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| **ИНФОРМАЦИЯ**  **Состав рабочей группы по обеспечению деятельности Центра тестирования:**  **Васильев Александр Сергеевич** – директор, *руководитель Центра тестирования,* тел. 5-89-59;  **Самсонов Владимир Александрович** – заместитель директора, *главный судья Центра тестирования,* тел. 5-87-68;  **Комов Борис Григорьевич** – старший инструктор-методист физкультурно-спортивных организаций, *специалист Центра тестирования*, тел. 5-87-68;  **Петрулева Ольга Анатольевна** – медицинская сестра, *специалист Центра тестирования, ответственная за допуск населения к сдаче норм ГТО по медицинской части, за организацию медицинского контроля при проведении при проведении тестирования по видам испытаний.*  **Бородин Алексей Викторович** – заведующий залом тренажерным, *специалист Центра тестирования, ответственный за проведение тестирования.*  **Бабенко Алексей Алексеевич** – заведующий спортивным сооружением, *специалист Центра тестирования, ответственный за проведение тестирования.*  **Мартиш Сергей Анатольевич –** инструктор по спорту, *специалист Центра тестирования, ответственный за проведение тестирования.*  **Места тестирования комплекса ГТО в зависимости от ступеней**   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | № п/п | Вид испытания (тест) | **Ступень** | | | | | | | | | | | | | | | | | | | | | | **Места**  **тестирования** | | **I** | | **II** | | **III** | | **IV** | | **V** | | **VI** | | **VII** | | **VIII** | | **IX** | | **X** | | **XI** | | | м | д | м | д | м | д | м | д | м | д | м | ж | м | ж | м | ж | м | ж | м | ж | м | ж | Спортивный комплекс по адресу: Ишимский район, с.Стрехнино, ул.Мелиоративная 1а | | 1 | Подтягивание из виса на высокой перекладине | + |  | + |  | + |  | + |  | + |  | + |  | + |  | + |  | + |  |  |  |  |  | | 2 | Подтягивание из виса лежа на низкой перекладине |  | + |  | + |  | + |  | + |  | + |  | + |  | + |  | + |  | + |  |  |  |  | | 3 | Сгибание – разгибание рук в упоре лежа на полу | + | + | + | + | + | + |  | + |  | + |  | + |  | + |  | + | + | + |  |  |  |  | | 4 | Сгибание – разгибание рук в упоре лежа о гимнастическую скамью |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + |  |  | | 5 | Сгибание – разгибание рук в упоре лежа о сиденье стула |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | | 6 | Наклон вперед из положе-ния стоя с прямыми ногами на полу | + | + | + | + | + | + | + | + |  |  |  |  |  |  | + | + | + | + |  |  |  |  | | 7 | Наклон вперед из положе-ния стоя с прямыми ногами на гимнастической скамье |  |  |  |  |  |  |  |  | + | + | + | + | + | + |  |  |  |  |  |  |  |  | | 8 | Поднимание туловища из положения лежа на спине |  |  |  |  |  |  | + | + | + | + |  | + |  | + | + | + | + | + |  |  |  |  | | 9 | Поднимание туловища из положения лежа на спине |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + | | 10 | Рывок гири 16 кг |  |  |  |  |  |  |  |  | + |  | + |  | + |  | + |  | + |  |  |  |  |  | | 11 | Метание теннисного мяча в цель (дистанция 6 м) | + | + | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  | | 12 | Челночный бег 3х 10 м (с) | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 13 | Прыжок в длину с места толчком двумя ногами | + | + | + | + | + | + | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  | Спортивное ядро по адресу: Ишимский район, с.Стрехнино, ул.Мелиоративная 1а  Спортивное ядро по адресу: Ишимский район, с.Стрехнино, ул.Мелиоративная 1а | | 14 | Прыжок в длину с разбега |  |  | + | + | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  | | 15 | Метание мяча (150 г) |  |  | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 16 | Метание спортивного снаряда (500 г) |  |  |  |  |  |  |  |  |  | + |  | + |  | + |  |  |  |  |  |  |  |  | | 17 | Метание спортивного снаряда (700 г) |  |  |  |  |  |  |  |  | + |  | + |  | + |  |  |  |  |  |  |  |  |  | | 18 | Бег на 30 м | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 19 | Бег на 60 м |  |  | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 20 | Бег на 100 м |  |  |  |  |  |  |  |  | + | + | + | + |  |  |  |  |  |  |  |  |  |  | | 21 | Бег на 1000 м |  |  | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 22 | Бег на 1500 м |  |  |  |  | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 23 | Бег на 2000 м |  |  |  |  | + | + | + | + | + | + |  | + |  | + | + | + | + | + |  |  |  |  | | 24 | Бег на 3000 м |  |  |  |  |  |  | + |  | + |  | + |  | + |  | + | + | + | + |  |  |  |  | | 25 | Смешанное передвижение  на 1 км | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 26 | Смешанное передвижение  на 2 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | | 27 | Смешанное передвижение  на 3 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | | 28 | Смешанное передвижение  на 4 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + |  |  |  | | 29 | Скандинавская ходьба на  2 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | | 30 | Скандинавская ходьба на  3 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + |  | | 31 | Скандинавская ходьба на  4 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + |  |  |  | | 32 | Бег на лыжах 1 км | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Лыжная база по адресу: Ишимский район, 12 км автодороги Ишим – Красная горка | | 33 | Бег на лыжах 2 км | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  | + |  | + |  |  |  |  | | 34 | Бег на лыжах 3 км |  |  |  |  | + | + | + | + |  | + |  | + |  | + |  |  |  |  |  |  |  |  | | 35 | Бег на лыжах 5 км |  |  |  |  |  |  | + |  | + |  | + | + | + | + | + |  | + |  |  |  |  |  | | 36 | Передвижение на лыжах 2 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | | 37 | Передвижение на лыжах 3 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + |  | | 38 | Передвижение на лыжах 4 км |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + |  |  |  | | 39 | Смешанное передвижение на 1 км по пересеченной местности |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | | 40 | Смешанное передвижение на 1,5 км по пересеченной местности | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 41 | Смешанное передвижение на 2 км по пересеченной местности |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + |  |  | | 42 | Смешанное передвижение на 3 км по пересеченной местности |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + |  | + |  | | 43 | Кросс на 2 км по пересеченной местности |  |  | + | + |  |  |  |  |  |  |  |  |  |  |  | + |  | + |  |  |  |  | | 44 | Кросс на 3 км по пересеченной местности |  |  |  |  | + | + | + | + |  | + |  | + |  | + | + |  | + |  |  |  |  |  | | 45 | Кросс на 5 км по пересеченной местности |  |  |  |  |  |  |  |  | + |  | + |  | + |  |  |  |  |  |  |  |  |  | | 46 | Плавание без учета времени, 10 м | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Ванна для плаванья по адресу: Ишимский район, п.Октябрьский, ул. Ленина 22а | | 47 | Плавание без учета времени, 15 м | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | 48 | Плавание без учета времени, 25 м |  |  | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + | | 49 | Плавание без учета времени, 50 м |  |  | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |  |  |  |  | | 50 | Стрельба из пневматической винтовки. |  |  |  |  | + | + | + | + | + | + | + | + | + | + | + | + | + | + |  |  |  |  | Спортивный комплекс по адресу: Ишимский район, с.Стрехнино, ул.Мелиоративная 1а | | 51 | Стрельба из электронного оружия. |  |  |  |  | + | + | + | + | + | + | + | + | + | + | + | + | + | + |  |  |  |  | | 52 | Туристский поход с проверкой туристских навыков на 5 км |  |  |  |  | + | + |  |  |  |  |  |  |  |  | + | + | + | + |  |  |  |  | Тур. база МАУ ДО «ЦДО Ишимского района» | | 53 | Туристский поход с проверкой туристских навыков на 10 км |  |  |  |  |  |  | + | + | + | + |  |  | + | + |  |  |  |  |  |  |  |  | | 54 | Туристский поход с проверкой туристских навыков на 15 км |  |  |  |  |  |  |  |  |  |  | + | + |  |  |  |  |  |  |  |  |  |  | | 55 | Требования к оценке уровня знаний и умений в области физической культуры и спорта | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | Компьютерный класс МАУК ЦКД Ишимского района | |