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| *«Согласовано»*Военный комиссар Моргаушского и Аликовского районов Чувашской Республики  В.И. Казаков«20» мая 2019 г. | *«Утверждаю»*Начальник отдела образования, молодежной политики, физической культуры и спорта администрации Моргаушского района Чувашской Республики З.Ю. Дипломатова «20» мая 2019 г. |

**Распорядок дня учебных сборов**

**с юношами 10 классов средних общеобразовательных учреждений Моргаушского района в 2018-2019 учебном году**

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| N п/п | Содержание мероприятия | Начало | Окончание | Продолжительность |
|  1 | 2 | 3 | 4 | 5 |
| 1 | Общий подъем обучающихся | 7.00 |  |  |
| 2 | Утренняя физическая зарядка | 7.10 | 7.40 | 30 минут |
| 3 | Утренний туалет, заправка постелей, уборка помещений и территории | 7.40 | 8.10 | 30 минут |
| 4 | Утренний осмотр | 8.10 | 8.20 | 10 минут |
| 5 | Завтрак | 8.20 | 8.50 | 30 минут |
| 6 | Построение и развод на занятия | 8.50 | 9.00 | 10 минут |
| 7 | Учебные занятия |  |  |  |
|  | 1 час | 9.00 | 9.45 | 45 минут |
|  | 2 час | 9.55 | 10.40 | 45 минут |
|  | 3 час | 10.50 | 11.35 | 45 минут |
|  | 4 час | 11.45 | 12.30 | 45 минут |
| 8 | Подготовка к обеду | 12.30 | 13.00 | 30 минут |
| 9 | Обед | 13.00 | 13.40 | 40 минут |
| 10 | Послеобеденный отдых | 13.40 | 14.10 | 30 минут |
| 11 | Построение и развод на занятия | 14.10 | 14.20 | 10 минут |
| 12 | Учебные занятия |  |  |  |
|  | 5 час | 14.20 | 15.05 | 45 минут |
|  | 6 час | 15.15 | 16.00 | 45 минут |
|  | 7 час | 16.10 | 16.55 | 45 минут |
| 13 | Личное время |  17.00 |  18.00 | 1 час |
| 14 | Спортивно-массовая и воспитательная работа | 18.00 | 19.00 | 1 час |

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| 15 | Подготовка к ужину | 19.00 | 19.10 | 10 минут |
| 16 | Ужин | 19.10 | 19.40 | 30 минут |
| 17 | Воспитательная работа | 19.40 | 20.40 | 1 час |
| 18 | Личное время | 20.40 | 21.50 | 1 час 10 минут |
| 19 | Вечерняя прогулка | 21.50 | 22.10 | 20 минут |
| 20 | Вечерняя поверка | 22.10 | 22.20 | 10 минут |
| 21 | Приготовление ко сну | 22.20 | 22.30 | 10 минут |
| 22 | Отбой | 22.30 |  |  |
| Особенности распорядка дня внутреннего наряда |
| 1 | Изучение функциональных обязанностей и проведение занятий с нарядом на местах, медицинский осмотр наряда | 15.20 | 16.50 | 1 час 30 минут |
| 2 | Личная подготовка, в том числе отдых (сон) внутреннего наряда | 16.50 | 18.20 | 1 час 30 минут |
| 3 | Проверка готовности к несению службы и убытие к месту развода | 18.20 | 18.30 | 10 минут |
| 4 | Развод внутреннего наряда | 18.30 | 19.00 | 30 минут |
| 5 | Время отдыха дежурного по роте | 9.00 | 13.00 | 4 часа |

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Начальник учебных сборов Столярова А.