**九墩小学2021学年度九墩小学体育课表**

**备注：校本2为书法指导课**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **星期一** | | | | | | | | | | | | | | **星期二** | | | | | | | | | | | | | | | | | | |
| 一  1 | 一  2 | 二  1 | 二  2 | 三1 | 三2 | 四1 | 四2 | 五  1 | 五2 | 六1 | 六2 |  |  | | 一  1 | 一  2 | 二  1 | 二  2 | 三1 | 三2 | 四1 | 四2 | 五  1 | 五2 | 六1 | 六2 | |  | |  | |
| 早 操 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 课 间 操 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 |  | **体育** | **体育** | **体育** |  |  | **体育** |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  | **体育** |  |  | |  | |  | |
| 午 休 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 |  |  |  |  | **体育** |  |  |  | **体育** |  | **体育** |  |  |  | |  | **体育** |  | **体育** |  | **体育** |  |  |  |  |  |  | |  | |  | |
| 5 |  |  |  |  |  |  |  | **体育** |  |  |  |  |  |  | | **体育** |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |
| 大 课 间 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  | **体育** | | **体育** | |  | |  |
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|  | **星期三** | | | | | | | | | | | | | | **星期四** | | | | | | | | | | | | | | | | | | |
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| 3 |  | **体育** | **体育** |  | **体育** |  |  |  |  | **体育** |  | **体育** |  |  | |  |  |  |  |  | **体育** |  |  |  |  |  |  | |  | |  | |
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| 4 | **体育** |  |  |  |  |  |  |  | **体育** |  |  |  |  |  | |  |  | **体育** |  | **体育** |  |  |  |  |  |  |  | |  | |  | |
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|  | **星期五** | | | | | | | | | | | | | |  | | | | | | | | | | | | | | | | | | |
| 一  1 | 一  2 | 二  1 | 二  2 | 三1 | 三2 | 四1 | 四2 | 五  1 | 五2 | 六1 | 六2 |  |  | | 一  1 | 一  2 | 二  1 | 二  2 | 三1 | 三2 | 四1 | 四2 | 五  1 | 五2 | 六1 | 六2 | |  | |  | |
| 早 操 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 3 |  |  | **体育** |  |  | **体育** |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |
| 午 休 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 |  | **体育** |  |  |  |  | **体育** |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |
| 5 | **体育** |  |  | **体育** |  |  |  |  | **体育** | **体育** |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |
| 大 课 间 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 |  |  |  |  |  |  |  | **体育** |  |  |  | **体育** |  |  | |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |  |
| 晚 办 公 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**九墩小学阳光体育活动方案**

为落实“一小时体育”活动安排，使学生在活动中增强体质，促进身心健康发展，特制订《双塘镇九墩小学阳光体育活动制度》。

1、学校按上级规定对当天没有体育课的班级组织开展课外体育活动，每次活动时间35分，学校为课外体育活动提供必须的场地器材。

2、学生必须在班主任和体育教师的组织指导下，自觉、积极、有序地进行体育锻炼，不得无故缺席（伤、病除外）。

3、班主任是班级课外体育活动的组织者，按学校安排的活动内容，组织本班学生开展体育锻炼并负责对本班学生进行组织纪律和安全教育。不得无故缺席，缺席一次扣除班主任考核分0.1分，本班学生每缺席1人扣除班主任考核分0.1分。

4、体育教师协助班主任组织任课班级的课外体育活动，并进行技术指导。无故不得缺席，每缺席一次在年度考核中扣除该教师考评分0.1分。

5、班主任要加强学生安全教育，课外体育活动值班老师在组织活动项目时提醒学生注意安全，防止事故发生。

6、活动开始前，值班老师请学生共同检查活动场地、活动器材，发现问题及时纠正和处理。

7、如发生伤害事故，要及时报告，并采取急救措施。

**九墩小学“阳光体育活动”安排表**

**各班负责教师安排：**

一年级 顾儒臣  王 慧

二年级 丰顶岩  邢艳丽

三年级 黄梦纯  陈红侠

四年级 张 倩  吴丹丹

五年级 蔡丽冰   密珠珠

六年级 刘石榴   蔡增平

**行政巡查:**

一、二年级   赵丹子

三、四年级   周晶晶

五、六年级   杨金宝

**保卫：** 韩礼坤

**医务：**  王 妮

**各年级课外活动推荐项目：**

1. ①队列 ②广播操；
2. ①30米跑 ②游戏；
3. ①立定跳远 ②踢毽子；
4. ①掷轻物 ②游戏；
5. ①跳绳 ②自选

**活动时间：**

每天课间操、眼保健操、大课间及文体活动时间。

**活动要求：**

1、要求全体师生参与课外体育活动，积极参加体育锻炼；

2、各班将学生按所选的项目分成各个活动小组，以便活动的组织、开展；

3、各班学生按要求带好器材，按时到达指定地点参加活动，班主任和老师负责监督检查；

4、各班强调学生不许追逐打闹，并对其进行安全教育；

5、活动器材由各班负责保管。

**九墩小学阳光体育活动相关材料**

**双塘镇九墩小学阳光体育活动课程表**

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| **周次**  **内**  **班 容**  **级** | **二** | | | **三** | | | **四** | | | **五** | | | **六** | | | **七** | | | **八** | | | **九** | | | **十** | | |
| **十一** | | | **十二** | | | **十三** | | | **十四** | | | **十五** | | | **十六** | | | **十七** | | | **十八** | | |  | | |
| **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** | **1** | **2** | **3** |
| **一 ( 1 )** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** |
| **一 ( 2 )** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** |
| **二（1）** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** |
| **二（2）** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** |
| **三 ( 1 )** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** |
| **三（2）** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** |
| **四（1）** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** |
| **四（2）** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** |
| **五（1）** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** |
| **五（2）** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** |
| **六（1）** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** |
| **六（2）** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** | **B** | **C** | **D** | **E** | **A** |
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**说明：1、A、①队列 ②广播操； B、①30米跑 ②游戏； C、①立定跳远 ②踢毽子；**

**D、①掷轻物 ②游戏；E、①跳绳 ②自选**

**2、任何班级不得随意更改活动内容**