**2020 --2021高二 学年度第 一 学期教学进度表 任教教师：尹宁**

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| **编****号**  | **教学内容** | **教** **材** **时****数** | **上****课****时****数** |  |  |  |  |  |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|
| **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** | **28** | **29** | **30** | **31** | **32** | **33** | **34** | **35** | **36** |
| **1** | **足球理论知识** |  |  | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** | **球性训练** |  |  |  |  | **√** | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** | **停球** |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |
| **4** | **传球** |  |  |  |  |  | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** |  | **√** |  |  |  |  |  |  |  |  |  |
| **5** | **运球** |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** | **身体素质** |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |
| **7** | **教学比赛** |  |  |  |  |  |  | **√** |  |  |  | **√** | **√** |  |  |  | **√** |  |  |  |  |  |  |  | **√** | **√** |  |  |  |  | **√** | **√** |  |  |  |  |  | **√** | **√** |  |  |  |
| **8** | **裁判法** |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9** | **头顶球** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** | **定位球** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11** | **身体对抗** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12** | **考核** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**2020 --2021高二 学年度第 二 学期教学进度表 任教教师：尹宁**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **编****号**  | **教学内容** | **教** **材** **时****数** | **上****课****时****数** |  |  |  |  |  |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|
| **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** | **28** | **29** | **30** | **31** | **32** | **33** | **34** | **35** | **36** |
| **1** | **足球理论知识** |  |  | **√** |  |  |  |  |  | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** | **球性训练** |  |  |  | **√** | **√** |  |  | **√** | **√** |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** | **停球** |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |
| **4** | **传球** |  |  |  |  |  | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** |  | **√** |  |  |  |  |  |  |  |  |  |
| **5** | **运球** |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** | **身体素质** |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** | **√** |  |  |  |  |  |  |  |
| **7** | **教学比赛** |  |  |  |  |  |  | **√** |  |  |  |  |  |  |  |  | **√** |  |  |  | **√** | **√** |  |  | **√** | **√** |  |  |  |  | **√** | **√** |  |  |  |  |  | **√** | **√** |  |  |  |
| **8** | **裁判法** |  |  | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9** | **头顶球** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** | **定位球** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11** | **身体对抗** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |  |  |  |  |  |
| **12** | **考核** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **√** | **√** | **√** |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |