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| |  | | --- | | http://www.ekbschool143.edusite.ru/images/p138_gtoflag.jpg | | 1 ступень - Нормы ГТО для школьников 6-8 лет   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | - бронзовый значок |  | - серебряный значок |  | - золотой значок |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№ п/п** | **Виды испытаний (тесты)** | **Возраст 6-8 лет** | | | | | | | | **Мальчики** | | | | **Девочки** | | | |  |  | |  |  |  |  | | **Обязательные испытания (тесты)** | | | | | | | | | | 1. | Челночный бег 3х10 м (сек.) | 10,4 | | 10,1 | 9,2 | 10,9 | 10,7 | 9,7 | | или бег на 30 м (сек.) | 6,9 | | 6,7 | 5,9 | 7,2 | 7,0 | 6,2 | | 2. | Смешанное передвижение (1 км) | Без учета времени | | | | | | | | 3. | Прыжок в длину с места толчком двумя ногами (см) | 115 | | 120 | 140 | 110 | 115 | 135 | | 4. | Подтягивание из виса на высокой перекладине (кол-во раз) | 2 | | 3 | 4 |  |  |  | | или подтягивание из виса лежа на низкой перекладине (кол-во раз) | 5 | | 6 | 13 | 4 | 5 | 11 | | 5. | Сгибание и разгибание рук в упоре лежа на полу (кол-во раз) | 7 | | 9 | 17 | 4 | 5 | 11 | | 6. | Наклон вперед из положения стоя с прямыми ногами на полу (достать пол) | Пальцами | | | Ладонями | Пальцами | | Ладонями | | **Испытания (тесты) по выбору** | | | | | | | | | | 7. | Метание теннисного мяча в цель (кол-во попаданий) | 2 | | 3 | 4 | 2 | 3 | 4 | | 8. | Бег на лыжах на 1 км (мин., сек.) | 8.45 | | 8.30 | 8.00 | 9.15 | 9.00 | 8.39 | | или на 2 км | Без учета времени | | | | | | | | или кросс на 1 км по пересеченной местности\* | Без учета времени | | | | | | | | 9. | Плавание без учета времени (м) | 10 | | 10 | 15 | 10 | 10 | 15 | | Кол-во видов испытаний видов (тестов) в возрастной группе | | 9 | | 9 | 9 | 9 | 9 | 9 | | Кол-во испытаний (тестов), которые необходимо выполнить для получения знака отличия Комплекса\*\* | | 4 | | 5 | 6 | 4 | 5 | 6 | | \* Для бесснежных районов страны | | | | | | | | | | \*\* При выполнении нормативов для получения знаков отличия Комплекса обязательны испытания (тесты) на силу, быстроту, гибкость и выносливость. | | | | | | | | | | | 2 ступень - Нормы ГТО для школьников 9-10 лет   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | - бронзовый значок |  | - серебряный значок |  | - золотой значок |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | **№ п/п** | **Виды испытаний (тесты)** | **Возраст 9-10 лет** | | | | | | | **Мальчики** | | | **Девочки** | | | |  |  |  |  |  |  | | **Обязательные испытания (тесты)** | | | | | | | | | 1. | Бег на 60 м (сек.) | 12,0 | 11,6 | 10,5 | 12,9 | 12,3 | 11,0 | | 2. | Бег на 1 км (мин., сек.) | 7.10 | 6.10 | 4.50 | 6.50 | 6.30 | 6.00 | | 3. | Прыжок в длину с разбега (см) | 190 | 220 | 290 | 190 | 200 | 260 | | Прыжок в длину с места толчком двумя ногами (см) | 130 | 140 | 160 | 125 | 130 | 150 | | 4. | Подтягивание из виса на высокой перекладине (кол-во раз) | 2 | 3 | 5 |  |  |  | | или подтягивание из виса лежа на низкой перекладине (кол-во раз) |  |  |  | 7 | 9 | 15 | | 5. | Сгибание и разгибание рук упоре лежа на полу (кол-во раз) | 9 | 12 | 16 | 5 | 7 | 12 | | 6. | Наклон вперед из положения стоя с прямыми ногами на полу (достать пол) | Пальцами | | Ладонями | Пальцами | | Ладонями | | **Испытания (тесты) по выбору** | | | | | | | | | 7. | Метание мяча весом 150 г (м) | 24 | 27 | 32 | 13 | 15 | 17 | | 8. | Бег на лыжах на 1 км (мин., сек.) | 8.15 | 7.45 | 6.45 | 8.40 | 8.20 | 7.30 | | или на 2 км | Без учета времени | | | | | | | или кросс на 2 км по пресеченной местности\* | Без учета времени | | | | | | | 9. | Плавание без учета времени (м) | 25 | 25 | 50 | 25 | 25 | 50 | | Кол-во видов испытаний видов (тестов) в возрастной группе | | 9 | 9 | 9 | 9 | 9 | 9 | | Кол-во испытаний (тестов), которые необходимо выполнить для получения знака отличия Комплекса\*\* | | 5 | 6 | 7 | 5 | 6 | 7 | | \* Для бесснежных районов страны | | | | | | | | | \*\* При выполнении нормативов для получения знаков отличия Комплекса обязательны испытания (тесты) на силу, быстроту, гибкость и выносливость. | | | | | | | | | | 3 ступень - Нормы ГТО для школьников 11-12 лет   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | - бронзовый значок |  | - серебряный значок |  | - золотой значок |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | **№ п/п** | **Виды испытаний (тесты)** | **Возраст 11-12 лет** | | | | | | | **Мальчики** | | | **Девочки** | | | |  |  |  |  |  |  | | **Обязательные испытания (тесты)** | | | | | | | | | 1. | Бег на 60 м (сек.) | 11,0 | 10,8 | 9,9 | 11,4 | 11,2 | 10,3 | | 2. | Бег на 1,5 км (мин., сек.) | 8.35 | 7.55 | 7.10 | 8.55 | 8.35 | 8.00 | |  | или на 2 км (мин., сек.) | 10.25 | 10.00 | 9.30 | 12.30 | 12.00 | 11.30 | | 3. | Прыжок в длину с разбега (см) | 280 | 290 | 330 | 240 | 260 | 300 | | или прыжок в длину с места толчком двумя ногами (см) | 150 | 160 | 175 | 140 | 145 | 165 | | 4. | Подтягивание из виса на высокой перекладине (кол-во раз) | 3 | 4 | 7 |  |  |  | | или подтягивание из виса лежа на низкой перекладине (кол-во раз) |  |  |  | 9 | 11 | 17 | | или сгибание и разгибание рук упоре лежа на полу (кол-во раз) | 12 | 14 | 20 | 7 | 8 | 14 | | **Испытания (тесты) по выбору** | | | | | | | | | 5. | Метание мяча весом 150 г (м) | 25 | 28 | 34 | 14 | 18 | 22 | | 6. | Бег на лыжах на 2 км (мин., сек.) | 14.10 | 13.50 | 13.00 | 14.50 | 14.30 | 13.50 | | или на 3 км | Без учета времени | | | | | | | или кросс на 3 км по пресеченной местности\* | Без учета времени | | | | | | | 7. | Плавание 50 м (мин., сек.) | Без учета времени | | 0.50 | Без учета времени | | 1.05 | | 8. | Наклон вперед из положения стоя с прямыми ногами на полу (достать пол) | Пальцами | | Ладонями | Пальцами | | Ладонями | | 9. | Стрельба из пневматической винтовки из положения сидя или стоя с опорой локтей о стол или стойку, дистанция - 5 м (очки) | 10 | 15 | 20 | 10 | 15 | 20 | | 10. | Туристический поход с проверкой туристических навыков | В соответствии с возрастными требованиями | | | | | | | Кол-во видов испытаний видов (тестов) в возрастной группе | | 10 | 10 | 10 | 10 | 10 | 10 | | Кол-во испытаний (тестов), которые необходимо выполнить для получения знака отличия Комплекса\*\* | | 5 | 6 | 7 | 5 | 6 | 7 | | \* Для бесснежных районов страны | | | | | | | | | \*\* При выполнении нормативов для получения знаков отличия Комплекса обязательны испытания (тесты) на силу, быстроту, гибкость и выносливость. | | | | | | | | | | 4 ступень - Нормы ГТО для школьников 13-15 лет   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | - бронзовый значок |  | - серебряный значок |  | - золотой значок |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | **№ п/п** | **Виды испытаний (тесты)** | **Возраст 13-15 лет** | | | | | | | **Мальчики** | | | **Девочки** | | | |  |  |  |  |  |  | | **Обязательные испытания (тесты)** | | | | | | | | | 1. | Бег на 60 м (сек.) | 10,0 | 9,7 | 8,7 | 10,9 | 10,6 | 9,6 | | 2. | Бег на 2 км (мин., сек.) | 9.55 | 9.30 | 9.00 | 12.10 | 11.40 | 11.00 | | или на 3 км (мин., сек.) | Без учета времени | | | - | - | - | | 3. | Прыжок в длину с разбега (см) | 330 | 350 | 390 | 280 | 290 | 330 | | или прыжок в длину с места толчком двумя ногами (см) | 175 | 185 | 200 | 150 | 155 | 175 | | 4. | Подтягивание из виса на высокой перекладине (кол-во раз) | 4 | 6 | 10 |  |  |  | | или подтягивание из виса лежа на низкой перекладине (кол-во раз) | - | - | - | 9 | 11 | 18 | | или сгибание и разгибание рук упоре лежа на полу (кол-во раз) | - | - | - | 7 | 9 | 15 | | 5. | Поднимание туловища из положения лежа на спине (кол-во раз 1 мин.) | 30 | 36 | 47 | 25 | 30 | 40 | | 6. | Наклон вперед из положения стоя с прямыми ногами на полу (достать пол) | Пальцами | | Ладонями | Пальцами | | Ладонями | | **Испытания (тесты) по выбору** | | | | | | | | | 7. | Метание мяча весом 150 г (м) | 30 | 35 | 40 | 18 | 21 | 26 | | 8. | Бег на лыжах на 3 км (мин., сек.) | 18.45 | 17.45 | 16.30 | 22.30 | 21.30 | 19.30 | | или на 5 км (мин., сек.) | 28.00 | 27.15 | 26.00 | - | - | - | | или кросс на 3 км по пересеченной местности\* | Без учета времени | | | | | | | 9. | Плавание на 50 м (мин., сек.) | Без учета | | 0.43 | Без учета | | 1.05 | | 10. | Стрельба из пневматической винтовки из положения сидя или стоя с опорой локтей о стол или стойку, дистанция - 10 м (очки) | 15 | 20 | 25 | 15 | 20 | 25 | | или из электронного оружия из положения сидя или стоя с опорой локтей о стол или стойку, дистанция - 10 м (очки) | 18 | 25 | 30 | 18 | 25 | 30 | | 11. | Туристический поход с проверкой туристических навыков | В соответствии с возрастными требованиями | | | | | | | Кол-во видов испытаний видов (тестов) в возрастной группе | | 11 | 11 | 11 | 11 | 11 | 11 | | Кол-во испытаний (тестов), которые необходимо выполнить для получения знака отличия Комплекса\*\* | | 6 | 7 | 8 | 6 | 7 | 8 | | \* Для бесснежных районов страны | | | | | | | | | \*\* При выполнении нормативов для получения знаков отличия Комплекса обязательны испытания (тесты) на силу, быстроту, гибкость и выносливость. | | | | | | | | | | 5 ступень - Нормы ГТО для школьников 16-17 лет   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | - бронзовый значок |  | - серебряный значок |  | - золотой значок |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | **№ п/п** | **Виды испытаний (тесты)** | **Возраст 16-17 лет** | | | | | | | **Юноши** | | | **Девушки** | | | |  |  |  |  |  |  | | **Обязательные испытания (тесты)** | | | | | | | | | 1. | Бег на 100 м (сек.) | **14,6** | **14,3** | **13,8** | **18,0** | **17,6** | **16,3** | | 2. | Бег на 2 км (мин., сек.) | **9.20** | **8.50** | **7.50** | **11.50** | **11.20** | **9.50** | | или на 3 км (мин., сек.) | **15.10** | **14.40** | **13.10** | **-** | **-** | **-** | | 3. | Прыжок в длину с разбега (см) | **360** | **380** | **440** | **310** | **320** | **360** | | или прыжок в длину с места толчком двумя ногами (см) | **200** | **210** | **230** | **160** | **170** | **185** | | 4. | Подтягивание из виса на высокой перекладине (кол-во раз) | **8** | **10** | **13** |  |  |  | | или рывок гири (кол-во раз) | **15** | **25** | **35** |  |  |  | | или подтягивание из виса лежа на низкой перекладине (кол-во раз) | **-** | **-** | **-** | **11** | **13** | **19** | | или сгибание и разгибание рук упоре лежа на полу (кол-во раз) | **-** | **-** | **-** | **9** | **10** | **16** | | 5. | Поднимание туловища из положения лежа на спине (кол-во раз 1 мин.) | **30** | **40** | **50** | **20** | **30** | **40** | | 6. | Наклон вперед из положения стоя с прямыми ногами на гимнастической скамье (см) | **+6** | **+8** | **+13** | **+7** | **+9** | **+16** | | **Испытания (тесты) по выбору** | | | | | | | | | 7. | Метание спортивного снаряда весом 700 г (м) | **27** | **32** | **38** | **-** | **-** | **-** | | или весом 500 г (м) | **-** | **-** | **-** | **13** | **17** | **21** | | 8. | Бег на лыжах на 3 км (мин., сек.) | **-** | **-** | **-** | **19.15** | **18.45** | **17.30** | | или на 5 км (мин., сек.) | **25.40** | **25.00** | **23.40** | **-** | **-** | **-** | | или кросс на 3 км по пересеченной местности\* | **-** | **-** | **-** | **Без учета времени** | | | | или кросс на 5 км по пересеченной местности\* | **Без учета времени** | | | **-** | **-** | **-** | | 9. | Плавание на 50 м (мин., сек.) | **Без учета** | | **0.41** | **Без учета** | | **1.10** | | 10. | Стрельба из пневматической винтовки из положения сидя или стоя с опорой локтей о стол или стойку, дистанция - 10 м (очки) | **15** | **20** | **25** | **15** | **20** | **25** | | или из электронного оружия из положения сидя или стоя с опорой локтей о стол или стойку, дистанция - 10 м (очки) | **18** | **25** | **30** | **18** | **25** | **30** | | 11. | Туристический поход с проверкой туристических навыков | **В соответствии с возрастными требованиями** | | | | | | | Кол-во видов испытаний видов (тестов) в возрастной группе | | **11** | **11** | **11** | **11** | **11** | **11** | | Кол-во испытаний (тестов), которые необходимо выполнить для получения знака отличия Комплекса\*\* | | **6** | **7** | **8** | **6** | **7** | **8** | | \* Для бесснежных районов страны | | | | | | | | | \*\* При выполнении нормативов для получения знаков отличия Комплекса обязательны испытания (тесты) на силу, быстроту, гибкость и выносливость. | | | | | | | | | |
| |  |  |  |  | | --- | --- | --- | --- | | [Назад](http://www.ekbschool143.edusite.ru/p137aa1.html) | [Вверх](http://www.ekbschool143.edusite.ru/p138aa1.html) | [Вперед](http://www.ekbschool143.edusite.ru/p139aa1.html) | [Печать](http://www.ekbschool143.edusite.ru/p138aa1_pr.html) [http://www.ekbschool143.edusite.ru/scin/eyeicon_m_m.png](http://www.ekbschool143.edusite.ru/vis_p138aa1.html) | |