**Протокол ГТО**

МБОУ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ ступень. **Юноши.**

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| № | ФИ участника | Дата рождения | Челночный бег 3х10 м | Подтягивание на  высокой перекладине | Подтягивание на  низкой перекладине | Сгибание и разгибание рук в упоре лежа | Поднимание туловища  из положения лежа  на спине  за 1 мин | Наклон вперед из положения стоя | Прыжок  в длину  с места |
|  | Результат | Результат | Результат | Результат | Результат | Результат | Результат |
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| **Секретарь** |  | **/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/** |
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|  | **Дата:** | **«\_\_\_» \_\_\_\_\_\_\_\_ 2016 г.** |

**Протокол ГТО**

МБОУ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ ступень. **Девушки.**

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| № | ФИ участника | Дата рождения | Челночный бег 3х10 м | Подтягивание на  низкой перекладине | Сгибание и разгибание рук в упоре лежа | | Поднимание туловища  из положения лежа  на спине  за 1 мин | | Наклон вперед из положения стоя | | Прыжок  в длину  с места | |
|  | Результат | Результат | Результат | | Результат | | Результат | | Результат | |
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| **Секретарь** | |  | | **/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/** | |
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|  | | **Дата:** | | **«\_\_\_» \_\_\_\_\_\_\_\_ 2016 г.** | |

**Протокол ГТО**

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\_\_\_ ступень. **Юноши.**

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| № | ФИ участника | Дата рождения | Бег 30 м | Бег 60 м | | | Бег 100 м | |
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|  | **Дата:** | | **«\_\_\_» \_\_\_\_\_\_\_\_ 2016 г.** | |

**Протокол ГТО**

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\_\_\_ ступень. Девушки**.**

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| № | ФИ участника | Дата рождения | Бег 30 м | Бег 60 м | Бег 100 м |
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|  | **Дата:** | **«\_\_\_» \_\_\_\_\_\_\_\_ 2016 г.** |

**Протокол ГТО**

М\_\_ ОУ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ ступень. **Юноши.**

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| № | ФИ участника | Дата рождения | Бег 1 км | Бег 1,5 км | | Бег 2 км | | Бег 3 км | |
|  | Результат | Результат | | Результат | | Результат | |
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|  | | **Дата:** | | **«\_\_\_» \_\_\_\_\_\_\_\_ 2016 г.** | |

**Протокол ГТО**

М\_\_ ОУ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ ступень. **Девушки.**

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| № | ФИ участника | Дата рождения | Бег 1 км | Бег 1,5 км | | Бег 2 км | | Бег 3 км | |
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| **Секретарь** | |  | | **/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/** | |
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|  | | **Дата:** | | **«\_\_\_» \_\_\_\_\_\_\_\_ 2016 г.** | |