



ВСЕРОССИЙСКИЙ УРОК «ГОТОВ К ТРУДУ И ОБОРОНЕ»



**ГОТОВ
К ТРУДУ
И ОБОРОНЕ**





ГТО - путь к здоровью



Всеобщий физкультурный комплекс

5 возрастных ступеней

I ступень — «Смелые и ловкие» — 10-11 и 12-13 лет;

II ступень — «Спортивная смена» — 14-15 лет;

III ступень — «Сила и выносливость» — 16-18 лет;

IV ступень — «Самостоятельное совершенствование» — 19-30 лет;

мужчины — 19-30 лет, женщины — 18-30 лет;

V ступень — «Здоровье и долголетие» — мужчины — 40-60 лет, женщины — 35-55 лет.



ВСЕРОССИЙСКИЙ ФИЗКУЛЬТУРНО-СПОРТИВНЫЙ КОМПЛЕКС «ГОТОВ К ТРУДУ И ОБОРОНЕ»



ГОТОВ К ТРУДУ И ОБОРОНЕ





Один из первых
вариантов значка ГТО
первой ступени, 1930-е
годы.





В 1932 году во время сдачи нормативов ГТО братья Георгий и Серафим Знаменские пробежали дистанция в километр с такой скоростью, что судьи не поверили показаниям секундомеров и потребовали пробежать еще раз. В последствии братья установили 24 СССР



*Значок ГТО, меткого стрелка,
отважного парашютиста
вызывал огромное уважение. И я
твердо убежден, что отлично
поставленная военно-
спортивная работа во многом
помогала советским людям
выдержать великий экзамен,
каким была для всех нас война...*



К. К. Рокоссовский





Самое главное, чтобы это (спорт. — Прим.) не было обязателькой, чтобы людям захотелось, чтобы они пришли к пониманию того, что это важно для каждого конкретного человека, его здоровья, для его будущего, в том числе успешного профессионального будущего. Важно, чтобы это стало модным трендом для молодых людей и вообще для всех возрастов.

ВЛАДИМИР ПУТИН



Значки ГТО нового образца



Ступени комплекса ГТО



СДАЁМ НОРМЫ ГТО

• Будь готов к труду и обороне! •

Государственные требования к уровню физической подготовленности населения при выполнении нормативов Всероссийского физкультурно-спортивного комплекса «Готов к труду и обороне» (ГТО). Утверждены приказом Минспорта России от 10/8 июля 2014 г. № 575



6-8 лет									
Виды испытаний (степень)		Мальчики			Девочки				
Средний балл		1	2	3	1	2	3		
1	Бег на 100 м	16,4	15,1	13,8	16,8	15,5	14,2		
2	Бег на 200 м	34,1	31,7	29,3	35,2	32,8	30,4		
3	Бег на 400 м	1:08,0	1:04,0	1:00,0	1:10,0	1:06,0	1:02,0		
4	Бег на 600 м	1:48,0	1:44,0	1:40,0	1:50,0	1:46,0	1:42,0		
5	Бег на 800 м	2:28,0	2:24,0	2:20,0	2:30,0	2:26,0	2:22,0		
6	Бег на 1000 м	3:08,0	3:04,0	3:00,0	3:10,0	3:06,0	3:02,0		
7	Бег на 1200 м	3:48,0	3:44,0	3:40,0	3:50,0	3:46,0	3:42,0		
8	Бег на 1400 м	4:28,0	4:24,0	4:20,0	4:30,0	4:26,0	4:22,0		
9	Бег на 1600 м	5:08,0	5:04,0	5:00,0	5:10,0	5:06,0	5:02,0		
10	Бег на 1800 м	5:48,0	5:44,0	5:40,0	5:50,0	5:46,0	5:42,0		
11	Бег на 2000 м	6:28,0	6:24,0	6:20,0	6:30,0	6:26,0	6:22,0		
12	Бег на 2200 м	7:08,0	7:04,0	7:00,0	7:10,0	7:06,0	7:02,0		
13	Бег на 2400 м	7:48,0	7:44,0	7:40,0	7:50,0	7:46,0	7:42,0		
14	Бег на 2600 м	8:28,0	8:24,0	8:20,0	8:30,0	8:26,0	8:22,0		
15	Бег на 2800 м	9:08,0	9:04,0	9:00,0	9:10,0	9:06,0	9:02,0		
16	Бег на 3000 м	9:48,0	9:44,0	9:40,0	9:50,0	9:46,0	9:42,0		
17	Бег на 3200 м	10:28,0	10:24,0	10:20,0	10:30,0	10:26,0	10:22,0		
18	Бег на 3400 м	11:08,0	11:04,0	11:00,0	11:10,0	11:06,0	11:02,0		
19	Бег на 3600 м	11:48,0	11:44,0	11:40,0	11:50,0	11:46,0	11:42,0		
20	Бег на 3800 м	12:28,0	12:24,0	12:20,0	12:30,0	12:26,0	12:22,0		
21	Бег на 4000 м	13:08,0	13:04,0	13:00,0	13:10,0	13:06,0	13:02,0		
22	Бег на 4200 м	13:48,0	13:44,0	13:40,0	13:50,0	13:46,0	13:42,0		
23	Бег на 4400 м	14:28,0	14:24,0	14:20,0	14:30,0	14:26,0	14:22,0		
24	Бег на 4600 м	15:08,0	15:04,0	15:00,0	15:10,0	15:06,0	15:02,0		
25	Бег на 4800 м	15:48,0	15:44,0	15:40,0	15:50,0	15:46,0	15:42,0		
26	Бег на 5000 м	16:28,0	16:24,0	16:20,0	16:30,0	16:26,0	16:22,0		
27	Бег на 5200 м	17:08,0	17:04,0	17:00,0	17:10,0	17:06,0	17:02,0		
28	Бег на 5400 м	17:48,0	17:44,0	17:40,0	17:50,0	17:46,0	17:42,0		
29	Бег на 5600 м	18:28,0	18:24,0	18:20,0	18:30,0	18:26,0	18:22,0		
30	Бег на 5800 м	19:08,0	19:04,0	19:00,0	19:10,0	19:06,0	19:02,0		
31	Бег на 6000 м	19:48,0	19:44,0	19:40,0	19:50,0	19:46,0	19:42,0		
32	Бег на 6200 м	20:28,0	20:24,0	20:20,0	20:30,0	20:26,0	20:22,0		
33	Бег на 6400 м	21:08,0	21:04,0	21:00,0	21:10,0	21:06,0	21:02,0		
34	Бег на 6600 м	21:48,0	21:44,0	21:40,0	21:50,0	21:46,0	21:42,0		
35	Бег на 6800 м	22:28,0	22:24,0	22:20,0	22:30,0	22:26,0	22:22,0		
36	Бег на 7000 м	23:08,0	23:04,0	23:00,0	23:10,0	23:06,0	23:02,0		
37	Бег на 7200 м	23:48,0	23:44,0	23:40,0	23:50,0	23:46,0	23:42,0		
38	Бег на 7400 м	24:28,0	24:24,0	24:20,0	24:30,0	24:26,0	24:22,0		
39	Бег на 7600 м	25:08,0	25:04,0	25:00,0	25:10,0	25:06,0	25:02,0		
40	Бег на 7800 м	25:48,0	25:44,0	25:40,0	25:50,0	25:46,0	25:42,0		
41	Бег на 8000 м	26:28,0	26:24,0	26:20,0	26:30,0	26:26,0	26:22,0		
42	Бег на 8200 м	27:08,0	27:04,0	27:00,0	27:10,0	27:06,0	27:02,0		
43	Бег на 8400 м	27:48,0	27:44,0	27:40,0	27:50,0	27:46,0	27:42,0		
44	Бег на 8600 м	28:28,0	28:24,0	28:20,0	28:30,0	28:26,0	28:22,0		
45	Бег на 8800 м	29:08,0	29:04,0	29:00,0	29:10,0	29:06,0	29:02,0		
46	Бег на 9000 м	29:48,0	29:44,0	29:40,0	29:50,0	29:46,0	29:42,0		
47	Бег на 9200 м	30:28,0	30:24,0	30:20,0	30:30,0	30:26,0	30:22,0		
48	Бег на 9400 м	31:08,0	31:04,0	31:00,0	31:10,0	31:06,0	31:02,0		
49	Бег на 9600 м	31:48,0	31:44,0	31:40,0	31:50,0	31:46,0	31:42,0		
50	Бег на 9800 м	32:28,0	32:24,0	32:20,0	32:30,0	32:26,0	32:22,0		
51	Бег на 10000 м	33:08,0	33:04,0	33:00,0	33:10,0	33:06,0	33:02,0		
52	Бег на 10200 м	33:48,0	33:44,0	33:40,0	33:50,0	33:46,0	33:42,0		
53	Бег на 10400 м	34:28,0	34:24,0	34:20,0	34:30,0	34:26,0	34:22,0		
54	Бег на 10600 м	35:08,0	35:04,0	35:00,0	35:10,0	35:06,0	35:02,0		
55	Бег на 10800 м	35:48,0	35:44,0	35:40,0	35:50,0	35:46,0	35:42,0		
56	Бег на 11000 м	36:28,0	36:24,0	36:20,0	36:30,0	36:26,0	36:22,0		
57	Бег на 11200 м	37:08,0	37:04,0	37:00,0	37:10,0	37:06,0	37:02,0		
58	Бег на 11400 м	37:48,0	37:44,0	37:40,0	37:50,0	37:46,0	37:42,0		
59	Бег на 11600 м	38:28,0	38:24,0	38:20,0	38:30,0	38:26,0	38:22,0		
60	Бег на 11800 м	39:08,0	39:04,0	39:00,0	39:10,0	39:06,0	39:02,0		
61	Бег на 12000 м	39:48,0	39:44,0	39:40,0	39:50,0	39:46,0	39:42,0		
62	Бег на 12200 м	40:28,0	40:24,0	40:20,0	40:30,0	40:26,0	40:22,0		
63	Бег на 12400 м	41:08,0	41:04,0	41:00,0	41:10,0	41:06,0	41:02,0		
64	Бег на 12600 м	41:48,0	41:44,0	41:40,0	41:50,0	41:46,0	41:42,0		
65	Бег на 12800 м	42:28,0	42:24,0	42:20,0	42:30,0	42:26,0	42:22,0		
66	Бег на 13000 м	43:08,0	43:04,0	43:00,0	43:10,0	43:06,0	43:02,0		
67	Бег на 13200 м	43:48,0	43:44,0	43:40,0	43:50,0	43:46,0	43:42,0		
68	Бег на 13400 м	44:28,0	44:24,0	44:20,0	44:30,0	44:26,0	44:22,0		
69	Бег на 13600 м	45:08,0	45:04,0	45:00,0	45:10,0	45:06,0	45:02,0		
70	Бег на 13800 м	45:48,0	45:44,0	45:40,0	45:50,0	45:46,0	45:42,0		
71	Бег на 14000 м	46:28,0	46:24,0	46:20,0	46:30,0	46:26,0	46:22,0		
72	Бег на 14200 м	47:08,0	47:04,0	47:00,0	47:10,0	47:06,0	47:02,0		
73	Бег на 14400 м	47:48,0	47:44,0	47:40,0	47:50,0	47:46,0	47:42,0		
74	Бег на 14600 м	48:28,0	48:24,0	48:20,0	48:30,0	48:26,0	48:22,0		
75	Бег на 14800 м	49:08,0	49:04,0	49:00,0	49:10,0	49:06,0	49:02,0		
76	Бег на 15000 м	49:48,0	49:44,0	49:40,0	49:50,0	49:46,0	49:42,0		
77	Бег на 15200 м	50:28,0	50:24,0	50:20,0	50:30,0	50:26,0	50:22,0		
78	Бег на 15400 м	51:08,0	51:04,0	51:00,0	51:10,0	51:06,0	51:02,0		
79	Бег на 15600 м	51:48,0	51:44,0	51:40,0	51:50,0	51:46,0	51:42,0		
80	Бег на 15800 м	52:28,0	52:24,0	52:20,0	52:30,0	52:26,0	52:22,0		
81	Бег на 16000 м	53:08,0	53:04,0	53:00,0	53:10,0	53:06,0	53:02,0		
82	Бег на 16200 м	53:48,0	53:44,0	53:40,0	53:50,0	53:46,0	53:42,0		
83	Бег на 16400 м	54:28,0	54:24,0	54:20,0	54:30,0	54:26,0	54:22,0		
84	Бег на 16600 м	55:08,0	55:04,0	55:00,0	55:10,0	55:06,0	55:02,0		
85	Бег на 16800 м	55:48,0	55:44,0	55:40,0	55:50,0	55:46,0	55:42,0		
86	Бег на 17000 м	56:28,0	56:24,0	56:20,0	56:30,0	56:26,0	56:22,0		
87	Бег на 17200 м	57:08,0	57:04,0	57:00,0	57:10,0	57:06,0	57:02,0		
88	Бег на 17400 м	57:48,0	57:44,0	57:40,0	57:50,0	57:46,0	57:42,0		
89	Бег на 17600 м	58:28,0	58:24,0	58:20,0	58:30,0	58:26,0	58:22,0		
90	Бег на 17800 м	59:08,0	59:04,0	59:00,0	59:10,0	59:06,0	59:02,0		
91	Бег на 18000 м	59:48,0	59:44,0	59:40,0	59:50,0	59:46,0	59:42,0		
92	Бег на 18200 м	60:28,0	60:24,0	60:20,0	60:30,0	60:26,0	60:22,0		
93	Бег на 18400 м	61:08,0	61:04,0	61:00,0	61:10,0	61:06,0	61:02,0		
94	Бег на 18600 м	61:48,0	61:44,0	61:40,0	61:50,0	61:46,0	61:42,0		
95	Бег на 18800 м	62:28,0	62:24,0	62:20,0	62:30,0	62:26,0	62:22,0		
96	Бег на 19000 м	63:08,0	63:04,0	63:00,0	63:10,0	63:06,0	63:02,0		
97	Бег на 19200 м	63:48,0	63:44,0	63:40,0	63:50,0	63:46,0	63:42,0		
98	Бег на 19400 м	64:28,0	64:24,0	64:20,0	64:30,0	64:26,0	64:22,0		
99	Бег на 19600 м	65:08,0	65:04,0	65:00,0	65:10,0	65:06,0	65:02,0		
100	Бег на 19800 м	65:48,0	65:44,0	65:40,0	65:50,0	65:46,0	65:42,0		
101	Бег на 20000 м	66:28,0	66:24,0	66:20,0	66:30,0	66:26,0	66:22,0		
102	Бег на 20200 м	67:08,0	67:04,0	67:00,0	67:10,0	67:06,0	67:02,0		
103	Бег на 20400 м	67:48,0	67:44,0	67:40,0	67:50,0	67:46,0	67:42,0		
104	Бег на 20600 м	68:28,0	68:24,0	68:20,0	68:30,0	68:26,0	68:22,0		
105	Бег на 20800 м	69:08,0	69:04,0	69:00,0	69:10,0	69:06,0	69:02,0		
106	Бег на 21000 м	69:48,0	69:44,0	69:40,0	69:50,0	69:46,0	69:42,0		
107	Бег на 21200 м	70:28,0	70:24,0	70:20,0	70:30,0	70:26,0	70:22,0		
108	Бег на 21400 м	71:08,0	71:04,0	71:00,0	71:10,0	71:06,0	71:02,0		
109	Бег на 21600 м	71:48,0	71:44,0	71:40,0	71:50,0	71:46,0	71:42,0		
110	Бег на 21800 м	72:28,0	72:24,0	72:20,0	72:30,0	72:26,0	72:22,0		
111	Бег на 22000 м	73:08,0	73:04,0	73:00,0	73:10,0	73:06,0	73:02,0		
112	Бег на 22200 м	73:48,0	73:44,0	73:40,0	73:50,0	73:46,0	73:42,0		
113	Бег на 22400 м	74:28,0	74:24,0	74:20,0	74:30,0	74:26,0	74:22,0		
114	Бег на 22600 м	75:08,0	75:04,0	75:00,0	75:10,0	75:06,0	75:02,0		
115	Бег на 22800 м	75:48,0	75:44,0	75:40,0	75:50,0	75:46,0	75:42,0		
116	Бег на 23000 м	76:28,0	76:24,0	76:20,0	76:30,0	76:26,0	76:22,0		
117	Бег на 23200 м	77:08,0	77:04,0	77:00,0	77:10,0	77:06,0	77:02,0		
118	Бег на 23400 м	77:48,0	77:44,0	77:40,0	77:50,0	77:46,0	77:42,0		
119	Бег на 23600 м	78:2							



спортсменом

БУДУ



Информационные

ИСТОЧНИКИ

Иллюстрации на слайдах:

1 слайд <http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

2 слайд <http://school59cheb.ru/uploaded/banners/gto.gif>

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

3 слайд <http://xn----7sbgfwwgignye8i.xn--p1ai/wp-content/uploads/2015/06/115.jpg>

4 слайд http://halitovo.ru/upload/iblock/db8/08_fizkulbturnik.jpg

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

5 слайд http://rtvi.com/images/upload/08.04.15_GTO.jpg

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

6 слайд http://www.infohabarovsk.ru/forum/user_foto/d42d5b2fbad5d2608b49a386177537f0.jpe

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

7 слайд <http://izhig.ru/nagrudnye-znaki-svs/image/znak-1939-god-1-stupeni.gif>

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

8 слайд <http://www.oaem.ru/Images/News/ajcsqnsb9pcm528c.jpg>

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

9 слайд http://www.science-techno.ru/nt/sites/default/files/ImagesNT/4_2010/0410_33.jpg

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

10 слайд <http://www.image.me.com/wp-content/uploads/2014/02/Putin-Sochi-Olympics-1024x686.jpg>

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

11 слайд <http://www.ridus.ru/images/2014/11/25/250622/4fcce7d5ab.jpg>

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

12 слайд http://www.andamento.ru/images/sportiv/stend_5_stupenej_gotov_k_trudu_i_oborone.png

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

13 слайд <http://savepic.su/4463702.jpg>

<http://www.gto-normy.ru/wp-content/uploads/2014/10/normy-gto-2014.png>

14 слайд <http://pics2.pokazuha.ru/p442/d/z/8114970zzd.jpg>

Информационные источники

Текст на слайдах:

<http://litrus.net/book/read/146643?p=52>

<http://www.the-village.ru/village/situation/situation/168187-putin>

<http://bmsi.ru/doc/ae4aa80a-3224-44a5-b8f2-46b7c772d74c>

<http://www.gto-normy.ru/>

Спасибо за
внимание!