Organizational moment.**  Declaring the topic and purpose of the lesson. |
| 2 | **The main part of the training session.**  Independent warm-up.  Students ' response to credit cards (submitted in the feedback form):  Theoretical questions.  Practical tasks:  - control exercises,  - control standards. |
| 3 | **Final part of the lesson:**   * summing up the results of the lesson; * announcement of the disciplinary rating; * setting a test. |

**Training facilities:**

- material and technical: sports hall, gym mats, gym mats, gym benches, hoops, gym sticks, jump ropes, hand and foot weights, medical balls, mats, stopwatches.