**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ**

**ЗАПОРІЗЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ**

ФАКУЛЬТЕТ ФІЗИЧНОГО ВИХОВАННЯ, ЗДОРОВ’Я ТА ТУРИЗМУ

КАФЕДРА ТЕОРІЇ ТА МЕТОДИКИ ФІЗИЧНОЇ КУЛЬТУРИ І СПОРТУ

**ЩОДЕННИК ПРАКТИКАНТА**

**З \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

назва практики

**ПРАКТИКИ**

**студента\_\_\_\_\_\_\_\_\_\_\_\_\_\_ курсу,**

**факультету фізичного виховання,** **здоров’я та туризму**

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**Оцінка методиста за практику\_\_\_\_\_\_\_\_\_\_\_\_**

**Загальна оцінка керівника практики\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Запоріжжя**

**20\_\_**

**ЩОДЕННИК ПРАКТИКАНТА**

Студент\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(прізвище, ім’я, по-батькові)

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у школі №\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_міста\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Адреса школи\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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телефон\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Директор школи\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Вчитель фізичної культури\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Класний керівник\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Керівник практики від факультету\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Методист від факультету від кафедри ТМФКіС\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ПАМ’ЯТКА**

**студентові-практикантові**

В період виробничої педагогічної практики в загальноосвітній школі студент зобов’язаний підкорятися правилам внутрішнього розпорядку школи, розпорядження директора школи, завідувача навчальною частиною, керівників практики і старости групи.

Студент несе відповідальність за виконувану їм роботу і її результати нарівні з штатними працівниками базової школи.

Студент зобов’язаний строго дотримувати трудову дисципліну, повністю виконувати завдання, передбачені програмою практики за фахом; ретельно готовитися до кожного уроку та ін. видам навчально-виховної роботи; відвідувати відкриті уроки, методичні заняття.

Студент зобов’язаний щодня бувати в школі і витрачати на усі види діяльності (проведення уроків, складання конспектів, спостереження і аналіз уроків та ін.) не менше 6 годин в день.

За результатами за фахом студент отримує диференційований залік. Залік складається з оцінок за усіма видами діяльності за програмою практики. Загальна позитивна оцінка можлива лише при виконанні усіх програмних завдань. Невиконання або незадовільна оцінка за будь-який вид діяльності (наприклад, за ведення виховної роботи) не дає можливості поставить студентові загальну позитивну оцінку.

Враховується також об’єм усієї виконаної на практиці роботи. Загальна оцінка роботи студента виводиться в результаті обговорення і узгодження думок керівників практики (методиста від факультету, вчителя фізичної культури, класного керівника, викладачів інших кафедр, що беруть участь в практиці).

**РОЗКЛАД УРОКІВ ФІЗИЧНОЇ КУЛЬТУРИ**

**у закріплених класах**

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| **Уроки** | **Час** | **Понед.** | **Вівторок** | **Середа** | **Четвер** | **П’ятниця** | **Суб.** |
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**ВІДОМОСТІ ПРО ЗАКРІПЛЕНИЙ КЛАС**

Клас\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Класний керівник:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ПІБ | Дата народження | Медична група з фізичної культури | Суспільні поручення | Успішність з фізичної культури (середній бал) | Заняття спортом | Інше |
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**ЗРАЗОК ІНДИВІДУАЛЬНОГО ПЛАНУ СТУДЕНТА НА ПЕРІОД ВИРОБНИЧОЇ ПЕДАГОГІЧНОЇ ПРАКТИКИ**

*ІНДИВІДУАЛЬНИЙ ПЛАН*

*роботи на виробничій педагогічній практиці студента \_\_\_\_ курсу, спеціальності\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,*

*факультету фізичного виховання*

*(прізвище, ім’я та по-батькові)*

*в ЗОШ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*(назва школи)*

*з\_\_\_\_\_\_\_\_\_\_\_\_\_ 20\_\_р. по\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20 \_\_ р.*

|  |  |  |  |
| --- | --- | --- | --- |
| № | Зміст роботи | Термін виконання | Відміт-ка про вико-нання |
| 1 | 2 | 3 | 4 |

**І. ОРГАНІЗАЦІЙНА РОБОТА**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Участь в установчій конференції з питань змісту і організації виробничої педпрактики. | 28.01.19 |  |
| 2. | Ознайомлення зі школою, бесіди зі школою, бесіди з керівництвом школи, вчителями фізичної культури. |  |  |
| 3. | Ознайомлення з документацією вчителя фізичної культури з навчальної роботи. |  |  |
| 4. | Вивчення особових справ учнів, класного журналу, медичних карток учнів. |  |  |
| 5. | Оформлення фотогазети про роботу бригади в школі. |  |  |
| 6. | Складання документів планування. |  |  |
| 7. | Складання документів звітності. |  |  |
| 8. | Участь у заключній конференції.  Презентація |  |  |
| 9. | Підготовка презентації підсумків практики. |  |  |

**ІІ. НАВЧАЛЬНА РОБОТА**

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| --- | --- | --- | --- |
| 1. | Спостереження уроків, які проводить учитель фізичної культури. |  |  |
| 2. | Проведення уроків в якості вчителя фізичної культури. |  |  |
| 3. | Відвідування і обговорення уроків, які проводять студенти-практиканти. |  |  |
| 4. | Хронометрування 2-х уроків з наступною оцінкою їх моторної і загальної цільності. |  |  |
| 5. | Зробити педагогічний аналіз двох уроків. |  |  |
| 6. | Підготувати і провести уроки фізкультури. |  |  |
| 7. | Проведення фізкультхвилинок. |  |  |
| 8. | Проведення рухливих перерв. |  |  |

**III. ПОЗАКЛАСНА РОБОТА З ФІЗИЧНОГО ВИХОВАННЯ (розділ складається разом з учителем фізкультури)**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Ознайомлення з позакласною роботою з фізичної культури в школі. |  |  |
| 2. | Планування і проведення секційної роботи (секція з волейболу). |  |  |
| 3. | Організація і проведення бесід з учнями закріпленого класу. |  |  |
| 4. | Провести похід вихідного дня зі школярами закріпленого класу. |  |  |
| 5. | Брати участь в організації і проведенні фізкультурно-оздоровчих і спортивних заходів. |  |  |
| 6. | Взяти участь у підготовці збірної команди шко­ли з волейболу (юнаки) до першості району. |  |  |
| 7. | Брати участь у підготовці і проведенні спортивної години. |  |  |
| 8. | Випустити спортивну газету школи. |  |  |
| 9. | Поновити шкільний стенд з фізичної культури «Рекорди школи». |  |  |

**IV. ВИХОВНА РОБОТА В КЛАСІ**

**(розділ складається разом з класним керівником)**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Вивчення учнів закріпленого класу: спостереження за учнями на уроках фізкультури, на уроках класного керівника, на уроках інших учителів, у позакласній роботі. |  |  |
| 2. | Організація і проведення бесід на тему «Спортивні події за тиждень», «Найвідоміші спортсмени України». |  |  |
| 3. | Прочитати дві лекції на теми: «Здоров’я у рухах людини», «Рухова активність – скарбниця життя», «Особиста гігієна – запорука здоров’я», «Про шкідливість куріння, вживання алкоголю, наркотичних речовин». |  |  |
| 4. | Провести екскурсію зі школярами закріпленого класу в краєзнавчий музей. |  |  |
| 5. | Організувати роботу школярів закріпленого класу для упорядкування території. |  |  |
| 6. | Здійснювати контроль за веденням щоденників і чергування школярів закріпленого класу. |  |  |
| 7. | Виступ на батьківських зборах. |  |  |

**V. ПІДВИЩЕННЯ НАУКОВОГО СТУПЕНЯ**

**(розділ складається разом з керівником з кваліфікаційної роботи)**

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| --- | --- | --- | --- |
| 1. | Провести дослідження (тестування) з теми кваліфікаційної роботи |  |  |
| 2. | Провести аналіз результатів дослідження (тестування) з теми кваліфікаційної роботи |  |  |
| **Ведення щоденника** | |  |  |
| **Захист документації з практики** | |  |  |
| **Складання звіту з практики** | |  |  |
| **Презентація підсумків практики на заключній конференції** | |  |  |

**Бесіди з директором (завучем) та викладачем фізичної культури** (правила охорони праці і внутрішнього розпорядку, що діють у школі. Рівень матеріально-технічної бази школи. Правила техніки безпеки під час занять з фізичної культури).

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**Затверджую:**

**«\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_201\_ р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(підпис методиста)

**ПОУРОЧНИЙ ПЛАН-ГРАФІК**

**розподілу навчального матеріалу з фізичного виховання на\_\_\_\_ чверть для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класів**

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| **Частини**  **уроку** | **Зміст матеріалу уроку** | **Номери уроків та дозування навантаження в хвилинах** | | | | | | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **і т.д. до кінця чверті** |
| Підготов. частина  10-12 хв. | 1.Формування знань.  2.Навчання стройовим прийомам та перешикування.  3.Виконаня загально розвиваючих вправ. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Основна частина  25-30 хв. | 1.Формівання знань.  2.Навчання рухам.  3.Розвиток фіз. якостей.  4.Виконання нормативів з фіз.. підготовленості.  5.Домашнє завдання. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Заключна частина  4 -5 хв. | 1.Вправи на відновлення.  2.Вправи на увагу.  3.Підбиття підсумків уроку |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Затверджую:**

**«\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_201\_ р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(підпис методиста)

**ПЛАН-ГРАФІК**

**розподілу навчального матеріалу програми фізичного виховання**

**на рік для учнів \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ класу**

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| **Вимоги до учнів**  **і змісту матеріалу програми** | **Чверті навчального року і номери уроків** | | | | | | | | | | | | | | | | | | | |
| **І чверть** | | | | | | | | | | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** | **і т.д.** |
| 1.Вимоги до знань  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Вимоги до рухових вмінь і навичок  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3.Розвиток фізичних якостей  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4.Нормативи фізичної підготовленості  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5.Домашнє завдання  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_1\_\_\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |
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**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_2\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |
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**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_3\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |
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**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_4\_\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |
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**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_5\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |

**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_6\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |

**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_7\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |

**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_8\_\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |

**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_\_9\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |

**Затверджую «\_\_\_»\_\_\_\_\_\_\_\_\_\_201\_\_р.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (дата проведення)**

**(вчитель фізичної культури)**

ПЛАН-КОНСПЕКТ УРОКУ №\_\_\_\_\_10\_\_\_\_

для учнів\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_класу

Дата проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Завдання уроку:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Інвентар: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Місце проведення:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| № | Зміст уроку | Дозування | Організаційно-методичні вказівки |
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| Зауваження по уроку: | | | |
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| Оцінка за проведення | | |  |
| Оцінка за конспект | | |  |

**ПРОТОКОЛ**

обліку пульсових даних (ЧСС) на уроці фізичної культури

у \_\_\_\_\_\_\_\_\_\_\_\_ класі, школи №\_\_\_\_\_\_\_\_\_\_\_\_\_, проведеного студентом\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(ПІБ)

дата проведення\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

учень\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(ПІБ)

Пульс учня у стані спокою\_\_\_\_\_\_\_\_\_\_\_(уд/хв)

ЗАВДАННЯ УРОКУ: 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Зміст діяльності учня  (зміст уроку) | Час підрахунку ЧСС  (на якій хвилині уроку) | ЧСС за 10 секунд  (кіл. ударів) | ЧСС за 1 хвилину  (кіл. ударів) | Зміна ЧСС у відсотках по відношенню до початкової величини (%) |
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**ГРАФІК ЗМІН ЧСС УЧНЯ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**під час уроку фізичної культури** (П.І.Б)

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| **Показники ЧСС за хвилину** | **180** |  | | | | | | | | | |
| **170** |  | | | | | | | | | |
| **160** |  | | | | | | | | | |
| **150** |  | | | | | | | | | |
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| **130** |  | | | | | | | | | |
| **120** |  | | | | | | | | | |
| **110** |  | | | | | | | | | |
| **100** |  | | | | | | | | | |
| **90** |  | | | | | | | | | |
| **80** |  | | | | | | | | | |
| **70** |  | | | | | | | | | |
| **60** |  | | | | | | | | | |
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| **40** |  | | | | | | | | | |
| **30** |  | | | | | | | | | |
| **20** |  | | | | | | | | | |
| **10** |  | | | | | | | | | |
| **0** |  | | | | | | | | | |
| **час**  **в хвил.** | **До**  **уроку 5 10 15 20 25 30 35 45** | | | | | | | | | |
| **частини**  **уроку** |  | | | | | | | | | |
| **Зміст**  **уроку** |  |  |  |  |  |  |  |  |  |  |

**ПРОТОКОЛ**

обліку пульсових даних (ЧСС) на уроці фізичної культури

у \_\_\_\_\_\_\_\_\_\_\_\_ класі, школи №\_\_\_\_\_\_\_\_\_\_\_\_\_, проведеного студентом\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(ФІП)

дата проведення\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

учень\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(ФІП)

Пульс учня у стані спокою\_\_\_\_\_\_\_\_\_\_\_(уд/хв)

ЗАВДАННЯ УРОКУ: 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Зміст діяльності учня  (зміст уроку) | Час підрахунку ЧСС  (на якій хвилині уроку) | ЧСС за 10 секунд  (кіл. ударів) | ЧСС за 1 хвилину  (кіл. ударів) | Зміна ЧСС у відсотках по відношенню до початкової величини (%) |
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**ГРАФІК ЗМІН ЧСС УЧНЯ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**під час уроку фізичної культури** (П.І.Б)

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| **Показники ЧСС за хвилину** | **180** |  | | | | | | | | | |
| **170** |  | | | | | | | | | |
| **160** |  | | | | | | | | | |
| **150** |  | | | | | | | | | |
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| **10** |  | | | | | | | | | |
| **0** |  | | | | | | | | | |
| **час**  **в хвил.** | **До**  **уроку 5 10 15 20 25 30 35 45** | | | | | | | | | |
| **частини**  **уроку** |  | | | | | | | | | |
| **Зміст**  **уроку** |  |  |  |  |  |  |  |  |  |  |

**ВІДОМІСТЬ**

обліку даних хронометражу уроку, проведеного

в\_\_\_\_\_\_\_класі, школи №\_\_\_\_\_\_\_\_

Урок проводив\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ЗАВДАННЯ УРОКУ: 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_В класі дітей за списком\_\_\_\_\_\_\_\_. Присутні\_\_\_\_\_\_\_\_\_\_\_. Займаються\_\_\_\_\_\_\_\_\_\_\_\_\_.

Хронометраж проводив\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Зміст діяльності учня  (зміст уроку) | Час закінчення діяльності  (час уроку, хвилини) | Слухання вчителя, очікування черги тощо (кіл.хв) | Виконання вправ (кіл.хв) | Нераціонально використаний час уроку  (кіл.хв) |
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**Загальна щільність уроку (%):**

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ЗЩУ =

**Моторна щільність уроку (%):**

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МЩУ=

**Текстовий аналіз даних хронометрування (висновок)**

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**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ВІДОМІСТЬ**

обліку даних хронометражу уроку, проведеного

в\_\_\_\_\_\_\_класі, школи №\_\_\_\_\_\_\_\_

Урок проводив\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ЗАВДАННЯ УРОКУ: 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_В класі дітей за списком\_\_\_\_\_\_\_\_. Присутні\_\_\_\_\_\_\_\_\_\_\_. Займаються\_\_\_\_\_\_\_\_\_\_\_\_\_.

Хронометраж проводив\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Зміст діяльності учня  (зміст уроку) | Час закінчення діяльності  (час уроку, хвилини) | Слухання вчителя, очікування черги тощо (кіл.хв) | Виконання вправ (кіл.хв) | Нераціонально використаний час уроку  (кіл.хв) |
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**Загальна щільність уроку (%):**

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ЗЩУ =

**Моторна щільність уроку (%):**

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|  |

МЩУ=

**Текстовий аналіз даних хронометрування (висновок)**

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**ПЕДАГОГІЧНИЙ АНАЛІЗ УРОКУ ФІЗИЧНОЇ КУЛЬТУРИ**

**І. Загальні відомості.**

Прізвище: того, хто проводить урок \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, аналізує урок \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Дата \_\_\_\_\_\_\_\_\_\_\_. Клас \_\_\_\_\_\_\_\_\_\_\_\_. Школа \_\_\_\_\_\_\_\_\_\_\_\_\_.

Місце проведення \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Номер уроку: з початку четверті \_\_\_\_\_\_\_\_. Початок уроку: за розкладом \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ,

фактичний \_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Кількість учнів: за списком \_\_\_\_\_\_\_\_\_, тих, хто займається \_\_\_\_\_\_\_\_\_\_ , звільнених \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Розділ навчальної програми \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Тип уроку \_\_\_\_\_\_.

Завдання уроку \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**ІІ. Підготовка до уроку.**

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**ІІІ. Зміст, організація і методика проведення уроку.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**IV. Загальна оцінка діяльності вчителя.**

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**V. Висновки та пропозиції.**

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**Підпис студента\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Зауваження методиста\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Оцінка і підпис методиста за аналіз уроку\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ПЕДАГОГІЧНИЙ АНАЛІЗ УРОКУ ФІЗИЧНОЇ КУЛЬТУРИ**

**І. Загальні відомості.**

Прізвище: того, хто проводить урок \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, аналізує урок \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Дата \_\_\_\_\_\_\_\_\_\_\_. Клас \_\_\_\_\_\_\_\_\_\_\_\_. Школа \_\_\_\_\_\_\_\_\_\_\_\_\_.

Місце проведення \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Номер уроку: з початку четверті \_\_\_\_\_\_\_\_. Початок уроку: за розкладом \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ,

фактичний \_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Кількість учнів: за списком \_\_\_\_\_\_\_\_\_, тих, хто займається \_\_\_\_\_\_\_\_\_\_ , звільнених \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Розділ навчальної програми \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Тип уроку \_\_\_\_\_\_.

Завдання уроку \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**ІІ. Підготовка до уроку.**

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**ІІІ. Зміст, організація і методика проведення уроку.**

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**IV. Загальна оцінка діяльності вчителя.**

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**V. Висновки та пропозиції.**

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**Підпис студента\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Зауваження методиста\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Оцінка і підпис методиста за аналіз уроку\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

ПРОТОКОЛ

тестування фізичної підготовленості хлопчиків\_\_\_\_\_\_класу

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тестування фізичної підготовленості дівчат\_\_\_\_\_\_класу

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Аналіз тестування:

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ПОЗАКЛАССНА РОБОТА З ФІЗИЧНОГО ВИХОВАННЯ

Секція \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

РОЗКЛАД ЗАНЯТЬ

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| Найменування групи | Дні тижня і час занять | | | | | | |
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ОБЛІК ВІДВІДУВАНЬ

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| ПІБ | **ДАТА ПРОВЕДЕННЯ ЗАНЯТЬ** | | | | | | | | |
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СПОРТИВНО-МАСОВА РОБОТА НА ПЕРІОД ПРАКТИКИ

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| Назва заходу | Дата, час і місце проведення | Оцінка  вчителя фізичної культури | Оцінка методиста |
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СЦЕНАРІЙ ПОЗАКЛАССНОГО ЗАХОДУ З УЧНІМИ

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ПРОФОРІЄНТАЦІЙНА РОБОТА

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| НАЗВА ЗАХОДУ | Дата, час і місце проведення | Учасники | Зміст заходу | Оцінка |
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Результати:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Пропозиції щодо вдосконалення профорієнтаційної роботи з учнями-випускниками:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ЗВІТ ПРО \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

назва практики

**ПРАКТИКУ СТУДЕНТА-ПРАКТИКАНТА**

1. Кількість проведених уроків:

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| --- | --- | --- | --- | --- | --- |
| КЛАСИ | Проведено уроків | | | Самостійно | Помічником |
| дата | оцінка | підпис вчителя |  |  |
| 1–4 |  |  |  |  |  |
| 5–8 |  |  |  |  |  |
| 9–11 |  |  |  |  |  |
| Всього |  |  |  |  |  |

2. Кількість переглянутих уроків фізичної культури (вчителів, практикантів):

1-4 класи –

5-9 класи –

9-11 класи –

3. Кількість проведених занять у спортивній секції (назва секції, кількість тих, хто займався, вік, стать):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4. Перелічите спортивно-масові заходи, у підготовці і проведенні яких ви приймалиучасть:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Розкрийте зміст виховної роботи, що була проведена вами упродовж практики:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. Аналіз організації фізичного виховання у даній школі (умови, спортивний інвентар, тощо): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Конкретні пропозиції щодо удосконалення фізичного виховання у школі (стисле обґрунтування, шляхи реалізації): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Самооцінка підготовленості студента до майбутньої практичної діяльності: підготовленість до практики, успіхи у оволодінні професійно-педагогічними навичками у продовж практики, недоліки і труднощі: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. Завдання щодо оволодіння професійною майстерністю на час, що залишився на навчання в університеті: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Зауваження і пропозиції щодо вдосконалення професійно-педагогічної підготовки студентів до практики і у процесі педагогічної практики: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. Зауваження і пропозиції щодо вдосконалення профорієнтаційної роботи з учнями-випускниками\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ПРЕЗЕНТАЦІЯ ЗВІТУ З \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

назва практики

ПРАКТИКИ

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| --- | --- | --- | --- |
| Зміст | Дата, час і місце проведення | Учасники | Оцінка |
| 1. Підготовка паперового варіанту звіту |  |  |  |
| 2. Підготовка електронного варіанту звіту |  |  |  |
| 3. Підготовка газети |  |  |  |
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