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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 1аСпортивное 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 |

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