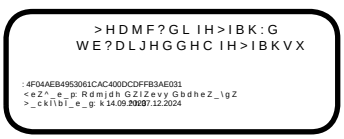
M L < ? J @ > ? G H
> b j _ d l h j F ; H M
© K H R ‹ ª

R d m j d h G G
I j b d Z a ‹
h l © ª Z \ ] m k l Z



J : ; H Q : Y I J H = J : F F :

m q _ [g h j] _ h ^ f _ l Z N 0 a b q _ k d Z y d x m e v l m j Z
^ e y h [m q Z x s b o d k e y Z k k h \

: e _ d k b g
]

IHYKGBL?EVG:Y A:IBKD:

ljh]jZffZ ih nbabq_kdhc dmevlmj_ ij_^klZ\ey_l hnhjfe_ggmx dhgdj_lbaZpbx lj_[h\Zgbc N=HK HHH j_ZebaZpbx q_j_a dhgdj_lgh_ ij_^f_lgh_ kh^_j`Zgb_

ljb kha^Zgbb ijh]jZffu ih nbabq_kdhc dmevlm ihlj_[ghklb kh\j_f_ggh]h jhkkbckdh]h h[s_kl\Z \ nb ^__kihkh[ghf ih^jZklZxs_f ihdhe_gbb kihkh[ghf Zd jZaghhjuZ_a nhjfu a^hjh\h]h h[jZaZ `bagb mf_xs_ p_gghklb nbabq_kdhc dmevlmju ^ey kZfhhij_^_e_ kZfhZdlmZebaZpbb

< k\h_c khp_evghklghc hjb_glZpbb ijh]jZffZ ih dmevlmj_ jZkkfZljb\Z_lky dZd kj_^klqZxsh\kh\d ij_^klhys_c `bag_^_yl_evghklb mdj_ie_gby bo a nmgdpbhgZevguo b Z^Zilb\guo \hafh`ghkl_c kbkl_f `bag_ggh \Z`guo nbabq_kdbo dZq_kl\ ljh]jZffZ ih h[_ki_qb\Z_l ij__fkl_gghklv k jZ[hqZevgh]h gZqZevgh]h h[s_]h b kj_^g_]h h[s_]h h[jZah\Zgby

Hkgh\ghc p_evx ijh]jZffu ih nbabq_kdhc dm nhjfbjh\Zgb_ jZaghklhjhgg_ nbabq_kdb jZa\blhc Zdlb\gh bkihevah\Zlv p_gghklb nbabq_kdhgbydmevl ^ebl_evgh]h khojZg_gby kh[kl_ggh]h a^hjh\vy h ^_yl_evghklb b hj]ZgbaZpbb Zdlb\gh]h hl^uoZ < ij dmevlmj_ ^ZggZy p_ev dhgdj_lbabjm_lky b k\yau\ mklhcqb\uo fhlb\h\ b ihlj_[ghkly c\ h[jqZxsbohr_gb k\h_fm a^hjh\vx p_ehklghf jZa\blbb nbabq_kdb gjZ\kl_gguo dZq_kl\ l\hjq_kdhf bkihevah\Zgbb p dmevlmju \ hj]ZgbaZpbb a^hjh\h]h h[jZaZ `bagb ^\b]Zl_evghc ^_yl_evghklvx b kihjl

JZa\b\ZxsZy gZijZ\e_gghklv ijh]jZffu ih nbabc hij_^_ey_lky _dlhjhf jZa\blby nbabq_kdbo dZq_kl \hafh`ghkl_c hj]ZgbafZ y\eyxsboky hkgh\hc mdj_ ih\ur_gby gZ^z`ghklb b Zdlb\ghklb Z^Zilb\guo ijhp ^hklb`_gb_f ^Zgghc hjb_glZpbb y\ey_lky ijbh[j_l_

agZgbc b mf_gbc \ hj]ZgbaZpbb kZfhklhyl_evg
ha^hjh\bl_evghc kihjlb\ghc-hjb_gbhjhZ^Zgbghc nbabq
dmevlmjhc \hafh`ghklb ihagZgby k\hbpgmkbabqbkb
p_e_gZijZ\e_ggh]h jZa\blby

<hkiblu\Zxs__ agZq_gb_ ijh]jZffu ih nbabq_
aZdexqZ_lky \ kh^_ckl\bb Zdlb\ghc khpbZebaZpbb
hkfuke_gby b ihgbfZgby jheb b agZq_gby fbjh\
hebfibckdh]h ^\b`bgbsy_gbjy d bo dmevlmjguf p_gghkl
kh\j_f_gghfm jZa\blbx

< qbkeh ijZdlbq_kdbo j_amevlZlh\ ^Zggh]h g
nhjfbjh\Zgb_ iheh`bl_evguo gZ\udh\ b mf_gbc
\aZbfh^_ckl\bb kh k_jklgbdZfb b mqbl_eyfb nb
hj]Zbga Zpbb kh\f_klghc mq_[ghc b dhgkmevlZlb\ghc ^

P_gljZevghc b^__c dhgkljmbjh\Zgby mq_[gh]
ieZgbjm_fuo j_amevlZlh\ h[jZah\Zgby ih nbabq_kdl
hkgh\gh]h h[s_]h h[jZah\Zgby y\ey_lky \hkiblZgb_
h[mZqxsboky h[_ki_q_gb_ _^bgkl\Z \ jZa\blbb bo nba
b khpbZevghc ijbjh^u J_ZebaZpby wlhc b^_b klZ
hkgh_ kh^_j`Zgby mq_[gh]h ij_^f_lZ dhlhjh_ ij_^kl
^_yl_evghklvx k _z [Zah\ufb dhfihZgbghZfb bagmZgjb
nbabq_kdhc dmevlmj_ hi_jZpbhgZevguf kihkh
^_yl_evghklb b fhlbj\Zpbkhgmevguf nbabq
kh_jr_gkl\h\Zgb_

< p_eyo mkbe_gby fhlb\Zpbhgghc khklZ\eyxs_c
©Nbabq_kdZy dmevlmjZª eihjqZ\kbyh _acgZqbfh]h k
kh^_j`Zgb_ ijh]jZffu ih nbabq_kdhc dmevlmj_ ij_^
fh^me_c dhlhju_ \oh^yl kljmdlmjgufb dhfihg_glZfb
kh_jr_gkl\h\Zgb_ª

Bg\ZjbZglgu_ fh^meb \dexqZxl \ k_[y kh^_j`Zg
kihjlZ]bfgZklbdZ ez]dZy Zle_lbdZ abfgb_ \b^u k
eu`ghc ih^]hlh\db kihjlb\gu_ b]ju ieZ\Zgb_ Bg\Z
k\hzf ij_^f_lghf kh^_j`Zgbb hjb_glbjmxlky gZ \k_klh
ih^]hlh\e_gghklv h[mqZxsboky hk\h_gb_ckdfbcl_bog
nbabq_kdbo mijZ`g_gbc kh^_ckl\mxsbo h[h]Zs_gbx

<ZjbZlb\gu_ fh^meb h[t_^bg_gu fh^me_f ©Kih
dhlhjh]h jZajZ[Zlu\Z_lky h[jZah\Zl_evghc hj]Zgb
fh^mevguo ijh]jZff ih nbabq_kdhc dmevlmjZl_evguo
hj]ZgbaZpbc Hkgh\ghc kh^_j`Zl_evghc gZijZ\e_g
fh^me_c y\ey_lky ih^]hlh\dZ h[mqZxsboky d \uihe
lj_[h\Zgbc <k_jhkkbckdh]h-kihjldmevlhmjdhfie_dkZ
Zdlb\gh_ \h\e_q_gb_ bo \ khj_\gbhZkl_evgmx ^_yl_ev

Fh^mev ©Kihjlª fh`_l jZajZ[Zlu\Zlvky mqbl_e
dmevlmju gZ hkgh_ kh^_j`Zgby [Zah\hc nbab
gZpbhgZevguo \b^h\ kihjlZ kh\j_f_gguo ha^hjh\b
jZfdZo ^Zggh]h fh^mey ij_^klZ\e_gh ijbf_jgh_ kh
nbabq_kdhc ih^]hlh\dbª

Kh^_j`Zgb_ ijh]jZffu ih nbabq_kdhc dmevlmj_ ij_
h[mq_gby ^ey dZ`^h]h deZkkZ ij_^mkfhlj_g jZa^_e
^_ckl\byª \ dhlhjhf jZkdju\Z_lky \deZ^ ij_^f_lZ
ihagZ\Zl_evguo dhfumgbddZlb\j_]meylb\guo ^_c
khhl_lkl\mxsbo \hafh`ghklyf b hkh[_gghklyf h[mq
\hajZklZ Ebqghklgu_ ^hklb`_gby g_ihkj_^kl_ggh k
kh^_j`Zgb_f mq_[gh]h ij_^f_lZ b ij_^klZ\e_gu ih f_j_
H[s__ qbkeh qZkh\ j_dhf_g^h\Zgguo ^ey ba
dmevlmju gZ mjh\g_ hkgh\gh]h h±s_]hqZkh[hZah\Zgdey
qZkh\ qZkZ \ g_^_ex± q\Zkh\eZkkqZkZ \ g_^_ex
± qZkh\ qZkZ \ g_^_ex± q\Zkh\eZkkqZkZ \ g_^_
deZk±k_ qZkh\ qZkZ \ g_^_ex

KH>?J@:GHQ?;GH=H IJ?>F?L:

5DE:KK

Знания о физической культуре.

Nbabq_kdZy dmevlmjZ gZ mjh\g_ [Zah\h]h h[s_]
kh^_j`Zgb_ b nhjfu hj]Zgybaz pbkbkalZgZ ^hihegbl_
h[mq_gby nbabq_kdhfm dmevlmj_ hj]ZgbaZpbb
h[s_h[jZah\Zl_evghc hj]ZgbaZpbb

Nbabq_kdZy dmevlmjZ b a^hjh\uc h[jZa `bag
hkgh\guo nhjf nbabq_kdhc dmevlmju bo k\yav k k
hj]ZgbaZpb_c hl^uoZ b ^hkm]Z

Bklhjbq_kdb_ k_^_gby h[hebfibckdbo b]jZo
oZjZdl_jbklbdb bo kh^_j`Zgby b ijZ\beZ [hjv[u kh
aZ_jr_gb_ bklhjbb Hebfibckdbo b]j ^j_\ghklb

Способы самостоятельной деятельности.

J_`bf ^gy bagZhq_gb_ ^ey h[mqZxsboky k\yav
jZ[hlhkihkh[ghklvx KhklZ\e_gb_ bg^b\b^mZevgh
hij_^_e_gb_ hkgh\guo bg^b\b^mZevguo \b^h\ ^_yl_
^bZiZahgh\ b ihke_^h\Zl_evghklb \ \uiheg_gbb

Nbabq_kdh_ jZa\blb_ q_dZa_dZeb_h kihkh[u baf
HkZgdZ dZd ihdZaZl_ev nbabq_kdh]h jZa\blby
kms_kl\h\Zgb_ \ mkeh\byo h[jZah\Zl_evghc b [u
<hafh`ghklb baf_j_gby b baf_j_gby hkZgdb Khk
nbabq_kdbo mijZ`g_gbkghdchjZdjZe_gghklvx b ijZ
bo ijh_^_gb_f kZfhklhyl_evgh

Ijh_^_gb_ kZfhklhyl_evguo aZgylbc nbabq_kdbf
hldjuluo iehsZ^dZo b \ ^hfZrgbo mkeh\byo ih^]hlh\
\u[hj h^_`^u b h[m\b ij_^mij_`^_gb_ ljZ\fZlbafZ

Hp_gZbgb_ khklhygby hj]ZgbafZ \ ihdh_ b ihke_ n
\ ijhp_kk_ kZfhklhyl_evguo aZgylbc nbabq_kdhc dm
KhklZ\e_gb_ ^g_\gbdZ nbabq_kdhc dmevlmju

Физическое совершенствование.

Физкультурно-оздоровительная деятельность.

Jhev b ahgZq_ngbadmevlam^hjh\bl_evghc ^_yl_evg
a^hjh\hf h[jZa_ `bagb kh\j_f_ggh]h q_eh_dZ M
aZjy^db b nbadmevlfbgmlhd [hdh\hc b ajbl_evghc
mq_[guo aZgylbc aZdZeb\Zxsb_ ijhp_^mju ihke_
aZjy^dhicjZ`Mg_gby ih jZa\blbx ]b[dhklb b ih^\b`gh
jZa\blbx g_aZ\bkbfhklb kha^Z_l l_ehkeh`_gby k bk
hly]hs_gbc

Спортивно-оздоровительная деятельность.

Jhev b agZq_gb_-hkai^hjjh\gh_evghc ^_yl_evghklb
h[jZa_ `bkahgb_f_ggh]h q_eh_dZ

Fh^mev ©=bfgZklbdZª

Dm\ujdb \i_j_^ b gZaZ^ \ ]jmiibjh\d_ dm\ujdb gh
dm\ujdb gZaZ^ ba klh_d gZ ehiZldZo fZevqbdZo
]bfgZklbq_kdmx dhaeZ gh]b \jhav fZevqbdb h
]bfgZklbq_kdmx dhaem k ihke_^mxsbfb kiju]b\Zgbyf

MijZ`g_gby gZ gbadhf]bfgZklbq_kdhf [j_\g_ i_j
k ih\hjhlZfb ih djm]m b gZ *f* e_]db_ ih^iju]b\Z
lheqdhf ^\mfy gh]Zfb i_j_^\b`_gb_ ijbklZ\guf r
MijZ`g_gby gZ]bfgZklbq_kdhc e_klgbp_ i_j_e_aZg
ijZ\uf b e_\uf [hdhf eZaZgv_ jZaghbfzgguf kihkh[
h^ghbfzgguf kihkh[hf _jo ljhc^bl_ ih]bfgZklbc
ijZ\uf b e_\uf [hdhf kihkh[hf ©m^_j`b\Zy aZ ie_qbª

Fh^emv ©Ez]dZy Zle_lbdZª

GZqbgZcl_ gZ [hevrb_ jZkklhygby k [ukljhc kdl
\ukhdbf klZjlhf [_]bl_ gZ dhjhldb_ jZkklhygby k
^\b`_gby lju`db \ \ukhlm k jZa[_]Z f_lh^hf ©kh]gm
\ukhlm k ijyfuf jZa[_]Z

F_lZgb_^mhragh]h rZjZ k f_klhf \ _jlbdZevghc
fbr_gb f_lZgb_ \ha^mrgh]h rZjZ \^Ze_d_ k lj_fy rZ]

Fh^mev ©Abfgb_ \b^u kihjlZª

l_j_^\b`_gb_ gZ eu`Zo ihi_j_f_gguf ^\morZ`guf c
gZ eu`Zo k i_j_klmiZgb_f gZ f_klh_ mbq_[^ghc_^gbkbZig
ih^t_f ih iheh]hfm kdehgm kihkh[hf ©e_k_gdZª b ki
ij_h^he_gb_ g_[hevrbo [m]jh\ b \iZ^bg ijb kimkd_ k

Fh^mev ©Kihjlb\gu_ b]juª

;Zkd_l[he l_j_^ZqZ fyqZ ^\mfy jmdZfb hl]jm
^\b`_gbb_^_gb_ fyqZ gZ f_kl_ b \ ^\b`_gbb ©ih ijy
©af_cdhcª [jhkhd fyqZ \ jmdm ^\mfy jmdZfb hl
bamq_ggu_ l_ogbq_kdb_ ^_ckl\by k fyqhf

<he_c[he ljyfZy gb`gyy ih^ZqZ fyqZ ijb_f b i_
jmdZfb k_jommbgkZ_fjokl_ b \ ^\b`_gbb jZg__ bamq_
^_ckl\by k fyqhf

Nml[he M^Zj ih g_ih^\b`ghfm fyqm \gmlj_gg_
g_[hevrbf jZa[_]hf hklZgh\dZ dZlys_]hky fyqZ f_
_^_gb_ fyqZ ©ih ijyfhcª ©ih djm]mª b fyqhf_cdl
hjb_glbjh\ dhgmkh\

Kh_jr_gkl\h\Zgb_ l_ogbdb jZg__ jZamq_gguo
Zdjh[Zlbq_kdbo mijZ`g_gbc lj_gbjh\hd e_]dhc Zle
kihjlZ l_ogbq_kdbo ^_ckl\bc \ b]jZo

Fh^mev ©Kihjlª

Nbabq_kdZy ih^]hlh\dZ d \uiheg_dhfxe_ghkjZZ=bl\h\
bkihevah\Zgb_f kj_^kl\ nbabq_kdhc ih^]hlh\db
ha^hjh\bl_evguo kbkl_f gZpbhgZevghc dmevlmju
kihjlZ dme-wlhgjbgdh_kdbo b]j

Fh^mev ©EZilZkª_klhjhgg__ jZa\blb_ ^_l_c b
m_ebq_gb_ h[^\bZ]b_evghc Zehkghkdb\hklv nbabq_
ikboheh]bq_kdh]h b mklhcqb\h]h a^hjh\vy h[mqZ
hkgh\guo fZl_jbZevguo p_gghkl_c b ih\ur_gb
\hafh`ghkl_c bo hj]ZgbafZ h[_ki_q_gb_ [_ahiZkghk
ghmldZho- hk\h_gb_ agZgbc h nbabq_kdhc dmevlmj_
jZa\blby eZilu \-pdhehfjhebjh\Zlv we_f_glu ij_^klZ
eZil_ h __ \hafh`ghklyo b mqblu\Zlv \ ijhp_kk_
[_amkeh\guc mjh_gv jZa\blby b nbgZgkhsmxkyh^]h
h[_ki_qb\Z_l h[jZah\Zl_evgmx [Zam hkgh\Zggmx dZ
h[eZklb nbabq_kdhc dmevlmju b kihjlZ lZd b
dmevlmjghf mjh\g_ jZa\blby ebqghklb h[mqZxs_]hky
ij_^ihkuedb ^ey _]h kZfhjh_kZmesbakZlpbyb_l dmevlmjm ^\
h[h]Zs_gb_ ^\b]Zl_evgh]h hiulZ nbabq_kdbfb
h[s_jZa\b\Zxs_c b dhjjb]bjmxs_c gZijZ\e_gghklvx
^_ckl\byfb b ijb_fZfb \b^Z kih-jlZhk©EZilZkª klZg^Z
ebqghklb ghjf dhee_dlb\gh\hy\aZkbfhj^_cgkbjZa\lbZb_
iheh`bl_evghc fhlb\Zpbb b g-Zeabq\Zlmevghh bgl_j
ij_^f_lm ©Nbabq_kdZy dmevlmjZª khojZgyxs_]hky
khklhygbb h[mqZxsboky gZ aZgylbyo nbabq_kdhc
\uy\e_gb_ jZa\blb^b_j`bdZ h^Zjzgguo ^_l_c \ h[eZklb k

Fh^mev =Zg^[he

‡ \eZ^_gb_ agZgbyfb h[bg^b\b^mZevguo hkh[_
jZa\blbyb nbabq_kdhc ih^]hlh\e_gghklb ‡ \eZ^_gb_
hj]ZgbaZpbb b ijh_^_gby aZgylbc]Zg^[hebZfevguomc
hkh[_gghklyfb nbabq_kdh]h jZa\blby bnbabq_kdh
kihkh[ghklv mijZ\eylv k\hbfb wfhpbyfb ijhy\eylv
b\aZbfh^_ckl\by \ ijhp_kk_ aZgylbc nbabq_kdhc
bkhj_\gh\Zl_evghc ^_yl_evghklb ih jZkv^hZedb‡gh
\dexqZlvky \ kh\f_klgu_ nbadmevlmjghha^hjh\bl_e
f_jhijbylby ih]Zg^[hem ijbgbfZlv mqZklb_ \

ijh_^_gbb ‡ \eZ^_gb_ mf_gb_f ij_^mij_`^Zlv dhgn
\j_fykh\f_klguo aZgylbc nbabq_kdhc jlhf evjZajhcZb
kihjgu_ijh[e_fu gZ hkgh_ m\Z`bl_evgh]h b ^h[jh`_e
dhdjm`Zxsbf ‡mf_gb_ kh^_j`Zlv \ ihjy^d_ kihjlb\g
h[hjm^h\Zgb_ kihjlb\gmx h^_`^m hkms_kl\eylv bo il
kihjlb\gufkhj_\gh\Zgbyf ‡ eohkjh`_gb_ `_eZgb_ ih^^
]h \ jZfdZo ijbgyluo ghjfb ij^klZ\e_gbc ihkj_
nbabq_kdhc dmevlmjhc ‡ \eZ^_gb_ mf_gb_f hp_gb\Z
ijbgbfZlv j_r_gby gZoh^blv Z^_d\Zlgu_ kihkh[u
\aZbfh^_ckl\by k iZhlgjjZyfaZ\gylbc]Zg^[hehf Z lZd`
b b]jh\hc ^_yl_evghklb ‡ \eZ^_gb_ gZ\udZfb \uiheg
^\b]Zl_evguo mf_gbc oh^v[Z [_] iju`db eZaZgv
kihkh[Zfb ‡ \eZ^_gb_ gZ\udZfb \uiheg_gby jZaghl
mijZ`g_cjZaebqghc nmgdpbhgZevghc gZijZ\e_ggh
^_ckl\bc \ ]Zg^[he_ ZlZd`_ ijbf_g_gby bo \ b]jh\h
^_yl_evghklb ‡ mf_gb_ fZdkbfZevgh ijhy\eylv nba
dZq_kl\Z ijb\uiheg_gbb l_klh\uo mijZ`g_ghcj_ih nba

DE:KK

Знания о физической культуре.

<hajh`^_gb_ hebfibckdbo b]j b hebfibckdh]h
kh\j_f_gghf fbj_ jhev lv_jZ ^_ Dm[_jl_gZ \ bo klZ
>_\ba kbf\hebdZ b jblmZeu kh\j_f_gguo hebfibc
hj]ZgbaZpbb b ijhl_j\uobhebfibckdbo b]j kh\j_f_ggh
hebfibckdb_ q_fibhgu

Способы самостоятельной деятельности.

<_^_gb_ ^g_\gbdZ nbabq_kdhc dmevlmju Nbabc
\ebygb_ gZ jZa\blb_ kbkl_f hj]ZgbafZ k\yav k
ih^]hlh\dZ evjl_aZf nbabq_kdhc ih^]hlh\db

IjZ\beZ b kihkh[u kZfhklhyl_evgh]h jZa\blby nb
Kihkh[u hij_^_e_gby bg^b\b^mZevghc nbabq_kdhc
ijh_^_gby baf_jbl_evguo ijhp_^mj ih hp_gd_ nba
IjZ\beZ \uiheg_gby l^_khhcu haZ_ogbd_ b kihkh[u j_]b
j_amevlZlh\

IjZ\beZ b kihkh[u khklZ\e_gby ieZgZ kZfhklh
nbabq_kdhc ih^]hlh\dhc

Физическое совершенствование.

Физкультурно-оздоровительная деятельность.

ljZ\beZ kZfhklhyl_evgh]h aZdZeb\Zgby hj]Zgl
\ha^mrguo b kheg_qguo \Zgg dmiZgby \ ba]hlh\e_
l_ogbdb [_ahiZkghklb b]b]b_gu gZ f_klZo aZ
mijZ`g_gbyfb

Ha^hjh\bl_evgu_ dhfie_dku mijZ`g_gby ^ey dhj
k bkihevah\Zgb_f ^hihegbl_evguo hly]hs_gbc
ijhnbeZdlbdb gZjmr_gbc aj_gby \h \j_fy mq_[guo
dhfivxl_jhf mijZ`g_gby ^ey nbadmevliZma gZijZ\e_
jZ[hlhkihkh[ghklb fur-p\bjZjghevgh]hlZi\Zj_`bf_ mq_[g
^_yl_evghklb

Спортивно-оздоровительная деятельность.

Fh^mev ©=bfgZklbdZª

:djh[Zlbq_kdZy dhf[bgZpby h[s_jZa\b\Zx
keh`ghdhhj^bgbjh\Zgguo mijZ`g_gbc klh_d b dm\uj
Zdjh[Zlbq_kdbo mijZ`g_gbc

Dhf[bgZpby bah\Zgeba h[s_jZa\b\Zxsbo mijZ`g
keh`-dhhj^bgbjh\Zgguo mijZ`g_gbc jblfbq_kdhc]bfg
^\b`_gbc jmd b gh] k jZaghc Zfieblm^hc b ljZ_dlh
^\b`_gbyfb ba jZg__ jZamq_gguo lZgp_\ ^_\hqdb

Hihjgu_ iju`db q_j_a]bfgZdhlbqZ_kdhjZa[_]Z f_l
©kh]gm\ gh]bª fZevqbdb b f_lh^hf ©gh]b \jhavª ^_

=bfgZklbq_kdb_ ihdZaZl_eb gZ gbadhf]bfgZk
bkihevah\Zgb_f klbebah\Zgguo h[s_jZa\b\Zxsbc
dhhj^bgbjh\Zgguo mijZ`g_gbc i_j_^\b`_gbc_]hZ]Z
ih\hjhlZfb k jZaghh[jZagufb ^\b`_gbyfb jmd b
klZlbq_kdhc ihau ^_\hqdb

MijZ`g_gby gZ gbadhc]bfgZklbq_kdhc i_j_deZ^l
\jhav i_j_fZo \i_j_^ b gZaZ^ fZevqbdb

EZaZgv_ ih dZgZlm \ ljb ijbzfZ fZevqbdb

Fh^mev©Ez]dZy Zle_lbdZª

GZqgbl_ k hihju gZ h^gm b k ihke_^mxsbf mkdhj
ieZ\guf jZ\ghf_jguf [_]hf jmd gZ mq_[ghc ^bklZgpb
[_]h\u_ mijZ`g_gby

lju`dh\u_ mijZ`g_gby iju`hd \ \ukhlm k jZa
©i_j_rZ]b\Zgb_ª jmZg_ggu_ aiju`dh\u_ mijZ`g_gby \
\ukhlm gZiju]b\Zgb_ b kiju]b\Zgb_

F_lZgb_ ^_lkdh]h l_ggbkgh]h fyqZ \ ih^\b`gmx
fbr_gv

Fh^mev ©Abfgb_ \b^u kihjlZª

l_j_^\b`_gb_ gZ eu`Zo h^gh\j_f_gguf h^ghrZ
ij_h^he_gb_ g_[hemvrhbo i[Zlkimkd_ k iheh]h kdeh
klhcd_ jZg__ jZa\blu_ mijZ`g_gby gZ eu`ghc ih^]hl
mq_[ghc ^bklZgpbb ih\hjhlu kimkdb lhjfh`_gb_

Fh^mev ©Kihjlb\gu_ b]juª

;Zkd_l[he L_ogbq_kdb_ ^_ckl\by b]jhdZ [_a fy
klhcd_ [Zkd_l[hebklZ iju`db _jo lheqdhf h^ghc gh
gZ ^jm]mx gh]m hklZgh\dZ ^\mfy rZ]Zfb b iju`dhf

MijZ`g_gby k fyqhf jZg__ mlhqg_ggu_ ijb_fu ij
jZaguo gZijZ\e_gbyo b ih jZaghc ljZ_dlhjbb ijb i_j
dhjabgm

IjZ\beZ b]ju b b]jh\Zy ^_yl_evghklv khhl_lkl\
bkihevah\Zgb_f jZamq_gguo l_ogbq_kdbo ijb_fh\

<he_c[he Ijbzf b i_j_^ZqZ fyqZ ^\mfy jmdZfb
iehsZ^db dhfZg^u khi_jgbdZ IjZ\beZ b]ju b b]jh\
ijZ\beZf k bkihevah\Zgb_f jZamq_gguo l_ogbq_kdbo ijb
fyqZ _]h ijb_f_ b i_j_^Zq_ ^\mfy jmdZfb kgbam b k\

Nml[he M^Zju ih dZlys_fmky fyqm k jZa[_]Z IjZ
^_yl_evghklv kh]eZkgh ijZ\beZf k bkihevah\Zgb_f j
ijb_fh\jb hklZgh\d_ b i_j_^Zq_ fyqZ _]h _^_gbb b h

Kh_jr_gkl\h\Zgb_ l_ogbdb jZg__ jZamq_gguo
Zdjh[Zlbq_kdbo mijZ`g_gbc lj_gbjh\hd e_]dhc Zle_
kihjlZ l_ogbq_kdbo ^_ckl\bc \ b]jZo

Fh^mev ©Kihjlª

Nbabq_kdZy idZ^]hdlh\\uiheg_gbx ghjfZlb\h\ dhfie_
bkihevah\Zgb_f kj_^kl\ nbabq_kdhc ih^]hlh\db
ha^hjh\bl_evguo kbkl_f gZpbhgZevghc dmevlmju
kihjlZ dme-wlhgjbgdh_kdbo b]j

Fh^mev ©EZil\Zkª_klhjhgg__ jZa\blb_ ^_kl_dh\b
m_ebq_gb_ h[t_fZ bo ^\b]Zl_evghc_jZdlbghkbabq_k
ikboheh]bq_kdh]h b h[_ki_q_ggh]h a^hjh\vy mqZ
hkgh\guo fZl_jbZevguo p_gghkl_c b ih\ur_gb_ mklhc
h[_ki_q_gb_ [_ahiZkghklb gZo jZ[hgbmlf_mkZh_gb_
agZgbc h nbabq_kdhc dmevlmj_ b kihjl_ bklhjbb jZ
dhgljhebjh\Zlv we_f_glu ij_^klZ\e_ggu_ gZ eZil_
mqblu\Zlv \ ijhp_kk_ jZa\blby a^jZ\hhojZg_gby
jZa\blby b nbmqZgkh\]hlh\dm h[mqZxsbokiy_qb\Z_l
h[jZah\Zl_evgmx hkgh\m hkgh\Zggmx dZd gZ agZg
nbabq_kdhc dmevlmju b kihjlZ lZd b gZ khhl_l

mjh\g_ jZa\blby ebqghklb h[mqZxs_]hky kha^Zlv g_
^ey _]khZfhj_Zebaz pgbb`gxx dmevlmjm ^\b`_gbc h[
^\b]Zl_evgh]h hiulZ nbabq_kdbfb ^\b`_gbyfb k h
dhjjb]bjmxs_c gZijZ\e_gghklvx l_ogbq_kdbfb ^_ck
\b^Z kihjlZ ©EZhkZ3lZgb_ klZg^Zjlh\ ebqghklb]ghjf
\aZbfh^_ckl\by b khljmjZgabq_kl\Zheh`bl_evghc fhlb
mq_[ihagZ\Zl_evgh]h bgl_j_kZ d ij_^f_lm ©Nbab
khojZgyxs_]hky \ khhl_lkl\mxs_f khklhygbb h[mqZ
nbabq_kdhc dmevlmjhc- buykihjhf_ ljZa\b ih^^_j`dZ
h^Zjzgguo ^_l_c \ h[eZklb kihjlZ

Fh^mev =Zg^[he

‡ h[_ki_q_gb_ lj_[h\Zgbc hlghkbl_evgh hkh[_gg
jZa\blby b nbabq_kdhc ih^]hlh\e_gghklb ‡ lj_[
hj]ZgbaZpbb b ijh_^_gbx aZgylbc \ ]Zg^[he_ k
hkh[_ggh]h nbabq_kdh]h jZa\blby b nbablb_kdhc
\hafh`ghklv mijZ\eylv k\hbfb jZaj_r_gbyfb h[_ki_
h[s_gb_ b \aZbfh^_ckl\b_ \ ijhp_kk_ aZgylbc nb
b]jh\hc b khj_\gh\Zl_evghc ^_yl_evghklvx ih]Zg^
Zdlb\gh \dexqZlvky \ kh\f_klgu-hafhbdmevgmjghb
kihjlb\gu_ f_jhijbylby ih]Zg^[hem ijbgbfZlv mqZklb
ijh_^_gbb ‡ mf_gb_ ij_^mij_`^Zlv dhgnebdlgu_
aZgylbc nbabq_kdhc dmevlmjhc b kihjlhf jZaj_rZlv
hkgh_ m\Z`bl_evgh]h bevghjh`_hZgr_gby d hdjm`
‡mf_gb_ ih^^_j`b\Zlv \ ihjy^d_ kihjlb\guc bg_glZ
kihjlb\gmx h^_`^m bamqZlv bo ih^]hlh\dm d aZg
khj_\gh\Zgbyf ‡ ohjhr__ l_ehkeh`_gb_ `_eZgb_ ih^
]hkm^Zjkl_gguob gihjf^klZ\e_gbc \ jZfdZo mkeh\bc
dmevlmju ‡ jZa\b\Zlv mf_gb_ hp_gb\Zlv kblmZpbx
j_r_gby gZoh^blv Z^_d\Zlgu_ kihkh[u ih_^_gby
dhee_]Zfb \h \j_fy aZgylbc \ ]Zg^[he_ Z lZd`_ \
^_yl_evgkb ‡ gZjmr_gb_ gZ\udh\ \uiheg_gby `b
^\b]Zl_evguo mf_gbc oh^v[Z [_] iju`db eZaZgv
kihkh[Zfb ‡ ij_iylkl\by gZ\udZf \uiheg_gby wnn_d
mijZ`g_gbc jZaebqghc nmgdpbhgZevghc gZijZ\e_
^_dkbc \ ]Zg^he_ Z lZd`_ ijbf_g_gby bo \ b]jh\hc
^_yl_evghklb ‡ mf_gb_ khojZgylv nbabq_kdb_ kih
\uiheg_gbb l_klh\uo mijZ`g_gbc ih nbabq_kdhc dme

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Знания о физической культуре.

AZjh`^_gb_ hebfibckdh_gjhy \ ^hj_\hexpbhgghc Jhl
: > ;mlh\kdh]h \ jZa\blbb hl_q_kl_gghc kbkl_fu nba
kihjlZ Hebfibckdh_ ^\b`_gb_ \ KKKJ b kh\j_
oZjZdl_jbklbdZ hkgh\guo wlZih\ jZa\blby <u^Zx
jhkkbckdb_ heubfibcp

Mkeh\by nbabq_kdhc dmevlmju b kihjlZ gZ \hki
khklhygbx ebqghklb kh\j_f_ggh]h q_eh_dZ

Способы самостоятельной деятельности.

IjZ\beZ l_ogbdb [_ahiZkghklb b]b]b_gu f_kl aZg
nbabq_kdbo mijZ`g_gbc gZ hlZiulu<o_^ighs_Z^dg_\gb
nbabq_kdhc dmevlmj_

L_ogbq_kdZy ih^]hlh\dZ b __ agZq_gb_ ^ey q_e
l_ogbq_kdhc ih^]hlh\db >\b]Zl_evgu_ ^_ckl\by dZ
ih^]hlh\db \dexqZxl \ k_[y ^\b]Zl_evgu_ gZ\udb b
Kihkh[u baf_j_gby l_ogbdb ^\b]Zl_evguo ^_ckl\bc b
baf_j_gby Hrb[db ijb h[mq_gbb l_ogbdb \uiheg_
^_ckl\bc ijbqbgu b kihkh[u bo lhedh\Zgby gZ kZfh
l_ogbq_kdhc ih^]hlh\dhc

IeZgbjh\Zgb_ kZfhklhyl_evgub_ ogbq_kdhc ih^]hl
mq_[guc]h^ b mq_[gmx q_l_jlv KhklZ\e_gb_ ieZg
kZfhklhyl_evghc l_ogbq_kdhc ih^]hlh\d_ Kih
ha^hjh\bl_evgh]h j_amevlZlZ aZgylbc nbabq_kdhc
©bg^_dkZ D_le_ª bq©hkdhkZiljh[uª ©nmgdpbhgZevg
khklZ\e_gb_f gZkljh_dª

Физическое совершенствование.

Физкультурно-оздоровительная деятельность.

Ha^hjh\bl_evgu_ dhfie_dku ^ey kZfhklhyl_ev
^h[Z\e_gb_f jZg__ jZamq_gguo mijZ`g_gbc _gey dhj
ijhnbeZdlbdb gZjmr_gbc hkZgdb i_j_^g_c b ajbl_
j_`bf_ mq_[gh]h ^gy

Спортивно-оздоровительная деятельность.

Fh^mev ©=bfgZklbdZª

:djh[Zlbq_kdb_ fhf_glu ba jZg__ jZajZ[hlZggu
^h[Z\e_gb_f mijZ`g_gbc jblfbdbdkdhc^_\hfgdZkl ljhkl_
Zdjh[Zlbq_kdb_ ibjZfb^u \ iZjZo b ljhcdZo ^_\hqdZ
hihjhc gZ jmdb Zdjh[Zlbq_kdZy dhf[bgZpby ba jZa
jZ\gh_kbb klhcdZo dm\ujdZo fZevqbdZo

Dhfie_dk mijZ`g_gbc k ^h[Z\e_gb_f mijZ`g_gbc gZfbkl_kdbq_k
jZg__ jZamq_gguo mijZ`g_gbc \ \bkZo mihjZo i_
Fh^mev ©Ez]dZy Zle_lbdZª
;_]bl_ k kh[ex^_gb_f h[s_ijb^hy\luo©gZfkl_hmiZgb_ª
©iju`dh\uc [_]ª wklZn_lguc [_] JZg__ hk\h_ggu_
^hklb`_gb_f kdhjhklb i_j_^\b`_gby b \uiheg_gby
iju`db k jZa[_]Zfb \ ^ebgm kihkh[hf ©kh]gm\ gh]bª
©i_j_rZ]b\Zgb_ª
F_lZgb_ gr[]hevl_ggbkgh]h fyqZ ih ^\b`ms_cky
jZaghc kdhjhklvx fbr_gb
Fh^mev ©Abfgb_ \b^u kihjlZª
Lhjfh`_gb_ b ih\hjhl gZ eu`Zo mihjhf ijb kimkd_
i_j_oh^ k ^\b`_gby ihi_j_f_gguf ^\morZ`guf oh^hf
h^gh\j_f_gguf Z^guhr oh^hf b h[jZlgh \h \j_fy bkiulZg
^bklZgpbb kimkdb b ih^t_fu jZg__ hk\h_ggufb f_lh^
Fh^mev ©Kihjlb\gu_ b]juª
;Zkd_l[he l_j_^ZqZ b eh\ey fyqZ ihke_ hlkdhdZ
^\mfy jmdZfb b hl]jm^b ihke_ _^_gkyv Bhjh\Zybe^Zfy
bkihevah\Zgb_f jZg__ jZamq_gguo l_ogbq_kdbo ijb_
_^_gb_ ijb_fu b i_j_^Zqb [jhkdb \ dhjabgm
<he_c[he <_jogyy ijyfZy ih^ZqZ fyqZ \ jZagu
khi_jgbdZ i_j_^ZqZ fyqZ q_j_a k_ldmi^_^fyqZmfyZqfZ
]heh\m B]jh\Zy ^_yl_evghklv ih ijZ\beZf k bki
jZamq_gguo l_ogbq_kdbo ijb_fh\
Nml[he Kj_^gb_ b ^ebggu_ \uiheg_gby i_j_^Zql
^bZ]hgZeb lZdlbq_kdb_ ^_ckl\by ijb m]eh\hf ma^Zj_
[hdh\c ebgbb B]jh\Zy ^_yl_evghklv ih ijZ\beZf k b
jZamq_gguo l_ogbq_kdbo ijb_fh\
Kh_jr_gkl\h\Zgb_ l_ogbdb jZg__ jZamq_gguo
Zdjh[Zlbq_kdbo mijZ`g_gbc lj_gbjh\hd e_]dhc Zle_
kihjlZ l_ogbq_kdbo b^]jZkl\bc
Fh^mev ©Kihjlª

Nml[he M^Zj ih fyqm k jZa[_]Z \gmlj_gg_c qZ
aZ[ehdbjmcl_ fyq \gmlj_gg_c [hdh\hc klhiu-nml[heZ
l_ogbq_kdb_ b lZdlbq_kdb_ ^_ckl\by B]jh\Zy ^_y
fbg-nml[heZkkhebvah\Zgb_f jZg__ jZamq_gguo l_ogb
^_\mr_d B]jh\Zy ^_yl_evghklv ih ijZ\beZf deZk
bkihevah\Zgb_f jZg__ jZajZ[hlZgguo l_ogbq_kdbo ij
Kh_jr_gkl\h\Zgb_ l_ogbdb jZg__ jZamq_gguo
Zdjh[Zlbqo_kmdbjZ`g_gbc lj_gbjh\hd e_]dhc Zle_lbdb
kihjlZ l_ogbq_kdbo ^_ckl\bc \ b]jZo
Fh^mev ©Kihjlª
Nbabq_kdZy ih^]hlh\dZ d \uiheg_gbx ghjfZlb\h\
bkihevah\Zgb_f kj_^kl\ nbabq_kdhc ih^]hlh\db
ha^hjh\bl_evguonkabkq_fkdhc dmevlmju gZpbhgZevgu
dmevlmvjghbq_kdbo b]j
Fh^mev ©EZilZkª_klhjhgg__ jZa\blb_ ^_l_c b
m_ebq_gb_ h[t_fZ bo ^\b]Zl_evgh]h ^_jZ`Zlbghkbabq_k
ikboheh]bq_kdh]h b h[_ki_q_ggh]h ya^hjh\vj`Zmq
hkgh\guo fZl_jbZevguo p_gghkl_c b ih\ur_gb_ mklhc
h[_ki_q_gb_ [_ahiZkghklb gZ jZ[hqbo f_kkZbgbZ_
agZgbc h nbabq_kdhc dmevlmj_ b kihjl_ bklhjbb jZ
dhgljhebjh\Zlv we_fkgZlve_gjg_ gZ eZil_ h __ \ha
mqblu\Zlv \ ijhp_kk_ jZa\blby a^jZ\hhojZg_gby
jZa\blby b nbgZgkh\mx ih^]hlh\dm- h[mkqZxsbZkj
h[jZah\Zl_evgmx hkgh\m hkgh\Zggmx dZd gZ agZg
nbabq_kdhc jdmevlmhjlZ lZd b gZ khhl_lkl\mxs_f
mjh\g_ jZa\blby ebqghklb h[mqZxs_]hky kha^Zlv g_
^ey _]h kZfhj_Zebgbxgbxdmevlmjm ^\b`_gbc h[
^\b]Zl_evgh]h hiulZ nbabq_kdbfb ^\b`_gbyfb k h
dhjjb]bjsmxc gZijZ\e_gghklvx l_ogbq_kdbfb ^_ckl\b
\b^Z kihjlZ ©EZhkZlZgb_ klZg^Zjlh\ ebqghklb ghjf
\aZbfh^_ckl\by b khljmjZgabqlkl\Zheh`bl_evghc fhlb
mq_[ghagZ\Zl_evgh]h bgl_j_kZ d ij_^f_levlmjZbªab
khojZgyxs_]hky \ khhl_lkl\mxs_f khklhygbb h[mqZ
nbabq_kdhc dmevlmjhc- buykhjghf_ jZa\blb_ b ih^
h^Zjzgguo ^_l_c \ h[eZklb kihjlZ
Fh^mev =Zg^[he
‡ h[_ki_q_gb_ lj_[h\Zgbc hlghkbl_evgh hkdh]bg
jZa\blby b nbabq_kdhc ih^]hlh\e_gghklb ‡ lj_[
hj]ZgbaZpbb b ijh_^_gbx aZgylbc \ ]Zg^[he_ k

hkh[_ggh]h nbabq_kdh]h jZa\blby b nbabq_kdhc
\hafh`ghklv mijZ\eylv k\hbfb jZaj_r_gby dmevlmjhc
h[s_gb_ b \aZbfh^_ckl\b_ \ ijhp_kk_ aZgylbc nb
b]jh\hc b khj_\gh\Zl_evghc ^_yl_evghklvx ih]Zg^
Zdlb\gh \dexqZlvky \ kh\f_klgu-ha^hbjhdmle_vlmgjgh
kihjlb\gu_ f_jhijbylby ih]Zg^[hemqZkjbgb\fZlv hj]Zgba
ijh_^_gbb ‡ mf_gb_ ij_^mij_`^Zlv dhgnebdlgu_
aZgylbc nbabq_kdhc dmevlmjhc b kihjlhf jZaj_rZlv
hkgh_ m\Z`bl_evgh]h b ^h[jh`_eZl_evgh]h hlghr_
‡mf_gb_ ih^^_j`b\Zlv_ \kihjyb^\dguc bg_glZjv b kgZ
kihjlb\gmx h^_`^m bamqZlv bo ih^]hlh\dm d aZg
khj_\gh\Zgbyf ‡ ohjhr__ l_ehkeh`_gb_ `_eZgb_ ih^
]hkm^Zjkl_gguo ghjf b ij_^klZ\e_gbc \ jZfdZo m
dmevlmju b‡\ZjlZvamf_gb_ hp_gb\Zlv kblmZpbx b hi_jZ
j_r_gby gZoh^blv Z^_d\Zlgu_ kihkh[u ih_^_gby
dhee_]Zfb \h \j_fy aZgylbc \ ]Zg^[he_ Z lZd`_ \
^_yl_evghklb ‡ gZjmr_gb_ gZ\udh\ \uiheg_gby
^\b]Zdvguo mf_gbc oh^v[Z [_] iju`db eZaZgvb
kihkh[Zfb ‡ ij_iylkl\by gZ\udZf \uiheg_gby wnn_d
mijZ`g_gbc jZaebqghc nmgdpbhgZevghc gZijZ\e_
^_ckl\bc \ ]Zg^he_ Z lZd`_ ijbf_g_gby bo_\evgjhc\h
^_yl_evghklb ‡ mf_gb_ khojZgylv nbabq_kdb_ kih
\uiheg_gbb l_klh\uo mijZ`g_gbc ih nbabq_kdhc dme

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Знания о физической культуре.

A^hjh\v_ b a^hjh\uc h[jZa `bagb \j_^gu_ ijb\uc
\ebygb_ gZ a^hjh_dZ Lmjbklkdb_ ihoh^u dZd

iha\hghqgh]h klhe[Z Dhfie_dku Zdlb\guo b iZkkb
[hevrhc Zfieblm^hc ^\b`_gbc MijZ`g_gby\b^ehyklj
kmklZ\h\ ihemriZ]Zl riZ]Zl kdeZ^dZ fhkl

JZa\blb_ iZjlg_jkdbo hlghr_gbc ljhoh`^_gb_ mk
\dexqZxs_c [ukljmx dm\ujdm \i_j_^ gZaZ^ dm\
iehkdhklb i_j_oh^ ieZ\gh]h iju`dZ k hihjhc gZ
iju`dhf[ukljuf eZaZgv_f ;jhkdb l_ggbkgh]h fyqZ ijZ
\ ih^\b`gmx b g_ih^\b`gmx fbr_gv k f_klZ b k jZa[_
e_\hc fbr_g_c ih^_r_gguo gZ jZaghc \ukhl_ k
JZaghh[jZagu_ iju`db q_j_a]bfgZklbq_kdhx kdZ
ijh^\b`_gb_f lju`db gZ lhqghklv hllZedb\Zgby b ijba

JZa\blb_ kbeh\uo kihkh[ghkl_c lh^ly]b\Zgb_ \ l
mihj_ l_j_^\b`_gby \ \bk_ b mihj_ gZ jmdZo gZ i_
ih^ly]b\Zgb_ \ \bk_ klhy ez`Z gZ^bgbadhc\hiqj
hl`bfZgby \ mihj_ ez`Z k baf_gyxs_cky \ukhdhc hi
hl`bfZgb_ \ mihj_ gZ gbadbo [jmkvyo ih^gylb_
]bfgZklbq_kdhc kl_gd_ ^h ihkbevghc \ukhlu ba
]bfgZklbq_kdhf dhae_ gh]b aZmZbgdk_bjmeZhu sZkkb[he
Zfieblm^hc ^\b`_gbc gZ `b\hl_ b gZ kibg_ dhfie
]Zgl_eyfb k bg^b\b^mZevgh ih^h[jZgghc fZkkhc ^\b
f_kl_ gZdehgu ih^kdhdb kh \afZohf jmd f_lZgb
jZaebqguo bkoh^gudbcihedhfie_dku mijZ`g_gbc ba[b
\ha^_ckl\by gZ jZa\blb_ fur_qguo]jmii k m_ebq_
[_a ihl_jv dZq_kl\Z \uiheg_gby we_f_glu Zle_lbq
lbim ©ih^dZqdbª ijbk_^Zgby gZ h^ghc gh]_ ©ibkl
jmd^mey khojZg_gby jZ\gh_kby

JZa\blb_ \ughkeb\hklb MijZ`g_gby k g_ij_^_evg
ijh\h^ylky \ j_`bf_ mf_j_gghc gZ]jmadb \ khq_lZgbb
b iheh`_gbyfb nbdkZpbb l_eZ lh\lhjgh_ \uiheg_g
mijZ`g_gbc k mf_gvrZxsjb\Zkyhfbgll^uoZ ih lbim ©d
lj_gbjh\dbª Dhfie_dku mijZ`g_gbc k hly]hs_gbyfb
g_ij_ju\gh]h b bgl_j\Zevgh]h f_lh^h\

Fh^mev ©Ez]dZy Zle_lbdZª

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ih\lhjgbbgl_j\Zevgh]h ;f_]lhq^Zj_a qm`mx f_klghklv djhk
=eZ^dbc [_] k jZ\ghf_jghc kdhjhklvx \ jZaguo ahg
ij_iylkl\byfb \ fZdkbfZevghf l_fi_ JZ\ghf_jguc ih
hdhgqZl_evguf mkdhj_gb_f gZ jZaguo ^bklZgpbyc
f_oZgbq_kdlbyfbhs_gbyfb \ j_`bf_ ©^h hldZaZª

JZa\blb_ kbeh\uo kihkh[ghkl_c Ki_pbZevgu_ iju
k f_oZgbq_kdbf hly]hs_gb_f lju`db _jo k ^hklZ\Z
ij_^f_lh\ lju`db \ ihemijbk_^_ gZ f_kl_ k ijh^\b
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baf_g_gb_f kaZ^b ih\hjhlZfb \ijZ\h b \e_\h gZ ij
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fZl_jbZeZehc^m©=bfgZklbdZª b ©Kihjlb\gu_ b]juª

Fh^mev ©Abfgb_ \b^u kihjlZª

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kdehgm k ^_j_\ygguf hly]hs_gb_f Kdhjhklghc ih
ieZ\guf rZ]hf [_]hf ©e_k_gdhcª ©zehqdhcª
©ljZgkihjlbjh\d_ª

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Fh^mev ©Kihjlb\gu_ b]juª

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Fh^mev =Zg^[he

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H;J:AH<:GBY

EBQGHKLGU? J?AMEVL:LU

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F?L:IJ?>F?LGU? J?AMEVL:LU

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M h[mqZxs_]hky [m^ml knhjfbjh\Zmgub\kejkZ^envxgsub
j_]meylbu_ mq_[gu_ ^:_ckl\by

khklZ\eylv b \uihegylv bg^b\b^mZevgu_ dhfie
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hkh[_gghklb bo \ha^_ckl\by gZ khklhygb_ hj]Zgbafz
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khklZ\eylv b \uihegylv Zdjh[Zlbq_kdb_ b]bfgZk
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Zdlb\gh \aZbfh^_ckl\h\Zlv \ mkeh\byo mq_[g,hc b
hjb_glbjh\Zlvky gZ mdZaZgby mqbl_ey b ijZ\beZ b
dhgnebdlguo b g_klZg^Zjlguo kblmZpbc ijbagZ\Zl
^jm]bo gZ hrb[dm ijZ\h gZ _z kh\f_klgh_ bkijZ\e_gb

jZamqb\Zlv b \uihegylv l_ogbq_kdb_ ^_ckhjbZy \ l
Zdlb\gh \aZbfh^_ckl\mxl ijb kh\f_klguo lZdlbq_kdbo
gZiZ^_gbb l_jibfh hlghkblky d hrb[dZf b]jhdh\ k\h_
khi_jgbdh\

hj]Zgbah\u\Zlv hdZaZgb_ i_j\hc ihfhsb ijb ljZ\f
\j_fy kZfhklhyl_evguo aZgylbyo nbabq_kdbfb mijZ`g_
kihkh[u b ijbzfu ihfhsb \ aZ\bkbfhklb hl oZjZdl_
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IJ?>F?LGU? J?AMEVL:LU

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aZgylbc

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\uihegylv dhfie_dku mijZ`g_gbc nbadmevlfbgmlh
ajbl_evghc]bfgZklbdb

\uihegylv dhfie_dku mijZ`g_gbc ha^hjh\bl_ev
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^_\hqdb
\uihegylv mijZ`g_gby \ \bkZo b mihjZo gZ gba
i_j_deZ^bg_ fZevqbdb \oi_jh_^\bfgZkbq_kdhfm
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^bklZgpbb
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gh]bª
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^_fhgkljbjh\Zlv l_ogbq_kdb_ ^_ckl\by \ kihjlb\gu
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^\b`_gbb
\he_c[he ijbzf b i_j_^ZqZ fyqZ ^\mfy jmdZfb kgb
\ ^\b`_gbb ijyfZy gb`gyy ih^ZqZ
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mq_[ghc ^v_gyhlk_lb

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h[mqZxsbfbky \uy\eylv hrb[db b ij_^eZ]Zlv kihkh[u

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bkihevah\Zlv bolh\ylk_ehguo aZgylbyo ^ey jZa\blby
jZ\ghf_jguc [_] ^ey jZa\blby h[s_c \ughkeb\hklb

\uihegylv iju`hd \ \ukhlm k jZa[_]Z kihkh[hf @
gZ[ex^Zlv b ZgZebabjh\Zlv _]h \uiheg_gb_ ^jm]
kjZ\gb\Zy k aZ^Zgguf h[jZaphf \uy\eylv hrb[db b ij_^eZ]Zlv ki
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\uihegylv ijZ\beZ b ^_fhgkljbjh\Zlv l_ogbq_k
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\ mkeh\byo b]jh\hc ^_yl_evghklb

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ih\hjhlZfb jZa_^_gb_f jmd b gh] ^_\mrdb

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\uihegylv [_]h\u_ mijZ`g_gby k ij_h^he_gb_f ij_i
©gZklmiZgb_ª b ©iju`dh\uc [_]ª ijbf_gylv bo \ [_
f_klghklb

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\uiheg_gb_ ^jm]bfb h[mqZxsbfbky kjZ\ghb[jZyaphf a
\uy\eylv hrb[db b ij_^eZ]Zlv kihkh[u mkljZg_gby
jZchghbfblZpby i_j_oh^Z

lj_gbjh\Zlvky \ mijZ`g_gbyo h[s_nbabq_kdhc
nbabq_kdhc ih^]hlh\db k mqzlhf bg^b\b^mZevguo
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^_fhgkljbjhZ bkihevah\Zlv l_ogbq_kdb_ ^_ckl\by

[Zkd_l[he i_j_^ZqZ b eh\ey fyqZ ihke_ hlkdhdZ
^\mfy jmdZfb kgbam b hl]jm^b \ ^\b`_gbb bkihe
l_ogbq_kdbo ^_ckl\bc \ mkeh\byo b]jh\hc ^_yl_evgh

\he_c[hie_j_^ZqZ fyqZ aZ]heh\m gZ k\h_c iehsZ
bkihevah\Zgb_ jZamq_gguo l_ogbq_kdbo ^_ckl\bc
^_yl_evghklb

nml[he kj_^gb_ b ^ebggu_ i_j_^Zqb nml[hevgh
^_ckl\by ijb \uiheg_gbb m]eh\h]h m^ZgZ-haZ\[jZkh\Zg
ebgbb bkihevah\Zgb_ jZamq_gguo l_ogbq_kdbo ^_c
^_yl_evghklb

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bg^b\b^mZevghc nhjfu hkZgdb b ba[ulhqghc fZkku l

khklZ\eylv ieZgu aZgylby kihjlb\ghc ^ljeygbvjhbdh
p_e_\h_ kh^_j`Zgb_ \ khhl_lkl\bb k bg^b\b^mZe
jZa\blby hkgh\guo nbabq_kdbo dZq_kl\

\uihegylv]bfgZklbq_kdmx dhf[bgZpbx gZ]bfgZk
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jblfbq_kdhfgZlblbdb ^_\mrdb

\uihegylv dhf[bgZpbx gZ iZjZee_evguo [jmkvy
mijZ`g_gbc \ mihj_ gZ jmdZo dm\ujdZ \i_jz^ b k
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ZgZebabjh\Zlv hrb[db b ijbqbgu bgoZohh^yb\ev_gkbiyhkh
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e_]dhZle_lbq_kdbo ^bkpbiebgZo \ khhl_lkl\bb
lj_[h\Zgbyfb d bo l_ogbd_

\uihegylv i_j_^\b`_gb_ gZ eu`Zo h^gh\j_f_gguf [
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oh^ ij_h^he_gb_ _kl_kl_gguo ij_iylkl\bc gZ eu`Z
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i_j_^\b`_gby

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\uihegylv iju`d\bm\kh klZjlh\hc lmf[u

\uihegylv l_ogbq_kdb_ we_f_glu ieZ\Zgby djh kh]eZkh\Zgbb k ^uoZgb_f

lj_gbjh\Zlvky \ mijZ`g_gbyo h[s_nbabq_kdhc nbabq_kdhc ih^]hlh\db k mqzlhf bg^b\b^mZevguo hkh[_gghkl_c

^fhgkljbjh\Zlv b bkihevah\Zlv l_ogbq_kdb_ ^_ckl

[Zkd_l[he i_j_^ZqZ fyqZ h^ghc jmdhc kgbam l dhjabgm ^\mfy b h^ghc jmdhc \ iju`d_ lZdlbq_kdb gZiZ^_gbb bkihevah\Zgb_ jZamq_gguo l_ogbq_kdbo b ^_ckl\bc mkeh\byo b]jh\hc ^_yl_evghklb

\he_c[he ijyfhc gZiZ^Zxsbc m^Zj b bg^b\b^mZe fyqZ \ iju`d_ k f_klZ lZdlbq_kdb_ ^_ckl\by \ aZ bkihevah\Zgb_ jZamq_gguo l_ogbq_kdbo b lZdlbq_k b]jh\hc ^_yl_evghklb

nml[he m^Zju ih g_ih^\b`ghfm dZlys_fmky b jZa[_]Z \gmlj_gg_c b \g_rg_c qZklvx ih^tzfZ klhiu b]jhdh\ \ gZiZ^_gbb b aZsbl_ bkihevah\Zgb_ jZam lZdlbq_kdbo ^_ckl\bc \ mkeh\byo b]jh\hc ^_yl_evghklb

D dhgpm h[*a9qlaccby* [mqZxsbcky gZmqblky

hlklZb\Zlv ijbgpbiu a^hjh\h]h h[jZaZ `bagb wnn_dlb\ghklv _]h nhjf \ ijhnbeZdlbd_ \j_^guo ijb\ iZ]m[gh_ \ebygb_ \j_^guo ijb\uq_d gZ a^hjZ\vgmxeb ijhba\h^kl_ggmx ^_yl_evghklv

ihgbfZlv ihevam lmjbklkdbo ih^oh^h\ dZd nh a^hjh\h]h h[jZaZ `bagb \uihegylv ijZ\beZ ih^]hlh\c lj_[h\Zgby [_ahiZkghklb ijb i_j_^[nÐh &` [% •P&€db

D E : K K

‹ i i	GZbf_gh\Zgb_ jZa^_eh\ b ijh]jZffu	Dhebq_kl\h qZkh\			We_dljhggu_ pbnjh\u_ h[jZah\Zl_evgu j_kmjku
		<k_]h	Dhgljhevg jZ[hlu	IjZdlbq_k jZ[hlu	
JZa^_e	AgZgby h nbabq_kdhc dmevlmj_				
1.1	AgZgby h nbabq_kdhc dm	2			
Blh]h jZa^_em		2			
JZa^_e	Kihkh[u kZfhklhyl_evghc ^_yl_evghklb				
2.1	Kihkh[u kZfhklhyl_evghc	5			
Blh]h ih jZa^_em		5			
NBABQ?KDH? KH<?JR?GKL<H<:GB?					
JZa^_e	Nbadmevl-hmajh\bl_evgZy ^_yl_evghklv				
1.1	Nbadmevl-hmajh\bl_evgZy ^_yl_evghklv	3			
Blh]h ih jZa^_em		3			
JZa^_e	Kihjlb\gu_ha^hjh\bl_evgZy ^_yl_evghklv				
2.1	=bfgZklbdZ fh^mev =bfg	8			
2.2	Ez]dZy Zle_lbdZ fh^mev Zle_lbdZ	8			
2.3	Abfgb_ \b^u kihjlZ fh^me \b^u kihjlZ	7			
2.4	Kihjlb\gu_ b]ju ;Zkd_l[he Kihjlb\gu_ b]ju	8			

2.5	Kihjlb\gu_ b]ju <he_c[he Kihjlb\gu_ b]ju	8			
2.6	Kihjlb\gu_ b]ju Nml[he f Kihjlb\gu_ b]ju	8			
2.7	Fh^mev EZilZ	7			
2.8	Fh^m-e=vZg^[heZ	4			
Blh]hh jZa^_em		58			
H;S?? DHEBQ?KL<H Q:KH< IH I		68	0	0	

D E : K K

‹ i i	GZbf_gh\Zgb_ jZa^_eh\ b ijh]jZffu	Dhebq_kl\h qZkh\			We_dljhggu_ pbnjh\u_ h[jZah\Zl_evgu j_kmjku
		<k_]h	Dhgljhevg jZ[hlu	IjZdlbq_k jZ[hlu	
JZa^_e	AgZgby h nbabq_kdhc dmevlmj_				
1.1	AgZgby h nbabq_kdhc dm	3			
Blh]h ih jZa^_em		3			
JZa^_e	Kihkh[u kZfhklhyl_evghc ^_yl_evghklb				
2.1	Kihkh[u kZfhklhyl_evghc	5			
Blh]h ih jZa^_em		5			
NBABQ?KDH? KH<?JR?GKL<H<:GB?					
JZa^_e	Nbadmevl-hjg^hjh\bl_evgZy ^_yl_evghklv				
1.1	Nbadmevl-hjg^hjh\bl_evgZy ^_yl_evghklv	2			
Blh]h ih jZa^_em		2			
JZa^_e	Kihjlb\gh^hjh\bl_evgZy ^_yl_evghklv				
2.1	=bfgZklbdZ fh^mev =bfg	8			
2.2	Ez]dZy Zle_lbdZ fh^mev Zle_lbdZ	8			
2.3	Abfgb_ \b^u kihjlZ fh^me \b^u kihjlZ	7			
2.4	Kihjlb\gu_ b]ju ;Zkd_l[he Kihjlb\gu_ b]ju	8			

2.5	Kihjlb\gu_ b]ju <he_c[he Kihjlb\gu_ b]ju	8			
2.6	Kihjlb\gu_ b]ju Nml[he f Kihjlb\gu_ b]ju	8			
2.7	Fh^mev EZilZ	7			
2.8	Fh^mev =Zg^[he	4			
Blh]h ih jZa^_em		58			
H;S?? DHEBQ?KL<H Q:KH< IH I		68	0	0	

D E : K K

‹ i i	GZbf_gh\Zgb_ jZa^_eh\ b ijh]jZffu	Dhebq_kl\h qZkh\			We_dljhggu_ pbnjh\u_ h[jZah\Zl_evgu j_kmjku
		<k_]h	Dhgljhevg jZ[hlu	IjZdlbq_k jZ[hlu	
JZa^_e	AgZgby h nbabq_kdhc dmevlmj_				
1.1	AgZgby h nbabq_kdhc dm	3			
Blh]h jZa^_em		3			
JZa^_e	Kihkh[u kZfhklhyl_evghc ^_yl_evghklb				
2.1	Kihkh[u kZfhklhyl_evghc	2			
Blh]h ih jZa^_em		2			
NBABQ?KDH? KH<?JR?GKL<H<:GB?					
JZa^_e	Nbadmevl-hmajh\bl_evgZy ^_yl_evghklv				
1.1	Nbadmevl-hmajh\bl_evgZy ^_yl_evghklv	2			
Blh]h ih jZa^_em		2			
JZa^_e	Kihjlb\gu_ hma^hjh\bl_evgZy ^_yl_evghklv				
2.1	=bfgZklbdZ fh^mev =bfg	8			
2.2	Ez]dZy Zle_lbdZ fh^mev Zle_lbdZ	10			
2.3	Kihjlb\gu_ b]ju <he_c[he Kihjlb\gu_ b]ju	8			
2.4	Kihjlb\gu_ b]ju Nml[he f Kihjlb\gu_ b]ju	6			

2.5	Fh^mev EZilZ	10			
2.6	Fh^mev =Zg^[he	11			
2.7	Kihjlb\gu_ b]ju ;Zkd_l[he [Zkd_l[he	8			
Blh]h ih jZa^_em		61			
H;S?? DHEBQ?KL<H Q:KH< IH I		68	0	0	

D E : K K

‹ i i	GZbf_gh\Zgb_ jZa^_eh\ b ijh]jZffu	Dhebq_kl\h qZkh\			We_dljhggu_ pbnjh\u_ h[jZah\Zl_evgu j_kmjku
		<k_]h	Dhgljhevg jZ[hlu	IjZdlbq_k jZ[hlu	
JZa^_e	AgZgby h nbabq_kdhc dmevlmj_				
1.1	AgZgbnybabq_kdhc dmevlm	2			
Blh]h ih jZa^_em		2			
JZa^_e	Kihkh[u kZfhklhyl_evghc ^_yl_evghklb				
2.1	Kihkh[u kZfhklhyl_evghc ‘	4			
Blh]h ih jZa^_em		4			
NBABQ?KDH? KH<?JR?GKL<H<:GB?					
JZa^_e	Nbadmevlmajhjh\bl_evgZy ^_yl_evghklv				
1.1	Nbadmevlmajhjh\bl_evgZy ^_yl_evghklv	1			
Blh]h ih jZa^_em		1			
JZa^_e	Kihjlb\gu_ hma^hjh\bl_evgZy ^_yl_evghklv				
2.1	=bfgZklbdZ fh^mev =bfg	8			
2.2	Ez]dZy Zle_lbdZ fh^mev Zle_lbdZ	10			
2.3	Kihjlb\gu_ b]ju d_l[he fh^ Kihjlb\gu_ b]ju	8			
2.4	Kihjlb\gu_ b]ju <he_c[he Kihjlb\gu_ b]ju	8			

2.5	Kihjlb\gu_ b]ju Nml[he f Kihjlb\gu_ b]ju	6			
2.6	lh^]hlh\dZ d \uiheg_gbx g lj_[h\Zgbc dhfie_dkZ =LH Kihjl	3			
2.7	Fh^mev EZilZ	10			
2.8	Fh^mev =Zg^[he	8			
Blh]h ih jZa^_em		61			
H;S?? DHEBQ?KL<H Q:KH< IH I		68	0	0	

MQ?;G-H?LH>BQ?KDH? H;?KI?Q?GB?
H;J:AH<:L?EVGH=H IJHP?KK:
H;YA:L?EVGU? MQ?;GU? F:L?JB:EU >EY MQ?GBD:

F?LH>BQ?KDB? F:L?JB:EU >EY MQBL?EY

PBNJH<U? H;J:AH<:L?EVGU? J?KMJKU B J?KMJKU

BGL?JG?L