**Протокол сдачи контрольных нормативов по ОФП и СФП за 20\_\_\_\_\_\_ /20\_\_\_\_\_\_\_ учебный год**

Отделение\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Группа \_\_\_\_\_\_\_\_\_\_\_ Тренер\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № п/п | Ф.И.О. | Возраст | ОФП | | | | | | | | | | | | | | | | | | | | | СФП | | | Спортивный разряд | итог |
| Бег 30 м, 60м  100 м | балл | Бег 1 км, 1,5км  2 км, 3 км | балл | Прыжки в длину с места | балл | Прыжки в длину с разбега | балл | подтягивание | балл | Сгибание и разгибание рук в упоре лежа | балл | Поднимание туловища | балл | наклон | балл | Рывок гири | балл | Челночный бег | балл | Сумма баллов |  |  |  |
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Анализ выполнения нормативов ОФП, СФП

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