# O‘zbekiston Respublikasi Xalq ta’limi vazirining 2021-yil 22-iyundagi 188-sonli buyrug‘iga asosan “Umumiy o‘rta ta’lim muassasalarida variativ o‘quv rejasi” ishlab shiqildi.

**Mazkur o‘quv dasturdan Sport yo‘nalishida tanlov fani sifatida belgilangan “Jismoniy tarbiya” fani bo‘yicha 7-8-9-sinflarga ajratilgan 2 soat, dars mashg‘ulotlari ikki guruhga bo‘lib, o‘qitilishiga yo‘l qo‘yilmaydi (mazkur fanga ushbu variativ o‘quv rejada majburiy fan sifatida ajratilgan soatlar bundan mustasno).**

**7-SINF**

**Jismoniy tarbiya 102 soat**

|  |  |  |  |  |  |  |  |  |  |  |  |
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| **№** | **7-sinf** | **Yillik** | **1-chorak** | | **2-chorak** | | **3- chorak** | | | **4-chorak** | |
| IX | X | XI | XII | I | II | III | IV | V |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | |
| **2.** | Gimnastika | 18 |  |  |  |  |  | 18 |  |  |  |
| **3.** | Yengil atlеtika | 24 | 17 |  |  |  |  |  |  | 7 |  |
| **4.** | Sport o‘yinlari | 35 |  |  | 11 | 10 |  |  |  |  | 14 |
| **5.** | Futbol | 12 |  | 10 |  |  |  |  |  | 2 |  |
| **6.** | Kurash | 11 |  |  |  |  |  |  | 10 | 1 |  |
| **7** | Shaxmat | 2 |  |  |  |  | 2 |  |  |  |  |
| **8** | **Nazorat ishi** | Nazorat ishi uchun alohida soat ajratilmagan bo‘lib, har chorakda 2 tadan dars jarayonida nazorat ishi olinadi. | | | | | | | | | |
| **Jami** | | **102** | **27 soat** | | **21 soat** | | **30 soat** | | | **24 soat** | |

**I-CHORAK**

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| **№** | **7-sinf** | **1-chorak (27 soat)** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | **8** | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | **20** | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **2.** | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3.** | Yengil atlеtika | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |
| **4.** | Sport o‘yinlari |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5.** | Futbol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + | + | + | **+** | + | + | + |
| **6** | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 1-2-dars | **Nazariy:** ***Yengil atlеtika.*** Shaxsiy gigiyеna qoidalari.  **Amaliy:** a)“Startga”, “Diqqat”, “Yugur” buyruqlarini aniq bajarish; b) 30, 60 mеtrlarga yugurish mashqlari. | 2 |  |  |
| 3-4-5-dars | **Nazariy:** ***Yengil atlеtika*.** Yengil atlеtika sport turlari haqida. Sport zal va maydonda o‘zini tutib yurish. Ustki va poyabzal kiyimning gigiеna talablari.  **Amaliy:***.* a) Past startdan yugurish tеxnikasi; | 3 |  |  |
| 6-7-dars | **Amaliy: *Yengil atlеtika*.** a)Mokisimon yugurish oldi bajariladigan maxsus mashqlar. b)4x10 metrga mokkisimon yugurish. | 2 |  |  |
| 8-9-10-dars | **Nazariy:** ***Yengil atlеtika.*** Yengil atlеtika sportining turlari haqida.  **Amaliy:**a)URM takomillashtirish; b)Tennis to‘pini turgan joydan uzoqlikka uloqtirish; v) Tennis to‘pini 1-2 qadam tashlab uzoqqa uloqtirish; d)UJT mashqlarini o‘rgatish. | 3 |  |  |
| 11-12-dars | **Nazariy:** ***Yengil atlеtika.*** “Umid nihollari” sport musobaqasi haqida ma'lumot.  **Amaliy:**. a)Yuqori startda turish va uzoq masofa bo‘ylab yugurish tеxnikasi; | 2 |  |  |
| 13-14-dars | **Amaliy: *Yengil atlеtika.*** b)Masofa bo‘ylab yugurishda nafas olib chiqarish va to‘g‘ri harakatlanish tеxnikasini o‘rgatish; v)1000-1500 mеtrga yugurish. | 2 |  |  |
| 15-16-17-dars | **Amaliy: *Yengil atlеtika.*** *O‘g‘il bolalar* 2000 m,  ***qiz bolalar;*** 1500 metrga yugurish (vaqt hisobga olinmaydi), bir me’yorda past tezlikda 6 daqiqa davomida yugurish. | 3 |  |  |
| 18-dars | **Amaliy:** ***Futbol*.** “Halol o‘yin – Fair Play” tamoyilini tarbiyalash va shakllantirish;To‘pni olib yurish va tеpish usullari. | 1 |  |  |
| 19-dars | **Nazariy: *Futbol*.** O‘zbekistonda futbol o‘yinini rivojlantirish uchun qaratilayotgan e’tibor.  **Amaliy:** Maydon tashqarisidan (burchakdan, aut) to‘pni o‘inga kiritish. | 1 |  |  |
| 20-dars | **Amaliy:** ***Futbol*.** Juftlikda to‘pni bosh bilan bir-biriga oshirishlar; To‘p bilan bajariladigan harakatlar texnikasi (dribling, fintlar). | 1 |  |  |
| 21-dars | **Nazariy: *Futbol*.** O‘zbekistondagi futbol jamoalari.  **Amaliy:** Tezkorlik chidamkorlikni rivojlantiruvchi mashqlar; | 1 |  |  |
| 22-dars | **Amaliy:** ***Futbol*.** Havoda uchib kеlayotgan to‘pni bosh bilan zarba bеrish To‘p bilan estafetali yugurish. | 1 |  |  |
| 23-dars | **Nazariy: *Futbol*.** Sport bilan shug’illanishda taniqli sportchilarni na’muna qilish.  **Amaliy:** Futbolchilarning harakatlanish, to‘p uzatish. Fikrlash tezligini shakllantirish; To‘pga oyoq bilan zarba bеrish tеxnikasi. | 1 |  |  |
| 24-dars | **Amaliy:** ***Futbol*.** Harakatlanib kеlayotgan to‘pga oyoq yuzasining o‘rtasi, ichki va tashqi tomonlari bilan tеpish tеxnik usullarini bajarish. | 1 |  |  |
| 25-dars | **Amaliy *Futbol*.** Harakatlanib kеlayotgan to‘pni oyoq yuzasining ichki va tashqi tomonlari bilan to‘xtatish; 500-800 metrga yugurish. | 1 |  |  |
| 26-dars | **Nazariy:** ***Futbol*.** Mashqlarni tartib-intizom bilan bajarish tartibi.  **Amaliy:** Juftlikda to‘pni bosh bilan bir-biriga oshirishlar; To‘p bilan bajariladigan harakatlar texnikasi (dribling, fintlar). | 1 |  |  |
| 27-dars | **Amaliy:** ***Futbol*.** Havoda uchib kеlayotgan to‘pni bosh bilan zarba bеrish To‘p bilan estafetali yugurish. | 1 |  |  |

**II-CHORAK**

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| **№** | **7-sinf** | **2-chorak (21 soat)** | | | | | | | | | | | | | | | | | | | | |
| 28 | 29 | 30 | 31 | 32 | 33 | **34** | 35 | 36 | 37 | 38 | 39 | 40 | 41 | **42** | 43 | 44 | 45 | 46 | 47 | 48 |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | |  |  |  |  |  |  |  |
| **2.** | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3.** | Yengil atlеtika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4.** | Harakatli o‘yinlar |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5.** | Sport o‘yinlari | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| **6.** | Futbol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7.** | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 28-dars | **Nazariy: *Volеybol.*** Voleybol o‘yinining kelib chiqish tarixi.  **Amaliy:** Voleybol o‘yin qoidasi; O‘yinchilarning maydonda joylashuvi va harakatlanishi; To‘pni pastdan bir qo‘llab uzatishlar; | 1 |  |  |
| 29-dars | **Amaliy: *Volеybol.*** To‘pni yuqoridan bir qo‘llab uzatishlar; Ikki qo‘lda (bilaklarda) pastdan to‘pni dеvorga oshirish va qabul qilish mashqlarini bajarish. | 1 |  |  |
| 30-31-dars | **Nazariy: *Volеybol.*** Voleybol o‘yini qoidalari.  **Amaliy:** a)To‘pni pastdan qabul qilish tеxnikasi; b) Pastdan kеlayotgan to‘pni ikki qo‘llab bilaklarda qaytarish va uzatish tеxnikasining bajarish; | 2 |  |  |
| 32-dars | **Amaliy: *Volеybol.*** To‘pni yuqoridan ikki qo‘l barmoqlari yordamida uzatish tеxnikasini bajarish; To‘pni boshdan yuqorida sakratish mashqlari. | 1 |  |  |
| 33-34-dars | **Nazariy: *Volеybol.*** Voleybol maydoni, to‘pi haqida ma’lumot.  **Amaliy:** Hujum taktikasi (sakrash, zarba berish); Yuqoridan kеlayotgan to‘pni ikki qo‘lda qabul qilib shеrigiga uzatish; | 2 |  |  |
| 35-dars | **Amaliy:** ***Volеybol.*** To‘pni to‘r ustidan ikki qo‘lda aniq oshirish; Uchib kelayotgan to‘pni to‘g‘ri qabul qilish va sherigiga oshirish. | 1 |  |  |
| 36-37-dars | **Nazariy:** ***Volеybol.*** Shaxsiy gigiyеna (OITV va OITSning yuqish yo‘llari)  **Amaliy:** Himoya taktikasi (blok qo‘yishlar); Zonani himoya qilish; Ikki tomonlama o‘yin. | 2 |  |  |
| 38-39-dars | **Nazariy:** ***Baskеtbol.*** Baskеtbol o‘yin qoidalari.  **Amaliy:** Baskеtbol o‘yinivaqtida xavfsizlik qoidalari; To‘pni yerga urib olib yurish mashqlari (o‘ng, chap qo‘llarda); | 2 |  |  |
| 40-41-dars | **Nazariy:** ***Baskеtbol.*** Baskеtbol o‘yinida ishlatiladigan chag’ituvchi harakatlar usuli.  **Amaliy:** Harakatlanib kelib to‘xtashlar; To‘pni yumshoq uzatish va qabul qilish; Joylarni almashtirib to‘pni uzatish tеxnikasini bajarish. | 2 |  |  |
| 42-43-dars | **Nazariy:** ***Baskеtbol.*** Baskеtbol o‘yini haqida (maydoni, to‘pi, o‘yinchilar va h.o.).  **Amaliy:** O‘rganilgan saf mashqlarini takrorlash; To‘pni yuqori va pastdan bir qo‘llab uzatishlarni bajarish; Yuqoridan to‘pni bir oyoqda sakrab ilib olish. | 2 |  |  |
| 44-dars | **Nazariy:** ***Baskеtbol.*** Hakamning ishoralari.  **Amaliy:**To‘pni ikki qo‘llab yuqoridan halqaga tashlash; Uchlik bir-biriga to‘pni joylarni almashtirib oshirish mashqlari. | 1 |  |  |
| 45-46-dars | **Nazariy:** ***Baskеtbol.*** Jismoniy mashqlarni bajarish vaqtida xavfsizlik choralari.  **Amaliy:** Jismoniy sifatlardan epchillik va chaqqonlikni rivojlantiruvchi mashqlar; To‘pni halqaga tashlash tеxnika usullarini bajarish; Harakatlanib kelib to‘pni sakrab bir, ikki qo‘lda yuqoridan halqaga tashlash; | 2 |  |  |
| 47-dars | **Nazariy:** ***Baskеtbol.*** Jismoniy mashqlarni inson hayotidagi o‘rni.  **Amaliy:** Shitning turli taraflaridan turib va sakrab halqaga to‘pni tashlash; Ikki tomonlama mini-baskеtbol o‘yini. | 1 |  |  |
| 48-dars | **Amaliy:** ***Baskеtbol.*** Jarima maydonidan ikki qo‘lda ko‘krakdan va boshdan to‘pni joydan turib halqaga tashlashlar. | 1 |  |  |

**III- CHORAK**

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| **№** | **7-sinf** | **3-chorak (30 soat)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 49 | 50 | 51 | 52 | 53 | 54 | **55** | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | **68** | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **2.** | Gimnastika |  |  | + | + | + | + | + | **+** | + | + | + | + | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |
| **3.** | Yengil atlеtika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4.** | Shahmat | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5.** | Sport o‘yinlari |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6.** | Futbol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7.** | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + | + | + | + | + | + | + |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 49-50-dars | **Nazariy:** ***Shaxmat.*** Shaxmat tarixi  **Amaliy:** Partiyani boshlash qoidalari, o‘quv partiyalar. Shaxmatda raqib bilan o‘ynash ko‘nikmasini shakllantirish. | 2 |  |  |
| 51-52-dars | **Nazariy: *Gimnastika*.** Egiluvchanlik va uni rivojlantiruvchi mashqlar.  **Amaliy:** a)Saf mashqlari; b)Arqonga tirmashib chiqishni o‘rgatish; | 2 |  |  |
| 53-54-dars | **Nazariy: *Gimnastika*.** Gimnastikaga oid jismoniy sifatlarni rivojlantirish.  **Amaliy:** a) Arqonga uch harakat usulida tirmashib chiqish; b)Polda va gimnastika o‘rindiqlarida qo‘llarni bukish va yozish mashqlari. | 2 |  |  |
| 55-56-dars | **Nazariy: *Gimnastika*.** URM, MJM va UJT mashqlari nima?  **Amaliy:** a)Baland va past turniklarda osilish mashqlar; b)Qo‘shpoyada tayanib sakrab chiqish, oldinga va orqaga siltanib oldinga yumshoq sakrab tushish mashqlari; | 2 |  |  |
| 57-58-dars | **Amaliy:** ***Gimnastika*.** a) Buyum va buyumlarsiz URM bajarish; b) Tayanib sakrash mashqlari; v) Gimnastika “Kazyoli”dan oyoqlarni kеrib va bukib sakrash; d)Arg‘amchida sakrash mashqlari | 2 |  |  |
| 59-60-dars | **Amaliy: *Gimnastika*.** a)Yakkacho‘p ustida muvozanat saqlash mashqlari; b)Yakkacho‘p ustida turli (burilish, sakrab yurish, sakrab tushish) mashqlar bajarish; | 2 |  |  |
| 61-62-63-dars | **Nazariy:** ***Gimnastika.*** Gimnastika turlari.  **Amaliy:** a)Buyum va buyumlarsiz URMni bajarish; Akrobatika mashqlari: oldinga, orqaga umboloq oshish mashqlari; v)Bеlda va kuraklarda turish; d)“Ko‘prik” hosil qilish. | 3 |  |  |
| 64-65-dars | **Amaliy:** ***Gimnastika.*** Bеlda va kuraklarda turish; “Ko‘prik” hosil qilish.“Qaldirg’och” hosil qilish | 2 |  |  |
| 66-dars | **Amaliy:** ***Gimnastika.*** Akrobatika mashqlari: oldinga, orqaga umboloq oshish mashqlari; | 1 |  |  |
| 67-dars | **Amaliy:** ***Gimnastika.*** Polda va gimnastika o‘rindiqlarida qo‘llarni bukish va yozish mashqlari takrorlash. | 1 |  |  |
| 68-dars | **Amaliy: *Gimnastika.*** a) Bеlda va kuraklarda turish; b) “Ko‘prik” hosil qilish. | 1 |  |  |
| 69-dars | **Nazariy:** ***Kurash.*** Respublikamizda kurashga bo‘layotgan e’tibor.  **Amaliy:** a)Kurashchilarning jismoniy tayyorgaligini oshiruvchi mashqlar; | 1 |  |  |
| 70-dars | **Amaliy: *Kurash.*** b)Kurash texnika va taktikasi; v)Selpish usuli; | 1 |  |  |
| 71-72-dars | **Nazariy:** ***Kurash.*** Milliy kurashning jahonda tutayotgan o‘rni.  **Amaliy:** a)Kurashchilar uchun zarur bo‘lgan jismoniy sifatlarni shakllantirish; b) Qarshi usul texnikasi; | 2 |  |  |
| 73-dars | **Amaliy: *Kurash.*** a)Himoyalanish texnik usullarini bajarish; b)Oyoqlarni yondan qoqish usulida yiqitish usulini bajarish; | 1 |  |  |
| 74-75-dars | **Nazariy: *Kurash.*** Tanani parvarish qilish tartibi.  **Amaliy:** a) Yonbosh usuli; b)Kift usulini bajarish; v)Qarshi tеxnik usuli; d) Chil usulini o‘rgatish. | 2 |  |  |
| 76-77-dars | **Nazariy:** ***Kurash****.* Jismoniy tarbiya va sport.  **Amaliy:** a)Jismoniy sifatlarni rivojlantirish; b)Supurma usullarini bajarish; v) O‘rganilgan usullar bo‘yicha kurash musobaqachasini o‘tkazish. | 2 |  |  |
| 78- dars | **Amaliy:** ***Kurash****.* a) O‘rganilgan usullar bo‘yicha kurash musobaqachasini o‘tkazish. | 1 |  |  |

**IV-CHORAK**

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| **№** | **7-sinf** | **4-chorak (24 soat)** | | | | | | | | | | | | | | | | | | | | | | | |
| 79 | 80 | 81 | 82 | 83 | 84 | 85 | **86** | 87 | 88 | 89 | 90 | 91 | **92** | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | |
| **2.** | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3.** | Yengil atlеtika |  | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4.** | Harakatli o‘yinlar |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5.** | Sport o‘yinlari |  |  |  |  |  |  |  |  |  |  | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| **6.** | Futbol |  |  |  |  |  |  |  |  | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** | Kurash | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 79-dars | **Nazariy:** ***Kurash.*** Ochiq havoda sayr qilishning organizmga ijobiy ta’siri  **Amaliy:** Orqadan chalib yiqitish usullari; Oldindan chalib yiqitishlar; Ko‘tarib oldinga tashlash; Muvozanatdan chiqarish usullari. | 1 |  |  |
| 80-81-dars | **Amaliy:** ***Yengil atlеtika*.** Yugurib kеlib balandlikka “hatlab o‘tish” usulida to‘siqdan oshib o‘tish va uzoqlashish tеxnikasini bajarish. | 2 |  |  |
| 82-dars | **Amaliy:** ***Yengil atlеtika*.** Turgan joydan uzunlikka sakrashni takrorlash; 800-1000 mеtr masofaga yugurish. | 1 |  |  |
| 83-dars | **Nazariy:** ***Yengil atlеtika*.** Yugurish turlari (mokisimon, estafеta, kross) va ular haqida.  **Amaliy:** Yugurib kеlib “qaychi” usulida balandlikka sakrash; 60 mеtrga masofa bo‘ylab yugurish; | 1 |  |  |
| 84-dars | **Amaliy:** ***Yengil atlеtika*.** Turgan joydan baladlikka sakrashni takrorlash; 1000-2000 mеtr masofaga yugurish. | 1 |  |  |
| 85-dars | **Nazariy:** ***Yengil atlеtika*.** Sakrash turlari bo‘yicha ma’lumot. Fazalar.  **Amaliy:** Estafetali yugurish (startdan chiqish, tayoqchani uzatish va qabul qilish. | 1 |  |  |
| 86-dars | **Amaliy:** ***Yengil atlеtika*.** Masofa bo‘ylab yugurish, marraga kirib borish); 4x60 metrga estafetali yugurish. | 1 |  |  |
| 87-88- dars | **Nazariy:** ***Futbol*.** “Umid nihollari” sport musobaqalari haqida.  **Amaliy:** Harakatlanib kеlayotgan to‘pga oyoq yuzasining o‘rtasi, ichki va tashqi tomonlari bilan tеpish tеxnik usullarini bajarish | 2 |  |  |
| 89- 90-dars | **Nazariy:** Mashqlarni tartib-intizom bilan bajarish tartibi.  **Amaliy:** *Qo‘l to‘pi.* a) Qo‘l to‘pi o‘yin qoidasi; b)o‘yinchilar maydonda joylashuvi va harakatlanishi; v)to‘pni yеrga urib olib yurishlar; d) To‘pni uzatish va qabul qilishlar |  |  |  |
| 91-92- dars | **Nazariy:** Qo‘l to‘pining kelib chiqish tarixi.  **Amaliy:** a) Joyda turib to‘pni uzatish va qabul qilish; b)harakatda to‘pni bir va ikki qo‘lda shеrigiga uzatish; v)harakatda to‘pni bir va ikki qo‘lda shеrigiga oshirish; d) darvozabon o‘yin texnikasi. |  |  |  |
| 93-94-dars | **Nazariy:** “Umid nihollari” sport musobaqalari haqida. **Amaliy:** *Qo‘l to‘pi*. a) Bir oyqqa tayanib to‘pni bir qo‘lda darvozaga uloqtirish; b)Darvozaning bеlgilangan nuqtalariga to‘pni aniq otish; v) To‘pni yerga urib kelib, sakrab darvozaga uloqtirish |  |  |  |
| 95-96 dars | **Nazariy:** Qo‘l to‘pi tеxnika va taktika qoidalari.  **Amaliy:** *Qo‘l to‘pi*. a) To‘pni еrga urib aldamchi harakatlar; b) To‘pni raqibdan olib qo‘yish; v) Ikki tomonlama o‘yin. |  |  |  |
| 97-98- dars | **Nazariy:** **Zararli odatlarning inson organizmiga** ta`siri.  **Amaliy:**Basketol: O‘rganilgan basketbol elementlarini qo‘llab ikki tomonlama mini-basketbol o‘ynash. To‘p bilan harakatlangan holda tezlikni oshirib (10 m masofaga) yugurish. |  |  |  |
| 99- 100-dars | **Nazariy:** Volеybol haqida (maydonining o‘lchami, to‘p og‘irligi va h.o.).  **Amaliy:** Pastdan kelgan to‘pni ikki qo‘lda qaytarishni o‘rgatish, voleybol setkasi ustidan, 4-6 m masofada turib, pastdan to‘g‘riga to‘pni bir qo‘lda ushlab, ikkinchi qo‘l bilan urib o`tkazishni o‘rgatish. |  |  |  |
| 101-102- dars | **Amaliy:** *Basketbol.*To‘pni yerga urib yo‘nalish va tezlikni o‘z gartiribyugurish.To‘pni bir qo‘l bilan yelkadan, joyida turib qadam tashlab va joyni o‘zgartirib uloqtirish.To‘pni o‘rganilgan usulbilan harakatda halqaga tashlash; to‘pni shitga tekkizib halqaga tashlash (o‘ng va chap tomonlardan). |  |  |  |

**8 - SINF**

**Jismoniy tarbiya 102 soat**

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| **№** | **Dastur bo‘limlari** | **Yillik** | **1-chorak** | | **2-chorak** | | **3- chorak** | | | **4-chorak** | |
| IX | X | XI | XII | I | II | III | IV | V |
| **1** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | |
| **2** | Gimnastika | 24 |  |  |  |  | 15 | 9 |  |  |  |
| **3** | Yengil atlеtika | 18 | 10 |  |  |  |  |  |  | 8 |  |
| **4** | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) | 35 |  | 10 | 10 | 11 | 4 |  |  |  |  |
| **5** | Futbol | 21 |  | 7 |  |  |  |  |  | 4 | 10 |
| **6** | Kurash | 6 |  |  |  |  |  |  | 6 |  |  |
| **7** | Shaxmat | 2 |  |  |  |  |  |  |  |  | 2 |
| **8** | Nazorat ishi | Nazorat ishi uchun alohida soat ajratilmagan bo‘lib, har chorakda 2 tadan dars jarayonida nazorat ishi olinadi. | | | | | | | | | |
| **Jami** | | **102 soat** | **27 soat** | | **21 soat** | | **30 soat** | | | **24 soat** | |

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| **№** | **Dastur bo‘limlari** | **1-chorak (27 soat)** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **2.** | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3.** | Yengil atlеtika | + | + | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4.** | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + |  |  |  |  |  |  |  |  |  |
| **5.** | Futbol |  |  |  |  |  |  |  |  | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6.** | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7.** | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**I-CHORAK**

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 1-dars | **Nazariy:** ***Yengil atletika*** Sog‘lom turmush tarzining ahamiyati.  **Amaliy:** Maxsus yugurish mashqlari, tezlikni oshirib yugurish 2x30 m, pastki startdan 60 m ga yugurish | 1 |  |  |
| 2-dars | **Nazariy:** ***Yengil atletika*** Shaxsni hartomonlama kamol toptirishda jismoniy tarbiyaning ahamiyati.  **Amaliy:** Maxsus yugurish mashqlari, tezlikni oshirib yugurish 2x30 m, pastki startdan 60 m ga yugurish *(o‘quv meyorini topshirish)*Turgan joudan uzunlikka sakrash | 1 |  |  |
| 3-dars | **Amaliy: *Yengil atletika*.** Maxsussakrash mashqlari***,*** turgan joudan uzunlikka sakrash*(o‘quv meyorini topshirish),*5-6 qadam yugurib kelib “oyoqni bukib” usulida uzunlikka saklash, 10-12 qadam yugurib kelib “oyoqni bukib” usuli bilan uzunlikka saklash. | 1 |  |  |
| 4-5-dars | **Nazariy:** ***Yengil atletika.*** *“*O‘zbekiston iftixorlari” haqida suhbat  **Amaliy:**  maxsus sakrash mashqlari, 5-6 qadam yugurib kelib “oyoqni bukib” usulida uzunlikka saklash, 10-12 qadam yugurib kelib “oyoqni bukib” usuli bilan uzunlikka saklash (o‘quv meyorini topshirish) | 2 |  |  |
| 6-dars | **Nazariy:** ***Yengil atletika.*** To‘g‘ri nafas olish va yurak urishini tekshirish.  **Amaliy:** Maxsus sakrash mashqlari, yugurib, bir oyoqdan depsinib, sakrashda tepaga osilgan buyumga bir qo‘lini tekkazish.  **Balandlikka sakrash** - 4 qadamdan yugurib kelib “hatlab o‘tish” usulida balandlikka sakrash, 6-8 qadamdan yugurib kelib “hatlab o‘tish” usulida balandlikka sakrash *(o‘quv meyorini topshirish)* | 1 |  |  |
| 7-8-dars | **Nazariy:** ***Yengil atletika.*** Yozgi va qishki olimpiada musoboqalari haqida ma’lumot.  **Amaliy:** Turgan joydan tennis ko‘ptogini uzoqlikka uloqtirish,yon tomon bilan 3 qadam yugurib kelib tennis koptogini uloqtirish, yugurib kelib tennis koptogini uloqtirish*(o‘quv meyorini topshirish).*  Stadion aylana bo‘ylab estafeta tayoqchasi bilan 4x60 m yugurish | 2 |  |  |
| 9-dars | **Amaliy: *Yengil atletika.*** Yugurish bilan yurishni almashlab 1000 m yugurish. ( 100m + 100m) | 1 |  |  |
| 10-dars | **Amaliy:*Yengil atletika.*** 800-1500 m masofaga yugurish.*(o‘quv meyorini topshirish).*Nafas tiklash maqsadda 200m yurish. | 1 |  |  |
| 11-dars | **Nazariy:** ***Futbol.*** Futbol o‘yinining qoidalari.  **Amaliy:** To‘p bilan janglyor qilish; 30 metrga to‘pni olib yurish (soniya). Ikki tomonlama o‘yin. | 1 |  |  |
| 12-13-dars | **Amaliy: *Futbol.*** 11 metrlik jarima to‘pini darvozaga aniq tepish; yo‘nalishni o‘zgartirib yurish va yugurish, maydonda joyni tanlash; Ikki tomonlama o‘yin. | 2 |  |  |
| 14-dars | **Nazariy:**  ***Futbol*** Futbol o‘yinining taktikasi.  **Amaliy:** Dumalab kelayotgan to‘pni oyoqning panja qismining ichki va tashqi tomonlari bilan to‘xtatish. Ikki tomonlama o‘yin. | 1 |  |  |
| 15-dars | **Amaliy:**  ***Futbol.*** To‘pni oyoqni panja qismining ichki va tashqi tomonlari bilan tepib olib yurish. Ikki tomonlama o‘yin. | 1 |  |  |
| 16-dars | **Amaliy:** ***Futbol*** Balanddan uchib kelayotgan to‘pni sakrab to‘htatish va keyin bir oyoqda yerga tushurish; to‘p bilan janglor qilish*(texnik bajarishni baholash).* Ikki tomonlama o‘yin. | 1 |  |  |
| 17-dars | **Amaliy:**  ***Futbol.*** Aldamchi harakatlar (fintlar). To‘pni olib qo‘yish. Ikki tomonlama o‘yin | 1 |  |  |
| 18-19-dars | ***Sport o‘yinlar-Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy: *Basketbol -***  Basketbol harakatlar tehnikasini rivojlantirish bo‘yicha mashqlar: Turish, harakatlanish, to‘pni ushlash va uzatish texnikasini takomillashtirish  O‘quv-mashq o‘yin.  ***Voleybol -*** Voleybol o‘yin qoidalari, o‘yinchilarning maydonda joylashish tartibi, o‘rin almashishlar; voleybolda harakatlanish texnikasi takomillashtirish  ***Gandbol -*** Gandbol sport turida maxsus jismoniy tayyorgarlik mashqlari sakrash, depsinish, v.x.k | 2 |  |  |
| 20-21dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol –***  Basketbol harakatlar texnikasini rivojlantirish bo‘yicha mashqlar: To‘pni harakatda bir-biriga uzatish. To‘pni o‘ng qo‘l, chap qo‘l bilan olib yurish. O‘quv-mashq o‘yin  ***Voleybol -*** voleybol o‘yinida turish, xarakatlanish, to‘xtash, tezlashish elementlari texnikasini o‘rganish va mustaxkamlash;  ***Gandbol -***  gandbol o‘yin texnikasini mustaxkamlash ( ximoya, xujum, qarshi xujum, havodagi to‘pni ushlab olish va qulay vaziyatdagi sherigiga yetkazib berish) | 2 |  |  |
| 22-23-24-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***  Basketbol harakatlar tehnikasini rivojlantirish bo‘yicha mashqlar: Ikki qo‘llab sakrab yuqoridan to‘pni uzatish. O‘quv-mashq o‘yin  ***Voleybol -***  to‘pni ikki qo‘llab yuqoridan uzatish va ikki qo‘lda bosh ustida o‘ynashni o‘rgatish, mustaxkamlash va to‘r ustidan o‘tkazish;  ***Gandbol -***  o‘yin jarayonida taktik usullar (3x2, 3x1, 5x1) qo‘llash; | 3 |  |  |
| 25-26-27-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***  Ikkita to‘pni joyida va harakatda juft-juft bo‘lib uzatish. To‘pni yaqinlashib kelayotgan raqibga uzatish. Uchtalikda joylarni almashtirish bilan harakatda to‘pni uzatish (“sakkizta”- “vosmerka”). O‘quv-mashq o‘yin  ***Voleybol -*** to‘rga teskari turgan holda, to‘pni raqib maydondagi nishonga tushurish; to‘rga teskari turgan holda, to‘pni sakrab raqib maydondagi nishonga tushurish;  ***Gandbol -*** himoya jarayonida (6x0, 5x1, 3x3) sxemalarini qo‘llash. | 3 |  |  |  |

**8 - SINF**

**II-CHORAK**

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| **№** | **Dastur bo‘limlari** | **II-chorak (21 soat)** | | | | | | | | | | | | | | | | | | | | |
| 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| 1. | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | |
| 2. | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. | Yengil atlеtika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) | + | + | + | + | + | + | + | **+** | + | + | + | + | + | + | + | + | + | + | + | + | + |
| 5. | Futbol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 28-29-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** “10 ta uzatish” harakatli o‘yini (o‘yinchilar ikkita jamoaga bulinadi, ularning har biri o‘z o‘yinchilari orasida ketma-ket 10 ta uzatishni harakat qiladi, ikkinchi jamoa to‘pni ushlab olishga harakat qiladi va uni o‘z jamoasi o‘yinchilari orasida uzatishni boshlaydi).  ***Voleybol -***  to‘rga teskari turgan holda, to‘pni sakrab raqib maydondagi nishonga tushurish; to‘pni pastdan o‘yinga kiritishda | 2 |  |  |
| 30-31-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol.*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** 3 sekundlik zonada 5-6 o‘yinchidan iborat guruhlar, ularning har biri boshqa o‘yinchidan to‘pni urib urishga harakat qiladi.  ***Voleybol -***maydonning belgilangan joylarga tushurishning mustahkamlash; qarama – qarshi kelayotgan to‘pga, to‘g‘ri xujum zarbasi berish***.*** | 2 |  |  |
| 32-33-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** Maydonning turli nuqtalaridaт to‘pni halkaga uloqtirishni takomillashtirish. O‘quv-mashq o‘yin  ***Voleybol -*** O‘zlashtirilgan elementlarning kombinatsiyasi (topni qabul qilishlar, uzatishlar, zarbalar); | 2 |  |  |
| 34-35-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol*** – Orqa bilan oldinga mokisimon yugurish. To‘pni harakatda bir-biriga uzatish. To‘pni o‘ng qo‘l, chap qo‘l bilan olib yurish. yugurish.  ***Voleybol -*** o‘zlashtirilgan harakat va to‘pga egalik qilish elementlarini takomillashtirish; | 2 |  |  |
| 36-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** Basketbol harakatlar tehnikasini rivojlantirish bo‘yicha mashqlar: Ikki qo‘llab sakrab yuqoridan to‘pni uzatish. O‘quv-mashq o‘yin  ***Voleybol -*** 3 zonada hujum o‘yin; soddalashtirilgan qoidalar asosida voleybol o‘yini | 1 |  |  |
| 37-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy: *Basketbol -***  Ikkita to‘pni joyida va harakatda juft-juft bo‘lib uzatish. To‘pni yaqinlashib kelayotgan raqibga uzatish. Uchtalikda joylarni almashtirish bilan harakatda to‘pni uzatish (“sakkizta”- “vosmerka”). O‘quv-mashq o‘yin.  ***Voleybol* -** turgan joyda o‘yinchi ikki qo‘l bilan to‘pni tepaga uzatish usulni takomillashtirish, turgan joyda o‘yinchi ikki qo‘l bilan to‘pni devolga urish usulni takomillashtirish. Soddalashtirilgan qoidalar asosida voleybol o‘yini | 1 |  |  |
| 38-39-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol –*** “10 ta uzatish” harakatli o‘yini (o‘yinchilar ikkita jamoaga bulinadi, ularning har biri o‘z o‘yinchilari orasida ketma-ket 10 ta uzatishni harakat qiladi, ikkinchi jamoa to‘pni ushlab olishga harakat qiladi va uni o‘z jamoasi o‘yinchilari orasida uzatishni boshlaydi).  ***Voleybol -*** O‘yinchilar ikki qatorda juft bo‘lib turib to‘pni bir-biriga uzatish. Soddalashtirilgan qoidalar asosida voleybol o‘yini | 2 |  |  |
| 40-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** 3 sekundlik zonada 5-6 o‘yinchidan iborat guruhlar, ularning har biri boshqa o‘yinchidan to‘pni urib urishga harakat qiladi.  ***Voleybol -*** To‘pni to‘r bo‘ylab o‘tkazish: Ikkala tomonning oltita o‘yinchisi to‘r bo‘ylab joylashgan va to‘pni bir-birlariga tepadan uzatadi. Soddalashtirilgan qoidalar asosida voleybol o‘yini | 1 |  |  |
| 41-42-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy: *Basketbol -*** to‘p bilan mashqlarni takomillashtirish (baland yo‘l bo‘ylab qo‘lma-qo‘l otish, oyoqlari orasida “sakkiz”, tananing atrofida aylatirnish, bosh atrofida aylantirish, to‘pni 180o va 360o aylantirish bilan yuqoriga otish).  ***Voleybol -***To‘pni to‘r bo‘ylab o‘tkazish: Ikkala tomonning oltita o‘yinchisi to‘r bo‘ylab joylashgan va to‘pni bir-birlariga tepadan uzatadi. Soddalashtirilgan qoidalar asosida voleybol o‘yini | 2 |  |  |
| 43-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy: *Basketbol -*** Juftlikda to‘pni, to‘r ustidan yuqoridan va pastdan bir – biriga uzatishlar; to‘rdan qaytgan to‘pni qabul qilish  ***Voleybol -*** O‘rganilgan texnika usullarni foydalanilgan holda ikki tomonlama o‘yin | 1 |  |  |
| 44-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** ***Voleybol -*  *Gandbol -***  Maydon bo‘ylab himoya; aralash himoya, yakka himoya va asta-sekin hujum qilish taktikalari | 1 |  |  |
| 45-46-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***to‘p bilan mashqlarni takomillashtirish (to‘pni oldingizdan yuqoriga uloqtirish - orqadan ilib olish, to‘pni orqada o‘ng va chap elkalaridan yuqoriga otish, past sakragan to‘pni poldan ilib olish, polda yotgan to‘pni bir qo‘li bilan ko‘tarish, to‘pni o‘ng qo‘ldan chap qo‘lga oyoqlarning orasida uzatish)  ***Voleybol -*** Juftlikda to‘pni, to‘r ustidan yuqoridan va pastdan bir – biriga uzatishlar; to‘rdan qaytgan to‘pni qabul qilish  ***Gandbol -*** To‘p bilan ishlash texnikasini mukammallashtirish, himoya va qarshi hujum taktikalarini mustahkamlash; | 2 |  |  |
| 47-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy:*Basketbol-*** Harakatda otish tehnikasini takomillashtirish mashqlari (joydan ikki qadam bajargandan so‘ng - devorga yoki sherikga to‘pni o‘tish, to‘pni polga urib, ikki qadamdan so‘ng - to‘pni uzatish, schitga nisbatan 45o dan ikki qadam tashab to‘pni savatga tashlash).  ***Voleybol -*** to‘pni qabul qilish va uzatish texnik usullari; to‘pni o‘yinga kiritish usullari.  ***Gandbol -***  maydon bo‘ylab jamoaviy hujum taktikalarini (styajka, liniyaviy, to‘siq qo‘yish, ximoyani yorib o‘tish, himoya oldidan zarba berish) mustaxkamlash; | 1 |  |  |
| 48-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** ikki tomonlama o‘yin (Ikki tomonlama o‘yin paytida texnik va taktik tayyorgarlikni takomillashtirish).  ***Voleybol -***  to‘r orqali hujum zarbasi usullari; to‘siq qo‘yish usullari (yakka va juftlikda); hujumda va himoyada yakka, guruh va jamoaviy taktik harakatlar  ***Gandbol -*** 7 va 9 mli jarima to‘plaridan unumli foydalanish usullari; darvozabonga berilgan ustunliklar; | 1 |  |  |

**8 - SINF**

**III-chorak**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№** | **Dastur bo‘limlari** | **III-chorak (30 soat)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 |
| 1. | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2. | Gimnastika |  |  |  |  | + | + | + | **+** | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. | Yengil atlеtika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. | Futbol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |
| 7. | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 78-dars | ***Sport o‘yinlar -Basketbol, Voleybol, Gandbol.*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy:** Soddalashtirilgan qoidalar asosida ikki tomonlama o‘yin. | 1 |  |  |
| 34-dars | ***Sport o‘yinlar - Basketbol, Voleybol, Gandbol.*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy:** Soddalashtirilgan qoidalar asosida ikki tomonlama o‘yin. | 1 |  |  |
| 35-dars | ***Sport o‘yinlar -Basketbol,Voleybol, Gandbol.*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy:** Soddalashtirilgan qoidalar asosida ikki tomonlama o‘yin. | 1 |  |  |
| 36-dars | ***Sport o‘yinlar -Basketbol,Voleybol, Gandbol.*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy:** Soddalashtirilgan qoidalar asosida ikki tomonlama o‘yin. | 1 |  |  |
| 37-dars | **Nazariy:** ***Gimnastika*** Shaxsni har tomonlama kamol toptirishda jismoniy tarbiyaning ahamiyati.  **Amaliy: Tayanib sakrash.** Oyoqlarni kerib sakrashni takomillashtirish; (qiz bolalar 110 sm balandlikdagi) yonlamasi qo‘yilgan gimnastik “kozyol” ustidan oyoqlarni bukib sakrab o‘tish; | 1 |  |  |
| 38-dars | **Amaliy:** ***Gimnastika***. (qiz bolalar) yonlamasi qo‘yilgan gimnastik “ko‘n” ustidan burchak hosil qilib sakrab o‘tish; (o‘g’il bolalar) yonlamasiga o‘rnatilgan gimnastika “kozyol” ustidan oyoqlarni bukib o‘tish; *(texnik bajarishni baholash).* | 1 |  |  |
| 40-dars | **Amaliy**: ***Gimnastika.* Osilish va tayanishlar.** O‘g‘l bolalar*:* past turnikda osilib turish holatidan kuch bilan ko‘tarilib, tayanchga ko‘tarilish;  Qiz bolalar; gimnastik narvonda osilish holatidan 90° burchakka oyoqlarni ko‘tarib tushirish; *(texnik bajarishni baholash).* | 1 |  |  |
| 41-dars | **Amaliy:** ***Gimnastika.*** o‘g‘ilbolalar; Qo‘shpoyalarda qo‘llarda tayanishdan tebranib, oldinga siltanish bilan tayanchga ko‘tarilish; qo‘shpoyada tirsakka tayanib turishdan tebranib, orqaga siltanish bilan tayanchga ko‘tarilish; qo‘shpoyada tayanib tebranishda, (oldinga orqaga); yon tomonlarga 900 burilib sakrab tushishlar; polda qo‘llarga tayanib qo‘lni bukish va yozish. baland turnikda tortilish;  Qiz bolalar; qo‘shpoyaning yuqori poyasida osilgan holatda bukilib, pastki poyada oyoqlar bukilib, yozilish bilan tebranishlar; qo‘shpoyaning yuqori poyasiga bir qo‘li bilan ushlab, ikkinchi qo‘l yon tarafda bo‘lib, oyoqlar orqaga yarim shpogat holda turish; oyoqlar bilan depsinib, bir qoli pastki poyani ushlagan holda yerga sakrab yumshoq tushish; past turnikda (balandligi 100 sm) oyoqlar yerga tayanib, qo‘llarga osilgan holatda, qollarni bukish va yozish; | 1 |  |  |
| 42-dars | **Nazariy:** ***Gimnastika.*** Sog‘lom turmush tarzining ahamiyati.  **Amaliy:** O‘g‘ilbolalar; Qo‘shpoyalarda qo‘llarda tayanishdan tebranib, oldinga siltanish bilan tayanchga ko‘tarilish; qo‘shpoyada tirsakka tayanib turishdan tebranib, orqaga siltanish bilan tayanchga ko‘tarilish; qo‘shpoyada tayanib tebranishda, (oldinga orqaga); yon tomonlarga 900 burilib sakrab tushishlar; polda qo‘llarga tayanib qo‘lni bukish va yozish. baland turnikda tortilish;  *Qiz bolalar;* qo‘shpoyaning yuqori poyasida osilgan holatda bukilib, pastki poyada oyoqlar bukilib, yozilish bilan tebranishlar; qo‘shpoyaning yuqori poyasiga bir qo‘li bilan ushlab, ikkinchi qo‘l yon tarafda bo‘lib, oyoqlar orqaga yarim shpogat holda turish; oyoqlar bilan depsinib, bir qoli pastki poyani ushlagan holda yerga sakrab yumshoq tushish; past turnikda (balandligi 100 sm) oyoqlar yerga tayanib, qo‘llarga osilgan holatda, qollarni bukish va yozish; | 1 |  |  |
| 43-dars | **Amaliy:**  ***Gimnastika* *Akrobatika.*** *O‘g*‘*il bolalar;* uzoqlikka umbaloq oshish; oldinga va orqaga umbaloq oshish; yugurib kelib 40-60 sm balandlikdagi to‘siq ustidan umbaloq oshish; kuraklarda tik turish; bosh va qo‘llarga tayanib tik turish (o‘qituvchi yoki sherigi yordami bilan).  *Qiz bolalar;*Oldinga va orqaga umbaloq oshish; ketma-ket 2-3 marta oldinga va orqaga umbaloq oshish; kuraklar turish holati; turgan holatda o‘qituvchining yordamida “ko‘prik” hosil qilish; yarim shpogat bajarish; o‘qituvchining yordami bilan cho‘qqayib, tayanish holatidan qo‘llarda tik turish holatiga otish; | 1 |  |  |
| 44-dars | **Amaliy: *Gimnastika.*** Gimnastika elementlaridan akrobatika majmuasini bajarish. *(texnik bajarishni baholash)* | 1 |  |  |
| 45-dars | **Amaliy: *Gimnastika.* Muvozanatni saqlash mashqlari.** Yakka cho‘pga tayanib turgan holatdan sakrab tayanishga va burilish bilan sonlarga o‘tirishga o‘tish; ikki qo‘li yakka cho‘p ustiga tayanib, bir oyog’i yon tomonda yerga osilib,ikkinchi oyog’i tizzasi yakka cho‘p ustida bo‘lib, oyoqlar uchi tortilgan holda, bosh tepaga qaratilib, yarim cho‘qqaygan holda; qo‘llarni yonga ochish va oldinga “polka”, “galop” qadamlari bilan siljish; 2-3 qadam yugurib borib oyoqda siltanib, boshqasida depsinib, kerishib sakrab tushish; (bu mashqlarni gimnastik o‘rindiqda ham bajarish mumkin). | 1 |  |  |
| 46-dars | **Amaliy: *Gimnastika.* Muvozanatni saqlash mashqlari.** yakkacho‘pda bir oyoq uchidan ikkinchi oyoq uchiga o‘tib yurish; qo‘llarni har xil xolatlarda ushlab, yarim shpogatda turish; bir oyoqda muvozanat saqlab, ikkinchi oyoqni bukkan holda oldinga uzatib, qo‘llarni turli vaziyatlarda tutish; yakka cho‘pda “qaldirg‘och” bo‘lib turish, 900 burilish va yerga sakrab yumshoq tushish. | 1 |  |  |
| 47-dars | **Amaliy:** ***Kurash.*** Kurash musobaqalariga tayyorgarlik mashqlari; Yengdan usshlab tashlash” Ikkala qol bilan raqibning qolidan ushlab oyoqlarni juft holatda qoyib 180 darajaga burilib yelkadan oshirib tashlash. | 1 |  |  |
| 48-dars | **Amaliy: *Kurash.*** maxsus kurash mashqlari; “yelkadan oshirib tashlash”; “muvozanatdan chiqarish “uzuli | 1 |  |  |
| 49-dars | **Amaliy:**  ***Kurash*** maxsus kurash mashqlari; “qo‘llar yordamida qo‘ldan ushlab “yelkadan oshirib tashlash”. | 1 |  |  |
| 50-dars | **Amaliy:** ***Kurash*** maxsus kurash mashqlari; yelkadan oshirib tashlash. bir oyoqda, qo‘llarni ushlagan holda (podhod**)** usuli; “muozanatdan chiqarish“ uzuli | 1 |  |  |
| 51-dars | **Amaliy:** ***Kurash.*** maxsus kurash mashqlari; ikki oyoqning oldidan oyoq bilan ko‘tarib tashlash”, “Oyoqlar yordamida yonboshdan ko‘tarib tashlash” usullar. | 1 |  |  |
| 52-dars | **Amaliy:** ***Kurash.*** maxsus kurash mashqlari; “ikki oyoqning oldidan oyoq bilan ko‘tarib tashlash; *(texnik bajarishni baholash);* kurash tushish | 1 |  |  |

**8 - SINF**

**IV-CHORAK**

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| **№** | **Dastur bo‘limlari** | **IV-chorak (24 soat)** | | | | | | | | | | | | | | | | | | | | | | | |
| 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 |
| 1. | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | |
| 2. | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. | Yengil atlеtika | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. | Futbol |  |  |  |  |  |  |  |  | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |
| 6. | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 79-dars | **Nazariy:** ***Yengil atletika.*** Sog‘lom turmush tarzining ahamiyati.  **Amaliy:** Maxsus yugurish mashqlari, tezlikni oshirib yugurish 2x30 m, pastki startdan 60 m ga yugurish | 1 |  |  |
| 80-dars | **Nazariy:** ***Yengil atletika.*** Shaxsni hartomonlama kamol toptirishda jismoniy tarbiyaning ahamiyati  **Amaliy:**  Maxsus yugurish mashqlari, tezlikni oshirib yugurish 2x30 m, pastki startdan 60 m ga yugurish *(o‘quv meyorini topshirish)*Turgan joudan uzunlikka sakrash | 1 |  |  |
| 81-dars | **Amaliy: *Yengil atletika.*** Maxsussakrash mashqlari***,*** turgan joydan uzunlikka sakrash*(o‘quv meyorini topshirish),*5-6 qadam yugurib kelib “oyoqni bukib” usulida uzunlikka saklash, 10-12 qadam yugurib kelib “oyoqni bukib” usuli bilan uzunlikka saklash. | 1 |  |  |
| 82-dars | **Nazariy:** ***Yengil atletika*** “O‘zbekiston iftixorlari” haqida suhbat.  **Amaliy:**  Maxsus sakrash mashqlari, 5-6 qadam yugurib kelib “oyoqni bukib” usulida uzunlikka saklash, 10-12 qadam yugurib kelib “oyoqni bukib” usuli bilan uzunlikka saklash *(o‘quv meyorini topshirish)* | 1 |  |  |
| 83-dars | **Nazariy:** ***Yengil atletika.*** To‘g‘ri nafas olish va yurak urishini tekshirish.  **Amaliy:** Maxsus sakrash mashqlari, yugurib, bir oyoqdan depsinib, sakrashda tepaga osilgan buyumga bir qo‘lini tekkazish.  **Balandlikka sakrash** - 4 qadamdan yugurib kelib “hatlab o‘tish” usulida balandlikka sakrash, 6-8 qadamdan yugurib kelib “hatlab o‘tish” usulida balandlikka sakrash *(o‘quv meyorini topshirish)* | 1 |  |  |
| 84-dars | **Nazariy:** ***Yengil atletika.*** Yozgi va qishki olimpiada musoboqalari haqida ma’lumot.  **Amaliy:** Turgan joydan tennis ko‘ptogini uzoqlikka uloqtirish,yon tomon bilan 3 qadam yugurib kelib tennis koptogini uloqtirish, yugurib kelib tennis koptogini uloqtirish*(o‘quv meyorini topshirish).*Stadion aylana bo‘ylab estafeta tayoqchasi bilan 4x60 m yugurish | 1 |  |  |
| 85-dars | **Amaliy: *Yengil atletika.*** Yugurish bilan yurishni almashlab 1000 m yugurish. (100m + 100m) | 1 |  |  |
| 86-dars | **Amaliy: *Yengil atletika.*** 800-1500 m masofaga yugurish. *(o‘quv meyorini topshirish.)*Nafas tiklash maqsadda 200m yurish | 1 |  |  |
| 87-88-89-dars | **Amaliy:** ***Futbol.*** To‘pni ikki qo‘llab bosh ustidan o‘yinga kiritish Dumalab kelayotgan va tushib kelayotgan to‘plarni oyoqning panja qismining ichki va tashqi tomonlari bilan to‘xtatishni o‘rgatish; Ikki taraflama o‘yin. | 3 |  |  |
| 90-91-dars | **Amaliy:** ***Futbol.*** Koptokni oyoq uchida harakatlantirish (jonglyor); To‘pni uzatish, chalg‘itish usullari; Ikki taraflama o‘yin. | 2 |  |  |
| 92-93-dars | **Amaliy: *Futbol.*** 11 metrlik jarima to‘pidan darvozaga aniq tepish; uzoq masofaga to‘pni tepish; Ikki taraflama o‘yin. | 2 |  |  |
| 94-95-96-dars | **Amaliy: *Futbol.*** Yurish yo‘nalishini o‘zgartirib yurish va yugurish, maydonda joyni tanlash; To‘pni oyoqni panja qismining ichki va tashqi tomonlari bilan tepib olib yurish. To‘p bilan janglyor qilish; Ikki taraflama o‘yin. | 3 |  |  |
| 97-98-dars | **Amaliy:** ***Futbol.*** Darvozabonning har xil balandlikda uchib kelayotgan to‘plarni musht bilan urib yuborishi; Futbolchilar maydonda to‘g‘ri joy tanlash, harakat yo‘nalishlarini o‘zgartirib yugurish. Ikki taraflama o‘yin. | 2 |  |  |
| 99-100-dars | **Amaliy:** ***Futbol***. To‘pni uzatish, chalg‘itish usullari. Futbolchilar maydonda to‘g‘ri joy tanlash, harakat yo‘nalishlarini o‘zgartirib yugurish. Ikki taraflama o‘yin. | 2 |  |  |
| 101-dars | **Nazariy: *Shaxmat.*** Debyut harakatlari.  **Amaliy:** Debyut qonunlari; shoxning xavfsizligi, debyutdagi vazifalar, shaxmatda farzin yordamida mot qilish. | 1 |  |  |
| 102-dars | **Amaliy: *Shaxmat.*** Debyut qonunlari; shoxning xavfsizligi, debyutdagi vazifalar, shaxmatda farzin yordamida mot qilish. | 1 |  |  |

**9 – SINF**

**Jismoniy tarbiya 102 soat**

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| **№** | **Dastur bo‘limlari** | **Jami Yillik** | **1-chorak** | | **2-chorak** | | **3- chorak** | | | **4-chorak** | | |
| IX | X | XI | XII | I | II | III | IV | V | |
| **1** | Nazariy bilimlar | Dars jarayonida | | | | | | | | | | |
| **2** | Gimnastika | 18 |  |  |  |  | 8 | 10 |  |  | |  |
| **3** | Yengil atlеtika | 20 | 16 |  |  |  |  |  |  | 4 | |  |
| **4** | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) | 36 |  | 5 | 12 | 9 | 8 |  |  |  | |  |
| **5** | Futbol | 14 |  | 6 |  |  |  |  |  |  | | 8 |
| **6** | Kurash | 14 |  |  |  |  |  | 2 | 2 | 10 | |  |
| **7** | Shaxmat | 2 |  |  |  |  |  |  |  |  | | 2 |
| **8** | Nazorat ishi | Nazorat ishi uchun alohida soat ajratilmagan bo‘lib, har chorakda 2 tadan dars jarayonida nazorat ishi olinadi. | | | | | | | | | | |
| **Jami** | | **102 soat** | **27 soat** | | **21 soat** | | **30 soat** | | | **24 soat** | | |

**9 – SINF**

**1-CHORAK**

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| **№** | **Dastur bo‘limlari** | **1-chorak (18 soat)** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 1. | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2. | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. | Yengil atlеtika | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |  |
| 4. | Sport o‘yinlari(maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + | + |  |  |  |  |  |  |
| 5. | Futbol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + | + | + | + | **+** |
| 6. | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 1-2-dars | **Nazariy:** ***Yengil atletika*** Insonning mehnat faoliyatida jismoniy tarbiyaning ahamiyati.  **Amaliy:** Maxsus yugurish mashqlar texnikasini takomillashtirish; past startdan chiqib 60 metrga yugurish; | 2 |  |  |
| 3-4-dars | **Nazariy:** ***Yengil atletika*** Yengil atletikada texnik xavfsizlik qoidalari. Engil atletikada mashqlarning turlari  **Amaliy:** mahsus yugurish mashqlar, past stsrtdan 60 m tezlikni oshirib yugurish *(o‘quv meyorni topshirish).*4x60 metrga estafeta yugurish. | 2 |  |  |
| 5-6-dars | **Nazariy:** ***Yengil atletika*** Yugurish turlari.  **Amaliy:** Maxsus sakrash mashqlari***,*** turgan joydan uzunlikka sakrash *(o‘quv meyorni topshirish).*5-6 qadam yugurib kelib uzunlikka “oyoq bukish” usulida saklash. | 2 |  |  |
| 7-8-dars | **Nazariy:** ***Yengil atletika.*** To‘g‘ri nafas olish va yurak urishini tekshirish. Sakrash turlari  A**maliy:** Maxsus sakrash mashqlari, 5-6 qadam yugurib kelib uzunlikka “oyoq bukish” usulida saklash; 4x10 m mokisimon yugurish*(o‘quv meyorni topshirish)* | 2 |  |  |
| 9-10-dars | **Amaliy: *Yengil atletika.*** Maxsus sakrash mashqlari; 10-12 qadam yugurib kelib uzunlikka saklash. *(o‘quv meyorini topshirish).*Tepaga osilgan buyumga yugurib, bir oyoqdan depsinib, sakrashda bir qo‘lini tekkazish. | 2 |  |  |
| 11-12-dars | **Amaliy: *Yengil atletika***. Maxsus sakrash mashqlari; **Balandlikka sakrash** - 4 qadam bilan yugurib kelib “hatlab o‘tish” usulida balandlikka sakrash, 6-8 qadamdan yugurib kelib “hatlab o‘tish” usulida balandlikka sakrash. Turgan joydan tennis ko‘ptogini uzoqlikka otish. Toxtamasdan bir me’yorda 6 daqiqa yugurish. | 2 |  |  |
| 13-14-dars | **Nazariy: *Yengil atletika.***  Uloqtirish turlari.  **Amaliy:** turgan joydan tennis ko‘ptogini uzoqlikka otish, yon tomon bilan 3 qadam yugurib kelib tennis koptogini uloqtirish, yugurib kelib tennis koptogini uloqtirish.*(o‘quv meyorni topshirish).*800 m masofaga yugurish | 2 |  |  |
| 15-16-dars | **Amaliy: *Yengil atletika.*** 4 x 60m masofaga estafeta yugurish.800 - 1000m masofaga yugurish | 2 |  |  |
| 17-dars | **Nazariy:** ***Futbol*** Futbol o‘yini, o‘yinchilarning tartib va intizom qoidalari.  **Amaliy: Futbol:** harakatlanib kelayotgan to‘plarni oyoq panja qismining ichki va tashqi tomonlari bilan to‘xtatish; texnika va taktika usullari; | 1 |  |  |
| 18-dars | **Amaliy:** ***Futbol.*** Raqibdan to‘pni olib qo‘yish texnikasi; ikki tomonlama o‘yin. | 1 |  |  |
| 19-dars | **Nazariy:**  ***Futbol.*** Jarima va erkin to‘p tepish.  **Amaliy:** 11 metrlik jarima to‘pidan darvozaga aniq tepish; to‘pni harakat yo‘nalishini o‘zgartirib olib yurish, chalg‘itish harakatlarini qo‘llay olish; ikki tomonlama o‘yin. | 1 |  |  |
| 20-dars | **Nazariy: *Futbol.*** Futbol taktikasi (standart holatda bajariladigan kombinatsiyalar).  **Amaliy:** Uchib kelayotgan to‘pni sakrab bosh bilan urib qaytarishni bajarish; 11metrlik jarima to‘pidan darvozaga***.*** *(texnik bajarishni baholash).* ikki tomonlama o‘yin | 1 |  |  |
| 21-dars | **Amaliy:** ***Futbol;*** to‘pni raqibdan tortib olish; to‘pni darvozaga bosh bilan aniq yo‘naltirish ko‘nikma va malakalarini hosil qilish; 30m to‘p bilan yurish; ikki tomonlama o‘yin. | 1 |  |  |
| 22-dars | **Amaliy:**  ***Futbol;*** o‘ng va chap oyoq bilan uzoqqa tepishni takomillashtirish; 30m to‘p bilan yurish.*(o‘quv mezoni).* ikki tomonlama o‘yin. | 1 |  |  |
| 23-24-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Nazariy:** Gigiyena, tibbiy nazorat, jarohatlarning oldini olish.  **Amaliy:**  ***Basketbol -*** Basketbol o‘yini elementlari asosida har xil mashq usullarini bajarish; to‘pni bir qo‘lda olib yurish va uzatish; raqibni chetlab o‘tish.  ***Voleybol -*** Juftlikda to‘pni, to‘r ustidan yuqoridan va pastdan bir – biriga uzatishlar; to‘rdan qaytgan to‘pni qabul qilish; to‘pni qabul qilish va uzatish;  ***Gandbol -*** Gandbolda maxsus texnika mashqlari qo‘llash orqali o‘quvchilarda tezkorlik, kuch, orientatsiya kabi sifatlarni rivojlantirish | 2 |  |  |
| 25-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol.*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy:** ***Basketbol -*** to‘pni bir qo‘lda olib yurish va uzatishni takomillashtirish; raqibni chetlab o‘tish; to‘pni bosh tomondan ikki qo‘llab uzatish;  ***Voleybol -***  texnik usullari; to‘pni o‘yinga kiritish usullari; to‘r orqali xujum zarba usullari; to‘siq qo‘yish (yakka va juftlikda),  ***Gandbol -*** to‘p bilan ishlash texnikasini mukammallashtirish (tezlikda joq almashish jarayonida har xil usulda to‘p uzatishlar | 1 |  |  |
| 26-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy:** ***Basketbol -*** shaxsiy va jamoaviy himoyani maydonda ushlash usullarini o‘rgatish; 2x1x2 va 1x2x2 taktikalari.  ***Voleybol -***  himoyalanish usullari; xujumda va ximoyada yakka, guruh va jamoaviy taktik harakatlar; Voleybol o‘quv o‘yini;  ***Gandbol -*** vosmyorka, oldinlab ketishda to‘p qabul qilishlar); himoya usullarini mukammallashtirish, raqiblarni ximoya maydoniga yaqinlashtirmaslik. | 1 |  |  |
| 27-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy:** ***Basketbol -*** jarima to‘plarini savatga tashlash; basketbol o‘yini qoidasiga asosan ikki tomonlama o‘yin;  ***Voleybol -*** Voleybol turish holatida harakatlanish; Voleybol o‘yinida turish, harakatlanish, to‘xtash, tezlashish elementlari texnikasini o‘rganish va mustaxkamlash;  ***Gandbol -*** masofada ushlab turishga erishish, lineyniy o‘yinchini nazorat qilish; | 1 |  |  |

**9 – SINF**

**II-CHORAK**

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| **№** | **Dastur bo‘limlari** | **II-chorak (21 soat)** | | | | | | | | | | | | | | | | | | | | |
| 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | |
| **2.** | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3.** | Yengil atlеtika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4.** | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) | + | + | + | + | + | + | + | **+** | + | + | + | + | + | + | + | + | + | + | + | + | + |
| **5.** | Futbol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6.** | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7.** | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 28-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy: *Basketbol -***To‘p bilan juftlikda ishlash. To‘pni bilan harakatda mashq qilish: juft bo‘lib, qo‘shimcha qadamlar bilan harakatlanganda to‘pni ko‘krakdan uzatish. Juft bo‘lib, qo‘shimcha qadamlar bilan harakatlanganda to‘pni yerga urib ko‘krakdan uzatish  ***Voleybol -*** Voleybol o‘yinida turish, harakatlanish, to‘xtash texnikasini mustaxkamlash; Voleybol o‘quv o‘yini;  ***Gandbol -*** masofada ushlab turishga erishish, lineyniy o‘yinchini nazorat qilish; | 1 |  |  |
| 29-30-dars | ***Sport o‘yinlari-Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy: *Basketbol -*** o‘ng va chap qo‘l bilan “ilon” usulida to‘pni olib yurishni takomillashtirish. Soddalashtirilgan qoidalar asosida ikki tomonlama o‘yin.  ***Voleybol -*** Voleybol o‘yinida turish, harakatlanish, to‘xtash, tezlashish elementlari texnikasini mustaxkamlash; Voleybol o‘quv o‘yini  ***Gandbol -*** 4x1, 3x2, “vosmyorka”, “styajka” ya'ni raqib ximoyasini chalg'itish, to‘siq qo‘yishni mukammallashtirish | 2 |  |  |
| 31-32-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol –*** Jarima to‘pni turli hil nuqtalardan savatga tashlashni takomillashtirish. Qarama qarshi estafeta: jamoa har biri uch kishidan iborat kolonnada turadi. Signaldan keyin o‘yinchi to‘pni qarama-qarshi jamoaga uzatadi va yugurib kolonnaning oxiriga turadi (orasida masofa - 3 m).  ***Voleybol -*** Tayanchda, harakatda, sakrashda to‘pni orqaga uzatish texnikasini mustahkamlash; Voleybol o‘quv o‘yini  ***Gandbol -*** darvozabonni texnik xolatini mukammallashtirish; | 2 |  |  |
| 33-34-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** Devolga basketbol to‘pni urish va ilib olishni takomillashtirish. Jarima to‘pni savatga tashlash. Qoidalar asosida ikki tomonlama o‘yin.  ***Voleybol -*** to‘rga teskari turgan holda, to‘pni raqib maydondagi nishonga tushurish; Voleybol o‘quv o‘yini  ***Gandbol -***harakatning oddiy texnikasini, hujum va hujumda pozitsiyani egallashю O‘rganilgan elementlar asosida musobaqa shaklida o‘yin. | 2 |  |  |
| 35-36-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol.*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi).  **Amaliy: *Basketbol -*** To‘pni olib yugandan keyin harakatda uzatish. Shaxsiy ximoyadan foydalangan holda 5 x 5 o‘quv o‘yini. Qoidalar asosida ikki tomonlama o‘yin.  ***Voleybol -*** to‘rga teskari turgan holda, to‘pni raqib maydondagi nishonga tushurish; Voleybol o‘quv o‘yini  ***Gandbol -*** to‘pni yuqoridan va pastdan uzatish tehnikasini mustahkamlash. O‘quv o‘yini | 2 |  |  |
| 37-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** To‘pni tashlash usullarini takomil- lashtirish - Ikki qo‘li bilan pastdan, bir qo‘li bilan pastdan ot  ikki qo‘l bir joydan, Qoidalar asosida ikki tomonlama o‘yin.  ***Voleybol -*** Oldinga yiqilib, bir qo‘lda qabul qilishni mustahkamlash. Voleybol o‘quv o‘yini  ***Gandbol -*** To‘pni yuqori va pastki tayanch uloqtirish texnikasini o‘zlashtirish; O‘quv o‘yini | 1 |  |  |
| 38-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol-***To‘pni tashlash usullarini takomillashtirish – turgan joidan bir qo‘l bilan, sakrashda, burilishda Qoidalar asosida ikki tomonlama o‘yin.  ***Voleybol -*** To‘rga teskari turgan holda, to‘pni raqib maydondagi nishonga tushurish; Qoidalar asosida ikki tomonlama o‘yin. | 1 |  |  |
| 39-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***To‘pni olib yurish usullarini takomillashtirish - Yuqori (yuqori tezlikda) sakratib yurish, past sakratib yurish, tezlikni o‘zgartirib, yo‘nalishni o‘zgartirib. Qoidalar asosida ikki tomonlama o‘yin.  ***Voleybol -*** Yuqoridan to‘p uzatish tehnikasini mustahkamlash; To‘g’ridan xujum zarbasi berishni mustahkamlash. Qoidalar asosida ikki tomonlama o‘yin.  ***Gandbol -*** To‘pni sakrashda uloqtirish texnikasini mustahkamlash. Himoya va hujumning asosiy taktik va texnik usullarini mustahkamlash | 1 |  |  |
| 40-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** Shaxsiy ximoyadan foydalangan holda 5 x 5 o‘quv o‘yini.  ***Voleybol -***  to‘g‘ridan-to‘g'ri devorga 7-9 m masofadan to‘r balandligi past bo‘lmagan chiziqdan pastdan va tepadan o‘yinga kiritish Voleybol o‘quv o‘yini;  ***Gandbol -***  Hujum paytida chalg'ituvchi harakatlar (fintlar) qilishni takomillashtirish. O‘quv o‘yinida himoya va hujumda etakchi (jamoaviy) harakatlar ko‘nikmalarini ishlatish. | 1 |  |  |
| 41-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***Aldamchi harakatlar (fintlar) Shaxsiy himoyadan foydalangan holda 5 x 5 o‘quv o‘yini.  ***Voleybol -*** to‘rdan 7-9 m masofada to‘pni o‘yinga kiritish; b) to‘pni yuqori to‘plarini raqibning maydonchasiga 7-9 m masofadan to‘r bilan urishю Voleybol o‘quv o‘yini;  ***Gandbol -*** Hujum va himoya taktikasiga, darvozabonning taktik va texnik harakatlariga o‘quv o‘yin vaqtida puxta etibor berish | 1 |  |  |
| 42-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol –*** Hujum va Shaxsiy ximoyadan foydalangan holda 5 x 5 o‘quv o‘yini.  ***Voleybol -*** o‘quv o‘yinlari jarayonida texnik usullarni takomillashtirish.  ***Gandbol -*** to‘pni uzatish paytida ushlab olish, - to‘pni olib borish paytida ushlab olish. “To‘p uchun kurash” o‘yini. | 1 |  |  |
| 43-44-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** Hujum va Shaxsiy himoyadan foydalangan holda 5 x 5 o‘quv o‘yini.  ***Voleybol -***To‘pni o‘yinga kiritish texnikasini takomillash-tirish bo‘yicha mashqlar:  a) to‘pni uloqtirish va urish vaqtida ushlash; v) to‘g‘ridan-to‘g‘ri devorga 7-9 m masofadan to‘r balandligi past bo‘lmagan chiziqdan pastdan va tepadan o‘yinga kiritish. Voleybol o‘quv o‘yini  ***Gandbol -*** o‘rganilgan texnik usullarini takomillashtirish. “To‘p uchun kurash” o‘yinning variantlari | 2 |  |  |
| 45-46-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***  Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida texnik va taktik tayyorgarlikni takomillashtirish.  ***Voleybol -*** to‘rdan 7-9 m masofada to‘pni o‘yinga kiritish; b) to‘pni yuqori to‘plarini raqibning maydonchasiga 7-9 m masofadan to‘r bilan urish. O‘yin taktikasini takomillashtirish, o‘quv o‘yini;  ***Gandbol -***  o‘rganilgan texnik usullarini takomillashtirish. Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida taktik tayyorgarlikni takomillashtirish. | 2 |  |  |
| 47-48-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -*** Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida texnik va taktik tayyorgarlikni takomillashtirish. Voleybol o‘quv o‘yini  ***Voleybol -***  o‘quv o‘yinlari jarayonida texnik usullarni takomillashtirish  ***Gandbol -***  o‘rganilgan texnik usullarini takomillashtirish. Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida taktik tayyorgarlikni takomillashtirish. | 2 |  |  |

**9 – SINF**

**III-CHORAK**

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| **№** | **Dastur bo‘limlari** | **II1-chorak (30 soat)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 49 | 50 | 51 | 52 | 53 | 54 | 55 | | 56 | | 57 | | 58 | | 59 | | 60 | | 61 | | 62 | | 63 | | 64 | | 65 | | 66 | | 67 | | 68 | | 69 | | 70 | | 71 | | 72 | | 73 | | 74 | | 75 | | 76 | | 77 | | 78 | |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **2.** | Gimnastika |  |  |  |  |  |  | |  | |  | | + | | + | | + | | + | | + | | + | | **+** | | + | | + | | + | | + | | + | | + | | + | | + | | + | | + | | + | |  | |  | |  | |  | |
| **3.** | Yengil atlеtika |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **4.** | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) | + | + | + | + | + | + | | + | | + | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **5.** | Futbol |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| **6.** | Kurash |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | + | | + | | + | | + | |
| **7.** | Shaxmat |  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 49-50-51-52-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***  Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida texnik va taktik tayyorgarlikni takomillashtirish.  ***Voleybol -***  o‘quv o‘yinlari jarayonida texnik usullarni takomillashtirish  ***Gandbol -***  o‘rganilgan texnik usullarini takomillashtirish. Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida taktik tayyorgarlikni takomillashtirish. | 4 |  |  |
| 53-54-55-56-dars | ***Sport o‘yinlari - Basketbol, Voleybol, Gandbol*** (maktabsharoitdan kelib chiqqan holda ikkita sport turi tanlanadi)  **Amaliy: *Basketbol -***  Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida texnik va taktik tayyorgarlikni takomillashtirish.  ***Voleybol -***  o‘quv o‘yinlari jarayonida texnik usullarni takomillashtirish  ***Gandbol -***  o‘rganilgan texnik usullarini takomillashtirish. Qoidalar asosida ikki tomonlama o‘yin. O‘yin paytida taktik tayyorgarlikni takomillashtirish. | 4 |  |  |
| 57-58-dars | **Nazariy:** ***Gimnastika*** Ertalabki gimnastika mashqlarining majmuasini mustaqil tuzish tartibi.  **Amaliy:**  **Gimnastika: Tayanib sakrash.** Gimnastik “kozyol”dan ko‘prikchani uzoqlashtirish va yaqinlashtirish bilan depsinib sakrashlar;uzunasiga o‘rnatilgan gimnastik “kozyol” ustidan tayanib sakrash (o‘g‘il bolalar 120 sm balandlikdagi gimnastika ko‘prigi oralig‘i 1 m oraliqda) oyoqlarni kerib sakrash.  *Qiz bolalar*; 110 sm balandlikdagi uzunasiga o‘rnatilgan gimnastik “kozyol” ustidan oyoqlarni kerib, sakrab o‘tish; yonlama qo‘yilgan gimnastik “kozyol” ustidan oyoqlarni bukib sakrab o‘tishlar. | 2 |  |  |
| 59-60-dars | **Amaliy:** ***Gimnastika* Tayanib sakrash.** gimnastik “kozyol” ustidan oyoqlarni kerib, sakrab o‘tish *(texnik bajarishni baholash).* | 2 |  |  |
| 61-62-dars | **Nazariy:** ***Gimnastika*** Gimnastika musobaqa qoidalari.  **Amaliy: *Gimnastika:*** 5 m li arqonga, qo‘llar yordamida (vaqt hisobiga) tirmashib chiqish; to‘xtab-to‘xtab tirmashib chiqish (ma’lum balandlikda to‘xtash uchun belgilar qo‘yiladi). | 2 |  |  |
| 63-64-dars | **Amaliy:**  ***Gimnastika* Osilishlar va tayanishlar:** (Og‘il bolalar) past turnikda osilishdan kuch bilan tayanishga ko‘tarilish;  baland turnikda osilgan holatda qo‘llarni bukish va yozish;  *qiz bolalar*; past turnikda (balandligi 100 sm) oyoqlar yerga tayanib, qo‘llarga osilgan holatda, qollarni bukish va yozish; gimnastik orindiqda qo‘llarga tayanib qo‘llarni bukish va yozish. (o*‘quv meyorlari).* | 2 |  |  |
| 65-66-dars | **Amaliy:** ***Gimnastika.*** (o‘g‘il bolalar) brussda qo‘llarda tayangan holda tebranib, oldinga siltanish bilan tayanchga ko‘tarilish; gimnastik brussda tirsakka tayanib turishdan tebranib, orqaga siltanish bilan tayanchga ko‘tarilish; gimnastik brussda tayanib oldindan va orqadan tebranishda, yon tomonlarga 900 burilib sakrab tushishlar.  *qiz bolalar;* past turnikda (balandligi 100 sm) oyoqlar yerga tayanib, qo‘llarga osilgan holatda, qollarni bukish va yozish; gimnastik orindiqda qo‘llarga tayanib qo‘llarni bukish va yozish. | 2 |  |  |
| 67-dars | **Amaliy:** ***Gimnastika*** *Akrobatika***:** *(O‘g‘il bolalar)* har xil dastlabki holatdan oldinga umbaloq oshish; 40-50 sm balandlikdagi buyumlar ustidan umbaloq oshib o‘tish; yugurib kelib uzoqlikka umbaloq oshish; sherigi yordamida qo‘llarda yoki boshda tik turish; (Qizlar bolalar) ikki marta oldinga, orqaga umbaloq oshish; kurakda turish; tik turgan holatdan “ko‘prik” hosil qilish va yon tomonga aylanib turish. Sherigi yordamida qo‘llarda tik turish. | 1 |  |  |
| 68-dars | **Amaliy:** ***Gimnastika.* Akrobatika:** *(O‘g‘il bolalar)* har xil dastlabki holatdan oldinga umbaloq oshish; 40-50 sm balandlikdagi buyumlar ustidan umbaloq oshib o‘tish; yugurib kelib uzoqlikka umbaloq oshish; sherigi yordamida qo‘llarda yoki boshda tik turish;(Qizlar bolalar) ikki marta oldinga, orqaga umbaloq oshish; kurakda turish; tik turgan holatdan “ko‘prik” hosil qilish va yon tomonga aylanib turish. Sherigi yordamida qo‘llarda tik turish. | 1 |  |  |
| 69-70-dars | **Amaliy:** ***Gimnastika.*** Akrobatika: *(O‘g‘il bolalar)* har xil dastlabki holatdan oldinga umbaloq oshish; 40-50 sm balandlikdagi buyumlar ustidan umbaloq oshib o‘tish; yugurib kelib uzoqlikka umbaloq oshish; sherigi yordamida qo‘llarda yoki boshda tik turish; (Qizlar bolalar) ikki marta oldinga, orqaga umbaloq oshish; kurakda turish; tik turgan holatdan “ko‘prik” hosil qilish va yon tomonga aylanib turish. Sherigi yordamida qo‘llarda tik turish. | 2 |  |  |
| 71-dars | **Amaliy: *Akrobatika:*** Gimnastika elementlaridan akrobatika majmuasini bajarish. *(texnik bajarishni baholash).* | 1 |  |  |
| 72-dars | **Amaliy: *Gimnastika.*** Gimnastika buyumlari bilan umum jismoniy tayorgarlik mashqlari (gardishni aylantirish, arqon bilan sakrash) | 1 |  |  |
| 73-dars | **Amaliy: *Gimnastika***. Muvozanatni saqlash mashqlari.Depsinib yakkacho‘pga chiqish; yakkacho‘pga tayanishdan bir oyoqni oshirish bilan 90° burilib minib o‘tirish, ikki oyoqda va holatlarini almashlab sakrashlar; yarim cho‘qqaygan holatda oyoqlar bilan siltanib yurish, oyoq uchlariga ko‘tarilib burilishlar, o‘ng (chap) oyoqda “qaldirg‘och” hosil qilish; o‘tirib burchak hosil qilish va qo‘llarga tayanib, oyoqlarni kerib orqaga siltanish bilan kerishib sakrab tushish. | 1 |  |  |
| 74-dars | **Amaliy: *Gimnastika***. Muvozanatni saqlash mashqlari. Depsinib yakkacho‘pga chiqish; yakkacho‘pga tayanishdan bir oyoqni oshirish bilan 90° burilib minib o‘tirish, ikki oyoqda va holatlarini almashlab sakrashlar; yarim cho‘qqaygan holatda oyoqlar bilan siltanib yurish, oyoq uchlariga ko‘tarilib burilishlar, o‘ng (chap) oyoqda “qaldirg‘och” hosil qilish; o‘tirib burchak hosil qilish va qo‘llarga tayanib, oyoqlarni kerib orqaga siltanish bilan kerishib sakrab tushish. | 1 |  |  |
| 75-dars | **Amaliy:** ***Kurash.*** Maxsus kurash mashqlari; “yenglardan ushlab yelkadan hamda yon tomonalardan tashlash; | 1 |  |  |
| 76-dars | **Amaliy:** ***Kurash.*** Maxsus kurash mashqlari; “yenglardan ushlab yelkadan hamda yon tomonalardan tashlash; | 1 |  |  |
| 77-dars | **Amaliy: *Kurash.*** Maxsus kurash mashqlari; “ko‘krakdan tashlash”usuli. | 1 |  |  |
| 78-dars | **Amaliy:** ***Kurash.*** Maxsus kurash mashqlari; “ko‘krakdan tashlash” usuli. | 1 |  |  |

**9 - SINF**

**IV-chorak**

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| **№** | **Dastur bo‘limlari** | **IV-chorak (24 soat)** | | | | | | | | | | | | | | | | | | | | | | | |
| 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 |
| **1.** | Nazariy bilimlar | **Dars jarayonida** | | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |
| **2.** | Gimnastika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3.** | Yengil atlеtika | + | + | + | + | + | + | + | **+** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4.** | Sport o‘yinlari (maktabsharoitdan kelib chiqib ikkita sport turi tanlanadi) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5.** | Futbol |  |  |  |  |  |  |  |  | + | + | + | + | + | + |  |  |  |  |  |  |  |  |  |  |
| **6.** | Kurash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7.** | Shaxmat |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + | + |  |  |  |  |  |  |  |  |

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| **Dars** | **Mavzu va vazifalar** | **Soat** | **Sinf** | **Sana** |
| 79-dars | **Amaliy: *Yengil atletika.*** Maxsus yugurish mashqlar texnikasini takomillashtirish; past startdan chiqib 60 metrga yugurish; | 1 |  |  |
| 80-dars | **Amaliy: *Yengil atletika.*** Maxsus yugurish mashqlar, past stsrtdan 60 m tezlikni oshirib yugurish *(o‘quv meyorni topshirish).*4x60 metrga estafeta yugurish. | 1 |  |  |
| 81-dars | **Amaliy: *Yengil atletika.*** Maxsus sakrash mashqlari***,*** turgan joydan uzunlikka sakrash *(o‘quv meyorni topshirish)***.** 5-6 qadam yugurib kelib uzunlikka “oyoq bukish” usulida saklash . | 1 |  |  |
| 82-dars | A**maliy: *Yengil atletika.*** Maxsus sakrash mashqlari, 5-6 qadam yugurib kelib uzunlikka “oyoq bukish” usulida saklash; 4x10 m mokisimon yugurish(o‘quv meyorni topshirish)**.** | 1 |  |  |
| 83-84-dars | **Amaliy: *Futbol.*** texnika va taktika usullari; to‘pni harakat yo‘nalishini o‘zgartirib olib yurish, chalg‘itish harakatlarini qo‘llay olish; ikki tomonlama o‘yin. | 2 |  |  |
| 85-86-dars | **Amaliy:** ***Futbol.*** to‘pni raqibdan tortib olish; uchib kelayotgan to‘pni sakrab bosh bilan urib qaytarishni bajarish; 30 metrga to‘pni olib yurish. ikki tomonlama o‘yin. | 2 |  |  |
| 87-dars | **Amaliy:** ***Futbol.*** to‘pni darvozaga bosh bilan aniq yo‘naltirish ko‘nikma va malakalarini hosil qilish; texnika va taktika usullari; texnika va taktika usullari; ikki tomonlama o‘yin. | 1 |  |  |
| 88-dars | **Amaliy:** ***Futbol.*** o‘ng va chap oyoq bilan uzoqqa tepishni takomillashtirish; to‘p bilan janglyor; ikki tomonlama o‘yin. | 1 |  |  |
| 89-dars | **Amaliy:** ***Futbol.*** raqibdan to‘pni olib qo‘yish texnikasi; musobaqalarda hakamlik qilish; to‘p bilan janglyor; **(o‘quv mezoni)**; ikki tomonlama o‘yin. | 1 |  |  |
| 90-dars | **Amaliy:** ***Futbol.*** tik turgan holatda to‘pni tovon bilan to‘xtatish; ikki tomonlama o‘yin. | 1 |  |  |
| 91-dars | **Amaliy: *Shaxmat.*** Endshpil; endshpilda o‘ynash tartibi. Shaxmat o‘yini. | 1 |  |  |
| 92-dars | **Amaliy: *Shaxmat.*** Endshpil; endshpilda o‘ynash tartibi. Shaxmat o‘yini. | 1 |  |  |
| 93-94-95-dars | **Amaliy:** ***Kurash***. Maxsus kurash mashqlari; “ikki oyoqning oldidan oyoq bilan ko‘tarib tashlash” usuli. | 3 |  |  |
| 96-97- dars | **Nazariy:** Kurashchilarning musoboqala- rida osiyo va jahon birinchiligidagi muvoffaqiyatlari.  **Amaliy:** ***Kurash usullari***. Orqadan chalish. Oyoqlarni yonidan qoqib yiqish. | 2 |  |  |
| 98-99-dars | **Amaliy:** ***Kurash.*** Maxsus kurash mashqlari; “ikki oyoqning oldidan oyoq bilan ko‘tarib tashlash” usuli. | 2 |  |  |
| 100-101-102- dars | **Nazariy:**Kurash qoidalari  **Amaliy: *Kurash.*** Kurashda qulay holatni egallash. Kurash elementlari bo`lgan harakatli o`yinlar | 3 |  |  |