

Fbgbkl_jkl\h gZmdb b \ukr_]h h[jZah\Zgby Jhkkbckdh
N_^_jZevgh_]hkm^Zjkl_ggh_ [x^`_lgh_ h[jZah\Zl_ev
 \ukr_]h h[jZah\Zgby
©Kfhe_gkdbc]hkm^Zjkl_gguc mgb_jkbl_l^a

DZn_^jZ nbabq_kdhc dmevlmju

«Утверждаю»

ljhj_dlhjh mq_{gh^bq_kdhc
 jZ[hI_
BBBBBBBBBBBBBB X : Mk
© ^a k_gly[jy]

Ом Ог ы

GZijZ\e_gb_ ih^]hlh\db I_^Z]h]bq_kdh_ h[jZah\Zgb_
ih^]hlh\db
GZijZ\e_gghklv ijhnbev Jmkkdbc yaud Ebl_jZlmjZ
NhjfZ h[mq_gby hqgZy
Dmjk-3±
K_f_klj-5±
<k_]h aZq_lguo _^pZkbp28±±
NhjfZ hlq_lghklh1234Zk_f_klj

ljh]jZffm jZajZ[hIZe
DZg^b^Zl i_^Z]h]bq_kdbϕ <gZhmckl^hpe_hgl

H^h[j_gZ gZ aZk_^Zgbb dZn_^ju nbabq_kdhc dmevlmju
©0^Z\]m1010] ijhlhdhe <

khj_\gh\Zgbc ih e_]dhjZ\ZheZ\kch^_ckl\Z khj_\gh\Zgbc ih djhk
 k ghjZ\Zfb =LH ih e_]dhc Zle_lbd_

2. п . Hkgh\u l_ogbdb [_ahiZkghklb gZ aZgylb
 b]jZfb
Баскетбол. AZgylby \dexqZxl h[smx nbabq_kdmx ih^]h\h\
 nbabq_kdmx\h\h\h mijZ`g_gby ^ey jZa\b\lby kbeu [ukljhlu
 \ughkeb\hklb iju]mq_klb]b[dhklb kdhjhklghc j_Zdpbb r
 hjb_glbjh\db hk\h_gb_l_ogbdb i_j_^b`_gbc hklZgh\db b
 fyqhf i_j_^Zqb fyqZ\mfghjmZfb gZ f_kl_b \ ^b`_gbb eh\e
 ^\mfy jmdZfb _^_gby fyqZ h[\h^dZ ijhlb\gbdZ [jhkdh\ fy
 h^ghc b ^\mfy jmdZfb Hk\Zb\Zxlky h[fZggu_ ^b`_gby n
 l_ogbdZ i_j_f_s_gbc hkgh\glZy dZ Zsb\kgZyb^u i_j_f_s_gbc aZ
 l_ogbdZ h\eZ^_gby fyqhf \uju\Zgb_ b \u[b\Zgb_ fyqZ i_
 _^_gbx ijhoh^Zf [jhkdZf \ dhjabgm h\eZ^_gb_ fyqhf hkl
 b]ju \ [Zkd_l[he ljZ\beZ b]ju b hkgh\u km^_ckl\Z

Волейбол. AZgylby \dexqZxl bamq_gb_ h\eZ^_gb_ hkgh\guf
 \he_c[heZ i_j_f_s_gb_ ijbzf b i_j_^ZqZ fyqZ ih^Zqb
 [ehdbjh\Zgb_ Kh_jr_gkl\h\Zgb_ gZ\udh\ b]ju \ \he_c[he
 ih^]h\h\dZ \he_c[he\bdZ bL\ZglbdZ b]ju ljZ\beZ khj_\gh\Z
 km^_ckl\Z

Настольный теннис. AZgylby \dexqZxl bamq_gb_ h\eZ^_gb_ hk
 l_ogbdb b]ju kihkh[u ^_j`Zgby jZd_ldb klhcdZ l_ggbkklZ
 fyqm ih^Zqb fyqZ Kh_jr_gkl\h\Zgb_ gZ\udh\ b]ju \ gZkl
 b]ju ljZ\beZ khj_\gh\Zgbc_ckklgZ\Z k

Подвижные игры. AZgylby \dexqZxl h\eZ^_gb_ f_lh^bdhc ijh_^_g
 [_]hf iju`dZfb f_lZgbyfb ^ey ^_l_c b \ajhkeuo
3.6 . Hkgh\u l_ogbdb [_ahiZkghklb gZ aZgylbyo]bfgZ
 khklZ\e_gb_ jZaghh[jZkgh\oh\shfjZa\b\Zxsbo mijZ`g_gbc jZae
 b gZijZ\e_gghklb \ha^_ckl\by MijZ`g_gby gZ kbem b]b[dhk

М			Т		
1.	в	18	-	18	-
1.1	lh^]h\h\dZ d ^bZ]ghklbq_kdhfm h[ke_^h\Zgbx	14	-	14	-
1.2	>bZ]ghklbq_kdh_ h[ke_^h\Zgb_	4	-	4	-
2.	й	120	-	60	60
2.1	;_] gZ dhjhldb_ ^b	18	-	18	-
2.2	;_] gZ kj_^gb_ b ^ ^bklZgpbb	32	-	32	-
2.3	lju`db \ ^ebgm k f_	10	-	10	-
3.	п	128	-	60	64
3.1	;Zkd_l[he	38	-	22	-
3.2	<he_c[he	36	-	22	-
3.3	GZklhevguc l_ggbk	32	-	16	-

4.	б	44	-	22	22
4.1	MijZ`g_gby gZ kbe	12	-	12	-
4.2	=b[dhklv	10	-	10	-
5.	н	22	-	-	22
	ж мбм	328	-	160	168

5.

O O P

1- ±ih^]hlih\dZ]ghklbq_kdhfmh[ke_^h\Zgbx
±^bZ]ghkl]dZgZ f_ljh\ mijZkgegnby gZ
±^bZ]ghkl]dZgZ \ughkeb\hkl_\mrdfb - xghrb

10-O ijh\h^ylky kh]eZkgh khklZ\e_gghfm]jZnbdm n
klm^_glu ihhq_j_^gh aZgbfZxlky e_]dhc Zle_lbdhc [Zk
gZklhevglufggbkhf we_f_glZfb]bfgZklbdb djhkkh\hc beb
ih^]hlih\dhc gZ mebp_ beb \ aZeZo aZgylyby ijhoh^yl k
lj_gbjh\hqguo aZgylybc H[s_nbabq_kdZy ih^]hlih\dZ d aZq
dhfie_dkZ =LH

O ±aZq_lghy]ba_Zgh h[s_nbabq_kdhc ih^]hlih\d_ l_klbjh\Z

O P P
1-O ijh\h^ylky kh]eZkgh khklZ\e_gghfm]jZnbdm mq_[g
ihhq_j_^gh aZgbfZxlky e_]dhc Zle_lbdhc [Zkd_l[hehf \
l_ggbkhf we_f_glZfb]bfgZklbdb djhkkh\hc beb h[s_nbabq_kdhc i
beb \ aZeZo aZgylyby ijhoh^yl kh]eZkghbjh]eZgZuo maZggh
H[s_nbabq_kdZy ih^]hlih\dZ d aZqzlf b k^Zq_ ghjfZlb\h\ dhf

O ±aZq_lgh_ aZgyly]s_nbabq_kdhc kh^]hlih\d_ l_klbjh\Zgb_

P P
1-O ijh\h^ylky kh]eZkgh khklZ\e_gghfm]jZnbdm mq_[g
ihhq_j_^gh aZgbfZxlky e_]dhc Zle_lbdhc [Zkd_l[hehf \
l_ggbkhf we_f_glZfb]bfgZklbdb djhkkh\hc beb h[s_nbabq_kdhc ih^]hlih\
beb \ aZeZo aZgylyby ijhoh^yl kh]eZkghbjh]eZgZuo maZggh
H[s_nbabq_kdZy ih^]hlih\dZ d aZqzlf b k^Zq_ ghjfZlb\h\ dhf

O ±aZq_lgh_ aZgyly]s_nbabq_kdhc ih^]hlih\d_ l_klbjh\Zgb_

P P
1-O ijh\h^ylky kh]eZkgh khklZ\e_gghfm]jZnbdm mq_[g
ihhq_j_^gh aZgbfZxlky e_]dhc Zle_lbdhc [Zkd_l[hehf \
l_ggbkhf we_f_glZfb]bfgZklbdb [sd]hkkh\hc beb ih^]hlih\dhc
beb \ aZeZo aZgylyby ijhoh^yl kh]eZkghbjh]eZgZuo maZggh
H[s_nbabq_kdZy ih^]hlih\dZ d aZqzlf b k^Zq_ ghjfZlb\h\ dhf

O ±aZq_lgh_ aZgyly]s_nbabq_kdhc ih^]hlih\d_ l_klbjh\Zgb_

P
1-O ijh\h^ylky kh]eZkgh khklZ\e_gghfm]jZnbdm mq_[g
ihhq_j_^gh aZgbfZxlky e_]dhc Zle_lbdhc [Zkd_l[hehf \
l_ggbkhf we_f_glZfb]bfgZklbdb djhkkh\hc beb dh[s_grZ]arbedp
beb \ aZeZo aZgylyby ijhoh^yl kh]eZkghbjh]eZgZuo maZggh
H[s_nbabq_kdZy ih^]hlih\dZ d aZqzlf b k^Zq_ ghjfZlb\h\ dhf

O ±aZq_lgh_ aZgyly]s_nbabq_kdhc ih^]hlih\d_ l_klbjh\Zgb_

н
н

O O

1. NZdlhju nhjfbjmxsb_ a^hjh\v_ =_g_lbq_kdbc nZdlhj k
kj_^u f_^bpbhg[kdkh_q_gb_ mkeh\by b h[jZa `bagb FhIb
a^hjh\h]h h[jZaZ `bagb
1. AZdZeb\Zgb_ hj]ZgbafZ hkgh\gu_ ijbgbpiu kj_^kl\Z f_
2. Ijbgbpiu jZpbhgZevgh]h iblZgby
3. Klj_kku b gZr_ a^hjh\v_
4. Nbabheh]bq_kdh_ h[hkgh\Zgb_ ha^hjhZgyl\evgm]hahvqn_kd
dmevlmjhc
5. Jhev ^\b]Zl_evghc Zdlb\ghklb \ ijhnbeZdlbd_ k_j^_qghkh
6. OZjZdl_jbklbdZ kj_^kl\ ki_pbZevghc ha^hjh\bl_evghc
ha^hjh\bl_evghcZy oh^v[Z ha^hjh\bl_evghc [_] ieZ\Zgb_
7. OZjZdl_jbklbdZ nbabq_kdh_ h[hkgh\Zgb_ ha^hjhZgyl\evgm]hahvqn_kd
jblfbq_kdZy]bfgZklbdZ r_cibg] dZeeZg_lbdZ Zd\Z
]bfgZklbdZ b ^j
8. Ijbqbggu ke_^kl\b_ b ijhnbeZdlbdZ aZ\h]Zl\evghcZihZjZgZ
gZjmr_gb_ hkZgdb iehkdhkhib_ fur_qgZy Zljhnby k
\hkiblZgby lhgylb_]bih^bgZfbb]bi_j^bgZfbb
9. <hkklZgh\bl_evghc_f_jhijbylby ih_kab]Zl\evghc]hZiiZjZlZ
10. Nbabq_kdZy dmevlmjZ b ^he]he_lb_
11. OZjZdl_jbklbdZ_ghj_b b _z ijhnbeZdlbdZ kj_^kl\Zfb
\hkiblZgby
12. HkZgdZ \g_rgb_ ijbagZdb agZq_gb_ hkZgdb kj_^kl\Z
\hkiblZgby hkZgdb
13. Bkihevah\Zgb_ kj_^kl\ nbabq_kdhc dmevlmju \ p_eyo ij
aZ\bkbfbhklb
14. GZjdhfZgb_z ijhnbeZdlbdZ kj_^kl\Zfb nbabq_kdhc dmevlmju
15. F_lh^bdZ aZgyIBC kh klm^_glZfb bf_xsbfb hldheg_gby \
16. Hkgh\u a^hjh\h]h h[jZaZ `bagb klm^_glZ j_`bf ljm^Z
gZ]jmadb ebqgZy]b]b_gZ aZdZeb\Zgdb_ijbi]hqn_bZdNj_dZ
17. <ebygb_ k_fvb b k_jklgbdh\ gZ bg^b\b^mZevghc \u[hj a
18. AgZq_gb_ nbabq_kdhc dmevlmju b kihjZ ^ey fheh^`b
19. Hkh[_gghklb ^\b]Zl_evghc Zdlb\ghklb \ jZaebqguo \
bgl_j_kgu_ nZdlu b ^hkibl_fgby ih wlhc

O P

1. Kbeh\u_ kihkh[ghklb b f_lh^bdZ bo jZa\blby
2. Kdhjhklgu_ kihkh[ghklb b hkgh\u f_lh^bdb bo jZa\blby
3. <ughkeb\hklv dZd nbabq_kdh_ dZq_kl\h b f_lh^bdZ _z j
4. =b[dhklv b f_lh^bdZ _z jZa\blby
5. Dhhj^bgZpbhggu_ kihkh[ghklb jZa\blby dZ
6. Bkihevah\Zgb_ lj_gZ`_jh\ ^ey jZa\blby hkgh\guo nbabq_
7. Bkihevah\Zgb_ ih^b`guo b]j ^ey jZa\blby hkgh\guo nbabq_
8. Nbabq_kdh_ \hkiblZgb_ ^_l_c \ k_fv_ hkh[_gghklb ^hrd
9. Nbabq_kdh_ \hkiblZgbv_ ^_hklc[_gghklb feZ^r_]h rdhevgh]
10. Nbabq_kdh_ \hkiblZgb_ ^_l_c \ k_fv_ hkh[_gghklb
rdhevgh]h \hajZklZ
11. Nbabq_kdh_ \hkiblZgb_ ^_l_c \ fgh]h^_lghc k_fv_ h[h
m]hedZ jZpbhgZevgh_ bkihevah\Zgb_ hZg_b\h aj_g_kl_guZjyhkh[_g
hj]ZgbaZpby l_ogbdb [_ahiZkghklb
12. F_lh^bdZ ijbfg_gby kj_^kl\ nbabq_kdhc dmevlmju ^ey
l_ehkeh`_gby

13. F_lh^bdZ kgb`_gby _kZ b nbabq_kdb_ gZ]jmadb ijb ^
 kh\j_f_gguo ^b_l ^bZ]ojhklbyZ ikboheh]by ihom^_gby
 h[jZa `bagb nbabq_kdb_ gZ]jmadb `bjhk`b]Zx
 nbabh_l_jZi_\lbq_kdb_ ijhp^_mju e_dZjkl_ggu_ f_lh^u e
14. F_lh^bdZ ijb_f_g_gby kj^_kl\ nbabq_kdhc dmevlmju \ i_jb
15. F_lh^bdZ kZklZ\ e_gby bg^b\b^mZevguo ijh]jZff nbabq_kd
 ha^hjh\bl_evghc b \hkkIzgh\bl_evghc gZijZ\ e_gghklvx f
 ijh]medZ gZ eu`Zo b ^j
16. JmkkdZy [Zgy kZmgZ fZkkZ` dZd kj^_kl\Z \hkkIzgh
 kihkh[ghkl_c b k^h[ghklb klm^_glh\ \ i_jbh^ wdaZf_gZpbhg
17. Kj^_kl\Z nbabq_kdhc dmevlmju \ j_]mebjh\Zgbb ikb
 nmgdpbhgZevgh]h khklhygby klm^_glh\ \ wdaZf_gZpbhgg
18. Hkgh\gu_ f_ju ih hdZaZgbx i_j\hc ihfhsb ijb ljZ\ fZo
 nbabq_kdbfb mijZ`g_gbyfb ihgylb_ kihjlb\gZy ljZ\ fZ ihf
 h[fhjh`_gby djh\hl_q_gby mrb[u jZkly`_gby \u\bob fb

P

1. Qlh]h\hjyl fbnu b e_]_g^u h[bklhjbb \hagbdgh_gby i_j
 GZb[he__ ijhkeZ\ e_h_ggu_
2. Hebfibckdb_ b]ju kh\j_f_gghklb bo kbf\hebdZ jblmZeu
3. Hebfibckdb_ b]ju ^j_ghklb \ kjZ\g_gbb k kh\j_f_ggufb h
4. l_j\ u_ Jhkkbckdb_ hebfibcpu b bo kihjlb\gu_ ^hklb`_gby
 Jhkkbb
5. H[eZ^Zl_eb kZfhrhc dhee_dpbb hebfibckdbo gZ]jZ^ e_lg
 b]j kihjlkf_gh\
 H[eZ^Zl_eb kZfhc [hevrhc dhee_dpbb hebfibckdbo gZ]j
 b]j kihjlkf_gh\
 <u^Zxsb_ky kihjlkf_gu Kfhe_gsbgu
8. Nbabq_kdZy dmevlmju b kihjl gZ Kfhe_gsbg_
9. Ojhgh]by fbjh\uo j_dhj^h\ b bgl_j_kguo nZdlh\ aZ \kx bk
 b]j
10. JZa\blb_ Hebfibckdh]h ^\b`_gby \ Jhkkbb
11. F_`^mgZjh^guc Hebfibckdbc dhfbl_l bklhjby kha^Zg
 kh^_j`Zgb_ ^_yl_evghklb
12. Jmkkdb_ gZpbhgZevgu_ \b^u kihjIZ b b]ju
13. Djmig_cr kihjlb\gu_ khhjm`_gby Jhkkbb
14. JZa\blb_ dhjihjZlb\gh]h kihjIZ \ kh\j_f_gghc Jhkkbb
15. Wdklj_fZevgu_ \b^u kihjIZ i_jki_dlb\ u bo jZa\blby
16. Gh\ u_ \b^u kihjIZ b bo agZq_gb_ ^ey ihimeyjbaZpbb
 klm^_glh\
 FZkkh\uc kihjl dZd khpfZgvguc n_gh
18. l_jhn_kkbhgZevguo ijkbfjhs_kl\Z b g_ ^hklZldb
19. LjZ]bq_kdb_ km^v[u kihjlkf_gh\ kihjlb\gu_ ljZ\fu
 aZ[he_\Zgby b g_kqZklgu_ kemqZb \ kihjlb\ghc dZjv_j_
20. Nbabq_kdZy dmevlmju b kihjl \ ijhba_ ^_gbyo l\hj_q_kdb
 kdmevilhjh\ j_`bkk_jh\ b l ^

P

1. Kihjlb\guc ljZ\ fZl baf ijbqbgub i_jhnbeZdlbdZ
2. Nbabheh]by b]b]b_gZ bg^b\b^mZevghc aZsblu hl oheh^
3. F_`^bpbgkdb_ ijh[e_fu fZkkh\hc nbabq_kdhc dmevlmju
4. Lj_gZ`_ju \ nbabq_kdhc dmevlmj_ b kihjl_
5. <u[hjkihkh[u b f_lh^u hj]ZgbaZpbb Zdlb\gh]h hl^uoZ

6. Hkh[_gghklb ih^]hIh\db b ijh_^_gby ImjBklbq_kdbo iho
klhyghd
7. Nbabq_kdZy ih^]hIh\dZ ImjBklZ
8. KlM^_gq_kdbc Imjbaf dZd kj_^kl\h ijb\^_q_gby klm^_glh
dmevlmjhc
9. Aj_ghklv kihj\BZgh\uo f_jhijbylbc dZd kj_^kl\h ij
klm^_glh\ d aZgylybyf nbabq_kdhc dmevlmjhc
10. lmlb ^hklb`_gby nbabq_kdhc l_ogbq_kdhc lZdlbq_
ih^]hIh\^_gghklb
11. Hkgh\ u f_lh^bdb kZfhklhyl_evguo aZgylybc nbabq_k
hilbfZevgZy ^\b]Zl_evgy Zdlb\ghklv nhjfu b kh^_j`Zgb
12. KlZlBklbdZ b dhgljhev dZd dhfihg_glu wnn_dlb\gh]h
nbabq_kdh]h \hkiblZgby
13. Nhjfbjh\Zgb_ fhIb\Zpbb d aZgylybyf nbabq_kdhc dmevlmj
14. DeZkkbnbdZpby b odZZdlb_j_b_kl_bam_jgh\bl_evguo f_jhijb
f_^b`db]b_gbq_kdb_ ijhp^mju b dhgkmevlZpbb ih hj]
hl^uoZ e_q_[gu_dZ[bg_lu nbabhI_jZiby \h^h k_lhe_
b]jh\ u_ aZeu b iehsZ^db ieZ\Zl_evgu_ [Zkkrcgubg]hbg
Zwjh[bdZ ImjBklbq_kdb_ f_jhijbylby ih^\h^gZy hohIZ b
b \bdIhjbg u ij_a_gIzPbb ijZa^gdb ih^\b`gu_ b]ju dhg
15. Kh^_j`Zgb_ \hkklZgh\bl_evguo f_jhijbylbc ijbgpbiu b
ijh_^_gby hdkb]_ghfZkjZzby [Zgb]bigha nZjfZdhe
ij_iZjZlu \blZfbgu b -m]e_j`Zevgu_ gZibldb \h^gu_]j
\ha^mrgu_ ijhp^mju kheyjbb b ^j
16. Hkh[_gghklb ijh_^_gby -rba^d]r]e\blm_jgyr uo f_jhijbylbc \
jZaebqgufb baf_g_gbyfb_ \ ih]Z]g]m^r_gbb nbabq_kdh]h
kgb`_gby jZ[hIhkihkh[ghklb ^bZ]ghklbdZ b ijhnbeZdlb
klZj_gby
17. Jhev b agZq_gb_ nbabq_kdhc dmevlmju kihjIZ b Imjb
hlghr_gbc
18. Ijhn_kkbhgZevguc b weblguc kihjI hfb]h_kk]b]b bh[]wkd]g]Z
g_h[oh^bfhklb bo jZa\blby
19. ;bheh]bq_kdb_ jblfu b bo \ebygb_ gZ hj]Zgbaf q_eh_dZ
20. Kihgkhjkl\h bg_klbpbb f_p_gZlkl\h dZd kihkh[u
nbabq_kdhc dmevlmju kihjIZ b ImjbafZ
21. Nbadmevlm]ghjh\bl_evgu_ mke]by b l]o[h]ZgbaZpbb
22. Hj]ZgbaZpby]hkm^Zjkl_ggh]h mijZ\^_gby \kn_j_ kihjIZ

1. Jhev nbabq_kdh]h \hkiblZgby \ nhjfbjh\Zgbb b kh_jr
dZq_kl\ m aZgbfZxsbody nbabq_kdhc dmevlmjhc b kihjIh
2. Hj]ZgbaZpby b kh^_j`Zgbnb]Z]q]k dhfm \hkiblZgbx ^_l_c
eZ]_jyo
3. <ebygb_ kihjIb\ghc ^_yl_evghklb gZ ikbobq_kdh_ k
dhee_dlb\Z F_lh^u_]h bamq_gby b dhjj_dpbb
4. Hkgh\ u ikbobq_kdh]h a^hjh\vy b ikbohkhfZlBq_kdZy
ijhnbeZdlbdZ \g_Z]m]h]_ggZy lj_gbjh\dZ kZfh\gmr_gb_ b
5. KhpbZevig]boheh]bq_kdbc nZdlhj eb^_jkl\Z \ kihjIb\ghc d
6. <ujZ[hldZ ikboheh]bb ih[_^bl_ey
7. ;hjv[Z kh kljZohf kj_^kl\Zfb nbabq_kdhc dmevlmju
8. Hkh[_gghklb ikboheh]bq_kdh]h khklhygby ij]b\g]h^]hIh
khj_gh\Zgbyf b_]h \ebygb_ gZ ih_^_gb_ klm^_glh\

9. :^ZilZpby d klj_kkh\uf kblmZpbyf b nbabq_kdbf gZ]jmadZ
10. Khg kgh\b^_gby]bigha AgZq_gb_ kgZ ^ey aZgb
mijZ`g_gbyfb b kihjlf
11. Bkihevah\Zgb_ kh\j_f_gguo bggh\Zpbh\gg_ujoi h^Z\Zggh]h
nbabq_kdhc dmevlmju
12. J_ZebaZpby e_hghg]h\Zggh]h h[mq_gby gZ aZgylb
dmevlmjhc \ \ma_
13. Ijh]j_kkb\gu_ dhgp_ipbb nbabq_kdhc dmevlmju i_j_
\hkiblZgby
14. Jhev ij_kku jZ^bh l_e_\b^_gb_ nib_aZq_v kd hjZ a\vb_evb]mju
b lmjbafZ
15. J_deZfgZy dhfiZgby \ hj]ZgbaZpbb b ijh_^_gbb kihjlb
f_jhijbylbc
16. >hibg]b \ kihjl_ b \ `bagb bo jhev ;h]v[Z k ^hibg]hf
17. Nbabq_kdZy dmevlmjZ \ j_`bf_ `bag_^_yl_evghklbZjZ[hlg
18. Jhev aZgylbc ih nbabq_kdhc dmevlmj_ \ jZa\blbb
kihkh[ghkl_c d jZaebqguf ijhn_kkbyf f_g_`^_j [bag
kem`Zsbc xjbkl b ^j
19. IjhnbeZdlbdZ ijhn_kkbhgZevguo aZ[he_\Zgbc b IjZ\
nbabq_kdhc dmevlmju
20. Kihjlb\gZ]ljbh]bq_kdh_ \hkiblZgb_ dZd h^gh ba ijbh]bl
]hkm^Zjkl_gghc iheblbdb \ kn_j_ nbabq_kdhc dmevlmju
21. >_yl_evghklv f_`^mgZjh^gh]h klm^_gq_kdh]h kihjlb\gh]h
22. F_`^mgZjh^gu_ klm^_gq_kdb_ khj_\gh\Zgby
23. Jhkkbckdb_e_gd]mkdbc khxa b _]h \aZbfh^_ckl\b_ k
kihjlb\gufb hj]ZgbaZpbyfb

T T

6.1. M

O6 M Dhfie_dks_jZa\b\Zxsbo mijZ`g_gbc ijh\h^blky g
mq_[ghf aZgylbb g_aZ\bkbfb hl_]h gZijZ\e_gghklb Klm^_gl
i_j_^mq_[ghc]jmiihc hp_gb\Z_lky dZd ij_ih^Z\Zl_e_f lZd b
\uklmiZxl ijZ\bevguc jZkkdZagZg]Za]bf]gZkl]bq_kdhc l_jfbghe

Hlebq\ghZql_gh klZ\blky _keb

Klm^_gl ^Z_l ijZ\bevgg_hij_^_e_gb_ \uihegy_fh]h mijZ`g
bkoh^gh_ iheh`_gb_ l_eZ

Ihke_^h\Zl_evgh b ijZ\bevgg mdZau\Z_l gZ kh_jrZ_fu_ ^\
<uihegy_l_gh`_ih^ kq_l kh]eZkh\Zggh]jhfdh b q_ldh

g_ ^himkdZ_l hrb[hd \]bfgZkl]bq_kdhc l_jfbgheh]bb

Ohjhr\haZql_gh klZ\blky _keb

Klm^_gl ^Z_l ijZ\bevgg_hij_^_e_gb_ \uihegy_fh]h mijZ`g
bkoh^gh_ iheh`_gb_ l_eZ

G_fggh]h k[b\Zy kZ_lmg]Z kh_jrZ_fu_ ^\b`_gby

GZ[ex^Zxlky g_agZqbl_evgu_ jZkkh]eZkh\Zgby \ ^\b`_gbyc

hrb[hd ijZdlbq_kdb g_l \ bkihevah\Zgbb]bfgZklbq_kdhc l_ m^h\ e_l\ hjbl_aeZvgh gh klZ\blky _keb

Klm^_gl \ [hevrbgkl\ _ijZkrbqZvgh^Zhij_ ^_e_gb_ \uihegy_fh]h mijZ`g_gby b h[hagZqZ_l bkoh^gh_ iheh`_gb_ l_eZ

K[b\Zykv gh ijZ\bevgh mdZau\Z_l gZ kh_jrZ_fu_ ^\b`_gb

GZ[ex^Zxlky y\gu_ jZkkh]eZkh\Zgby \ ^\b`_gbyo ih^ kq_l

m_ebqb\Z_lky dhebq_kl\h hrb[hd ijZdlbq_kdb g_l \ bkihevah\Zgbb]bfgZklbq_kdhc l_ jfbgheh]b

©G_ aZql_gh^ aZkem`b\Z_l klm^_gl dhlhjuc

Klm^_gl g_ fh`_l ^Zlv ijZ\bevgh_ hij_ ^_e_gb_ \uihegy_fh] iheh`_gb_ l_eZ

lhklhyggh k[b\Z_lky ijb mdZaZgbb gZ kh_jrZ_fu_ ^\b`_gb

GZ[ex^Zxlky aZqbjZkkh]eZkh\Zgby \ ^\b`_gbyo ih^ kq_l

=jm[u_ hrb[db \ bkihevah\Zgbb]bfgZklbq_kdhc l_ jfbgheh]

6.2 м

О О

О

Волейбол: ih^Zqb ba ih^Zq ± ihiZ[ZegbZ \ iehsZ^dm

[ZeeZ ihiZ^Zgby

[Zeeh\ihiZ^Zgbc

Настольный теннис: gZ[b\Zgb_ l_ggbkgu`h g_yebjh\Zgb_ jZagufb klh

jZd_ldb ihhq_j_ ^gh± jZeeZ

[ZeeZ jZa

[Zeeh\ jZa

2)

М

	Н					Н						
	к	1	2	3	4	5	д	1	2	3	4	5
1.	Ih^ly]b\Zgt ba \bkZ gZ \ukhdhc i_j_deZ^bg d\h jZa	4	6	8	10	13	Ih^ly]b\Zgt \bkZ e_`Z gbadhc i_j_deZ^bg \h jZa	7	9	11	13	19
	или ju\hd]b d]-\d jZa	5	10	15	25	35	или k]b[Zgb_ jZa]b[Zgb_ mihj_ e_`Z ihem\hd jZa	5	7	9	10	16
2.	GZdehg \i_ klhy k ijyf gh]Zfb gZ]bfgZklbq_ kdZf_cd_	2	4	6	8	13	GZdehg \i_ klhy k ijyf gh]ZfbZ]bfgZklbq_ kdZf_cd_	3	5	7	9	16
3.	Iju`hd \ ^e k f_klZ kf	180	190	200	210	230	Ih^gbfZgb_ Imeh\bsZ b iheh`_gby	25	30	35	40	50

								gZ kibg\h						
								jZa \ fbg						

Н

	Н					Н						
	к	1	2	3	4	5	д	1	2	3	4	5
1.	lh^ly]b\Zgb \bkZ gZ \uk i_j_deZ^bg d\h jZa	2	4	6	8	10	lh^ly]b\Zgb \bkZ e_`Z gbadhc i_j_deZ^bg \h jZa	3	6	9	11	15
	или ju\hd]bj d]-\d jZa	3	7	10	20	30	или k]b[Zgb_ jZa]b[Zgb_ mihj_ e_`Z ihem\hdjZa	3	5	7	9	13
2.	GZdehg \i_ klhy k ijyfu gh]Zfb gZ]bfgZklbq_ kdZf_cd_	1	3	5	7	11	GZdehg \i_ klhy k ijyf gh]Zfb gZ]bfgZklbq_ kdZf_cd_	2	4	6	8	13
3.	lju`hd \ ^e kf_klZ kf	170	180	190	200	210	lh^gbfZgb_ lmeH\bsZ b ih eh`_gby gZ kibg\h d jZa aZ fb	20	25	30	35	40

И

	Н					Н								
	к	1	2	3	4	5	д	1	2	3	4	5		
1.	б klhy gZ k f_cd_ ^hklZlv jmdZfb d fh`gh gb mjh\gy g kf	1-3	2	6	10	12	16	б klhy gZ kdZf_cd ^hklZlv jmdZfb d fh`gh -gb `_ mjh\g gh] kf	1-3	5	9	12	15	18
2.	±i_j_^Zq iZj_ k	1	20	30	40	50	60	±i_j_^Zc \ iZj_ k	1	20	30	40	50	60
	±gZ[b\Zg d\h jZa	2	15	20	30	40	50	±gZ[b\Zg d\h jZa	2	15	20	30	40	50
	±i_j_^Zq iZj_ k	3	40	50	80	90	100	±i_j_^Zc \ iZj_	3	40	50	80	90	100
3.	м k]b[Zgb_ jZa]b[Zg jmd \ mih e_`Z jZa	1	4	6	8	10	12		1	20	30	40	50	60
		2	5	8	10	12	15		2-3	40	50	70	80	90
		3	7	9	14	16	20	h[_ klhj k_d						

3)

Баскетбол: rljZngu[jhkdb ba [jhkdh\± ih[ZēZgby
[ZeeZ ihiz^Zgby
[Zeeh\ihiz^Zgbc

Настольный теннис: b]jZ \ iZj_ [_a ihl_jb fyZ k_d[ZeeZ
[ZeeZ k_d
[Zeeh\ k_d

4)

1.	и oh^v[Z [_] df djm]b	1-3	1.5 4.0 dj	8 8 кр	2.2 θ кр	2.5 ϕ кр	2.7 ζ кр	и oh^v[Z [_] df djm]b	1-3	1.3 ς кр	1.6 ϗ кр	1.9 Ϙ кр	2,1 5.7 кр	2.3 ϙ кр
2.	±i_j_^Z qZ \ iZ k_d	1	20	30	40	50	60	± i_j_^Z \ iZjZo k_d	1	20	30	40	50	60
	±ih^Zq jZa	2	1	2	3	4	5	±ih^Zq jZa	2	1	2	3	4	5
	±i_j_^Z qb q a k_ldm k_d	3	20	30	40	50	60	±i_j_^Z qb q a k_ldm k_d	3	20	30	40	50	60
3.	<udjm \ aZ\bkb fhklb h ^ebgu kdZdZe kf	1-3	12 0	11 0	10 0	90	80	©<udjr a \ aZ\bkb fhklb h ^ebgu kdZdZe kf	1-3	12 0	11 0	10 0	90	80

Р

5)

Волейбол: i_j_^Zqb fyqZ \ iZjZo q_j_a k_ldm [_a_]h ihl_jb
[ZeeZ k_d
[ZeeZ k_d
5 [Zeeh\ k_d

Настольный теннис: m^_j`Zgb_ fyqZ \ iZgZijZijZ\Zke_vZZe_\h
[ZeeZ k_d
[ZeeZ k_d
[Zeeh\ k_d

6)

М

	Н					Н						
	к	1	2	3	4	5	д	1	2	3	4	5
1.	lh^ly]b\Zgb \bkZ gZ \ul i_j_deZ^bg d\h jZa	5	7	9	10	13	lh^ly]b\Zgb \bkZ gZ gb i_j_deZ^bg d\h jZa	5	7	10	15	20
	beb ju)\bqb d]-\d jZa	5	10	20	30	40	beb k]b[Zg jZa]b[Zgb_ mihj_ e_`Z ihem\hd jZa	6	8	10	12	14
2.	GZdehg \i_ klhy k ijyfu gh]Zfb gZ]bfgZklbq_	3	5	6	7	13	GZdehg \i_ klhy k ijyfu gh]Zfb gZ]bfgZklbq_	6	7	8	11	16

	kdZf_cd_						kdZf_cd_					
3.	lju`hd \ ^e k f_klZ kf	195	205	215	230	240	lh^gbfZgb_ himkdZgb_ lmeh\bsZ b ih eh`_gby gZ kibg\h d jZa \ fb g	25	30	35	40	50

Н

	Н						Н					
	к	1	2	3	4	5	д	1	2	3	4	5
1.	lh^ly]b\Zgb_ \bkZ gZ \uk i_j_deZ^bg_ d\h jZa	3	5	7	9	10	lh^ly]b\Zgb_ \bkZ gZ gba i_j_deZ^bg_ d\h jZa	3	5	7	10	15
	uuu ju\hd]bjb d] -\h jZa	5	7	10	20	30	uuu k]b[Zgb_ jZa]b[Zgb_ mihj_e_`Z g ihem\hdjZa	4	6	8	10	12
2.	GZdehg \i_j klhy k ijyfu gh]Zfb gZ]bfgZklbq_k kdZf_cd_ k	1	3	5	6	10	GZdehg \i_j klhy k ijyfu gh]Zfb gZ]bfgZklbq_k kdZf_cd_ k	4	6	7	8	11
3.	lju`hd \ ^e f_klZ kf	185	195	205	215	230	lh^gbfZgb_ himkdZgb_ lmeh\bsZ b ih eh`_gby e gZ kibg\h jZ \ fb g	20	25	30	35	40

П

	Н							Н						
	к	1	2	3	4	5	д	1	2	3	4	5		
1.	6 klhy gZ k f_cd_ ^hklZlv jmdZfb d fh`gh gb mjh\gy g kf	1-3	2	6	10	12	16	6 klhy gZ kdZf_cd ^hklZlv jmdZfb d fh`gh -gb `_ mjh\g gh] kf	1-3	5	9	12	15	18
2.	±i_j_^Zq iZj_ k	1	20	30	40	50	60	±i_j_^Zc \ iZj_ k	1	20	30	40	50	60
	±gZ[b\Zg d\h jZa	2	15	20	30	40	50	±gZ[b\Zg d\h jZa	2	15	20	30	40	50
	±i_j_^Zq iZj_ k	3	40	50	80	90	100	±i_j_^Zc \ iZj_ k	3	40	50	80	90	100
3.	М	1	4	6	8	10	12	М	1	20	30	40	50	60

k]b[Zgb_	2	5	8	10	12	15	\	2-3	40	50	70	80	90
jZa]b[Zg	3	7	9	14	16	20	h[_ k hj						
jmd \ mi							k_d						
e_`Z jZa													

Р

7)

Баскетбол: [jhkdb dhevpm \ ^\b`_gbb ba ihiulhd
 [ZeeZ ihiZ^Zgby
 [ZeeZ ihiZ^Zgby
 [Zeeh\ihiZ^Zgbc

Настольный теннис: m^_j`Zgb_ fyqZ \ iZgZikZjZkZ_\ZZe_\h
 [ZeeZ k_d
 [ZeeZ k_d
 [Zeeh\ k_d

8)

М

	Н					Н						
	к	1	2	3	4	5	д	1	2	3	4	5
1.	;_] gZ f k_d	15.7	15.4	15,1	14,8	13,5	;_] gZ f k_d	18.5	18.0	17,5	17,0	16,5
2.	;_] gZ f fbg k	15.0 0	14.3 0	14,0 0	13,3 0	12,3 0	;_] gZ f fbg k_d	12.1 5	11.5 5	11,3 5	11,1 5	10,3 0
3.	Ba ihef `_gby \bkZ ih^t_f gh] ^h dZkZgb i_j_deZ gu d hre jZa	2	3	5	7	9	Iju`hd \ ^ebg k f_kl kf	150	160	170	180	195

Н

	Н					Н						
	к	1	2	3	4	5	д	1	2	3	4	5
1.	;_] gZ f k_d	16.0	15.7	15,4	15,1	14,8	;_] gZ f k_d	19.0	18.5	18,0	17,5	17,0
2.	;_] gZ f fbg k	15,3 0	15.0 0	14,3 0	14,0 0	13,3 0	;_] gZ f fbg k_d	12,3 0	12,1 5	11,5 5	11,3 5	11,1 5

3.	B a i h e l `_gby \bkZ ih^t_f gh] d i_j_dez g_ -dh \h jZa	1	2	3	5	7	lju`hd \^ebg f_klZ kf	140	150	160	170	180
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II

	H							H						
	к		1	2	3	4	5	д		1	2	3	4	5
1.	и o h^v[Z [_] df djm]b	1-3	1.5 4.0 dj	8 8 кр	2.2 θ кр	2.5 β кр	2.7 3 кр	и o h^v[Z [_] df djm]b	1-3	1.3 5 кр	1,6 4 кр	1.9 f кр	2,1 5.7 кр	2.3 θ кр
2.	±i_j_^Z qZ \ iZ k_d	1	20	30	40	50	60	± i_j_^Z \ iZjZo k_d	1	20	30	40	50	60
	±ih^Zq jZa	2	1	2	3	4	5	±ih^Zq jZa	2	1	2	3	4	5
	±i_j_^Z qb q a k_ldm k_d	3	20	30	40	50	60	±i_j_^Z qb q a k_ldm k_d	3	20	30	40	50	60
3.	<udjm \ aZ\bkb fhklb h ^ebgu kdZdZe kf	1-3	12 0	11 0	10 0	90	80	©<udjr a \ aZ\bkb fhklb h ^ebgu kdZdZe kf	1-3	12 0	11 0	10 0	90	80

9)

Настольный теннис: mqZklb_ \ khj_\gh\Zgbyo gZ i_j_gkl\h mq
mqZklb_ \ khj_\gh\Zgbyo klm^_glZf gZqbkeyxiky [Zeeu \ a
l_j_u_ f_кlZ[Zeeh\ Z ^Zevr_ \ aZ**klb**fhklbZhklm^_glh\ \ n
]jmii_

Подвижные игры: ijh_^_gb_ ^\mo b]j \ mq_[ghc]jmii_

Волейбол: mqZklb_ \ khj_\gh\Zgbyo gZ i_j_gkl\h mq_[guo
km^_ckl\h khj_\gh\Zgbc

10)

M

	H					H						
	к	1	2	3	4	5	д	1	2	3	4	5
1.	lh^ly]b\Zgb	5	7	9	10	13	lh^ly]b\Zgb	5	7	10	15	20

	\bkZ gZ \u i_j_deZ^bg d\h jZa						\bkZ gZ gb i_j_deZ^bg d\h jZa					
	beb ju\hd] 16 d] -\h jZa	5	10	20	30	40	beb k]b[Zg jZa]b[Zgb_ mihj_ e_`Z ihem\hdjZa	6	8	10	12	14
2.	GZdehg \i_ klhy k ijyfu gh]Zfb gZ]bfgZklbq_ kdZf_cd_	3	5	6	7	13	GZdehg \i_ klhy k ijyfu gh]Zfb gZ]bfgZklbq_ kdZf_cd_	6	7	8	11	16
3.	lju`hd \ ^e k f_klZ kf	195	205	215	230	240	lh^gbfZgb_ himkdZgb_ lmeh\bsZ b ih eh`_gby gZ kibg\h d jZa \ fb g	25	30	35	40	50

Н

	Н						Н					
	к	1	2	3	4	5	д	1	2	3	4	5
1.	lh^ly]b\Zgb \bkZ gZ \uk i_j_deZ^bg_ d\h jZa	3	5	7	9	10	lh^ly]b\Zgb \bkZ gZ gba i_j_deZ^bg_ d\h jZa	3	5	7	10	15
	uju ju\hd]bjb d] -\h jZa	5	7	10	20	30	uju k]b[Zgb_ jZa]b[Zgb_ mihj_ e_`Z ihem\hdjZa	4	6	8	10	12
2.	GZdehg \i_j klhy k ijyfu gh]Zfb gZ]bfgZklbq_k kdZf_cd_ k	1	3	5	6	10	GZdehg \i_j klhy k ijyfu gh]Zfb gZ]bfgZklbq_k kdZf_cd_ k	4	6	7	8	11
3.	lju`hd \ ^e f_klZ kf	185	195	205	215	230	lh^gbfZgb_ himkdZgb_ lmeh\bsZ b ih eh`_gby e gZ kibg\h jZ \ fb g	20	25	30	35	40

И

	И						И							
	к	1	2	3	4	5	д	1	2	3	4	5		
1.	б klhy gZ k f_cd_ ^hklZlv jmdZfb d fh`gh gb	1-3	2	6	10	12	16	б klhy gZ kdZf_cd_ ^hklZlv jmdZfb d fh`gh -gb	1-3	5	9	12	15	18

	mjh\gy g kf							`_ mjh\g gh] kf						
2.	±i_j_^Zq iZj_ k	1	20	30	40	50	60	±i_j_^Zq \ iZj_ k	1	20	30	40	50	60
	±gZ[b\Zg d\h jZa	2	15	20	30	40	50	±gZ[b\Zg d\h jZa	2	15	20	30	40	50
	±i_j_^Zq iZj_ k	3	40	50	80	90	10	±i_j_^Zq \ iZj_ k	3	40	50	80	90	100
3.	m	1	4	6	8	10	12		1	20	30	40	50	60
	k]b[Zgb_	2	5	8	10	12	15	\	2-3	40	50	70	80	90
	jZa]b[Zg jmd \ mi e_`Z jZa	3	7	9	14	16	20	h[_ klhj k_d						

klm^_glu ihghklvx beb \j_f_ggh hk\h[h`^_ggu_ hl ijZ
nbabq_kdhc dmevlmj_ b kihjlm kZfhklhyl_evgh jZ[hIZxl
hij_^_e_gghc ij_ih^Z\ZI_e_f b aZsbsZxl_]h gZ aZq_l_

Реферат hl eZlbgk«djh» ± ^hdeZ^u\Zlv khh[sZlkvevrZy

< ijbeh`_gby j_dhf_g^m_lky \dexqZlv fZI_jbZeu k\yaZ
 jZ[hIhc` dhlhju_-iehb]Z d]bfqbgZf g_ fh]ml [ulv \dexq_gu \ hkgh
 < ijbeh`_gby fh]ml [ulv \dexq_gu
 fZI_jbZeu ^hihegyxs_b_ j_n_jZl
 lZ[ebpu \kihfh]Zl_eh\guoo^Z]grjuo
 beexkljZpbb \kihfh]Zl_evgh]h oZjZdl_jZ
 ^jm]b_ ^hdmf_glu
 lJZ\beZ hnhjfe_gby j_n_jZlZ
 J_n_jZl ^he`_g [ulv \uiheg_g fZrbghibkguf kihkh[hf gZ
 [_ehc [mfZ]b q_j_a ihelhjZ bgl_j\ZeZ b rjbnlhf
 L_dkl j_n_jZlZ keqZ]hZlv kh[ex^Zy ke_^mxsb_ jZa@_ju ih
 f_g__ ff ijZ\hf_g__ ff \gjo@_g__ ff -gg`g_g__ ff
 H[t_f j_n_jZlZ @k]hZgpb
 <k_ ebgb [md\ u pbnju b agZdb ^he`gu [ulv h k b g Z d
 j_n_jZlm
 AZ]heh\db kljmdlmjguo we_f_glh\ j_n_jZlZ b jZa^_eh\
 jZkiheZ]Zlv \ k_j_^bg_ kljhdb [_a lhqdb \ dhgp_ b i_qZlZl
 ih^q_jdb\Zy
 KljZgbpu j_n_jZlZ ke_^m_l gmf_jh\Zlv ZjZ]Zyb kkd \phargjZ
 gmf_jZpbx ih \k_fm l_dklm hlq_lZ Ghf_j kljZgbpu ijhkIz\ev
 gb`g_f ihe_ [_a lhqdb \ dhgp_
 Lblmevguc ebkl \dexqZxl \ h[smx gmf_jZpbx kljZgbp j_n
 gZ lblmevghf ebkl_ b \ h]eZ\ev_gbb g_ ijhkIz\eyxl
 Kk@db gZ bklhqgdbb ke_^m_l mdZau\Zlv ihjy^dh\uf
 bklhqgbdh\ \u^_e_gguf ^\mfy dhkufb q_jlZfb ihH#HjK@_gb_
 2003.

И

Djbl_jbb	IhdZaZl_eb
Gh\bagZ j_n_jbj l_dklZ FZdk [Zeeh\	- ZdlmZevghklv ijh[e_fu b l_fu - gh\bagZ b kZfhklhyl_evghklv \ ihklZgh nhjfmebjh\Zgbb gh\h]h Zki_dIZ \u[jZggI ijh[e_fu - gZebqb_ Z\lhjkdhc ihabpbb kZfhklhyl
Kl_i_gv jZkdjul kmsghklb ijh[e_fu FZdk [Zeeh\	- khhl_lkl\b_ ieZgZ l_f_ j_n_jZlZ - khhl_lkl\b_ kh^_j`Zgby l_f_ b ieZgm j \eZ^_gb_ ihgyIbcguf ZiiZjZlhf - iheghIZ b]em[bgZ jZkdjulby hkgh\guo - h[hkgh\Zggghkklv[h\ b f_lh^h\ jZ[hlu k f - mf_gb_ jZ[hIZlv k ebl_jZlmjhc kbkl_fz kljmdlmjbjh\Zlv fZI_jbZe
H[hkgh\Zggghklv bklhqgbdh\ FZdk [Zeeh\	- djm] iheghIZ bkihevah\Zgby ebl_jZlmj ijh[e_f_ - ijb\ev_q_gfb_cgrbo jZ[hI ih ijh[e_f_ `mj im[ebdZpbb fZI_jbZeu k[hjgbdh\ gZmq
<u\h^u ih baeh bgnhjZpbb k mdZ ijZdlbq_kdhc agZ jZ[hlu FZdk [Zeeh\	- mf_gb_ h[h[sZlv khihklZ\eylv jZaebqg jZkkfZl]Z_fhfm \hijhkm Zj]mf_glbjh\Zlv ihheh`_gby b \u\h^u

Kh[ex^_gb_lj_hnhjfe_gbx FZdk [Zeeh\	- ijZ\bevgh_hnhjfe_gb_kkuehd gZ bkih - kh[ex^_gb_lj_[h\Zgbc d h[t_fm j_n_jZ - dmevlmjZ hnhjfe_gby àZp_e_gb_Z[
=jZfhlghklv FZdk [Zeeh\	-]jZfhlghklv b dmevlmjZ baeh`_gby - hlkmlkl\b_hjnh]jZnbq_kdbo b kbgIZdk klbebkqb_kdbo ih]j_rghkl_c - hlkmlkl\b_hi_qZlhd khdjZs_gbc keh\ - ebl_jZlmjguc klbev
6. ljbeh`_gby nhlh]jZnb ko_fu q_jl`_b dZjlu klZlkbq_kdb_ ^z ^bZ]jZffu FZdk [Zeeh\	- gZebqb_fZl_jbZeh kh^_j`Zl_evgh bee ^hihegyxsbo l_dkl j_n_jZlZ - ijbeh`_gby hnhjfe_gu \ khhl_lkl\b_k

M
 J_n_jZl hp_gb\Z_lky ih [Zeevghc rdZe_ [Zeu i_j_\h^yIk
 ke_^mxsbf h[jZahf
 b [he__ f@eeh]qgh^a
 19 ± [Zeeh]ohjhrh^a
 15 ± [Zeeh]m^h\le_l\hjbl_evgh
 f_g__ [Zeeh]m^h\le_l\hjbl_evgh^a

H
 \uklZ\ey_lky klm^_glm dhlhjuc
 • k^Z_l dhgljhevgu_ bkiulZgby
 • j_]meyjgh ihk_sZ_l ijZdlbq_kdb_ aZgylby
 • k^Z_l l_klu ih kihjlb\qgh_kdhc ih^]hlh\do [Zeeh]`_
 • k^Z_l l_klu ih h[s_nbabq_kdhc ih^]hlh\do [Zeeh]`_ [Zeeh]
 \uiheg_gby dZ`^h]h l_klZ g_f_g__ q_f gZ [Zeeh]
 • Mki_rgh aZsbsZ_l j_n_jZl gZ \u[jZggmx l_fm
И
 \uklZ\ey_lky klm^_glm dhlhjuc
 • g_ k^Z_l dhgljhevgu_ bkiulZgby
 • g_ j_]meyjgh ihk_sZ_l aZgylby
 • k^Z_l kllu ih kihjlb\qgh_kdhc ih^]hlh\do [Zeeh]
 • k^Z_l l_klu ih h[s_nbabq_kdhc ih^]hlh\do gb`_ [Zeeh]

7. H

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- GbdblMrdbg < = Ha^hjh\bl_evgu_ l_ogheh]bb \ k
 \hkiblZgby mq_[gh_ ihkh[b_ ^ey [ZdZeZ\jbZlZ b fz
 GbdblMrdbg G G Q_kghdh\ ^?2- GbQ_jgukij^ZbF^kd\Z
 Ba^Zl_evkl\h XjZcl k^2 Mgb_jkb_lu Jhk ISBN 978-5-
 534-07339-3. ^ L_dkl we_dljhguc W;K^ XZ: <https://bzhd-@online.ru/bcode/438400>
- H[sZy nbabq_kdZy ih^]hlh\dZ \ jZfdZo kZfhklhyl_evgu
 mq_[gh_ ihkh[b_ ^ey \mah\ F K Wff_jl H H NZ^bg
 F_evgbdR\Z_ ba^2^ Fhk d\Z Ba^Zl_evkl\h XjZcl -\h Hf
 Hf=LM^2 k^2 Mgb_jkb_l Jhk ISBN 978-5-534-11767-7

- Ba^ZI_evkl\h XjZcl W;K XjZcl URL: <http://biblio-online.ru/bcode/446107>
3. Ibkvf_gkdbc :Nbabq_kdZy dmevlmjZ mq_[gbd ^ey ki_pbZebL_IZ B : Ibkvf_gkdbc Fhk\dZeeyBa^ZI_evkl XjZcl k^2;ZdZeZ\j b ki_pb ISBN 978-5-534-09116-8. ^2 L_dkl we_dljhguc W;K XjZcl URL: <http://biblio-online.ru/bcode/431427>
 4. KljboZgh\ F G Nbabq_kdZy dmevlmjZ b kihjl \ \maZo KljboZgh\ < B KZ\bgh\^Fhk\dZ Ba^ZI_evkl\h XjZcl k^2 H[jZah\ZI_evduc ijhp ISBN 978-5-534-10524-7. ^2 L_dkl we_dljhguc W;K XjZcl URL: <http://biblio-online.ru/bcode/430716>
 5. L_hjby b f_lh^bdZ ba[jZggh]mq_b\^ZkihjlZ[b_ ^ey \mah AZ\vyeh\Z >b ^j @ ih^ j_^Zdpb_c2K_ Ba^Rb\bigk^dh^hi Fhk\dZ Ba^ZI_evkl\h XjZcl k^2 Mgb_jkb_lu Jh ISBN 978-5-534-07551-9. ^2 L_dkl we_dljhguc W;K XjZcl URL: <https://biblio-online.ru/bcode/438824>
 6. YfZe_l^bgh\Z = : l_^Z]h]bdZ nbabq_kdhc dmevlmj u b ^ey ZdZ^_fbq_kdh]h [ZdZeZ\jbZIZ = : YfZe_l^bgh\Z < ?jdhfZcr\bebFhk\dZ Ba^ZI_evkl\h XjZcl k^2 Mgb_jkb_lu Jh ISBN 978-5-534-05600-6. ^2 L_dkl we_dljhguc W;K XjZcl URL: <https://biblio-online.ru/bcode/441686>

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1. :eoZkh\ > K H]ZgbaZpby b ijh_^_gb_ \g_mjhqghc ^_ dmevlmj_ mq_[gbd ^ey ZdZ^_fbq_kdh]h [ZdZeZ\jbZIZ lhghfZj_Fhk\dZ Ba^ZI_evkl\h XjZcl k^2 H[jZah\ZI_evduc ijhp_kk ISBN 978-5-534-11092-0. ^2 L_dkl we_dljhguc W;K XjZcl URL: <https://biblio-online.ru/bcode/444497>
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4. @_gkdZy [hjv[Z kZf[h_lh]mq_[gbd ikkh[b_ ^ey klm^_gl nbadmvlmjgh]h ijhnbey DZlpg X I 20K1f.he_gkd Kfhe=
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8. Kihjlb\gZy f_ljheh]by mq_[gbd ^ey \mah\ < < :nZgZ FmjZ\v_\ I < FboZceh\ hl_lkl_g:nuZcg Zk^Z d-lhjb^ < bkij b ^ehFhkd\Z Ba^ZI_evkl\h XjZcl k^ Mgbl_jkb_lu Jhkkbb ISBN 978-5-534-07484-0. ^ L_dkl we_dljhguc W;K Xjz ^ URL: <https://biblio-online.ru/bcode/437252>
9. L_ogheh]by h[mq_gby \hef_cl[h^ebnq_kndq_[ghkh[b_ I < Im ± Kfhe_gkd\hbka^fhe=M k ±
10. L_ogheh]by jZa\blby iju]mq_klb gZ hkgh_ kh\j_f_gg f_lh^bq_kdh_ ihkh[b_ I < Kfilmeklgkdehb^fhe=M k ±
11. Lmj_kdbc B F Nbabq_kdZy ih^]hlh\dZ k^ZqZ ghjfZ mq_[gh_ ihkh[b_ ^ey \mah\ B F Lmj_kdbc < G ;h ^ 2- _ ba^ Fhkd\Z Ba^ZI_evkl\h XjZcl k (^Mgbl_jkb_lu Jhkkbb ISBN 978-5-534-11118-7. ^ L_dkl we_dljhguc W;K Xjz ^ URL: <https://biblio-online.ru/bcode/444505>

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