



Отчетный период: 07.08.2016 - 30.06.2017

V СТУПЕНЬ



Присвоен золотой знак отличия.  
Основание: Минспорта России от 27.01.2017

# My complex of GTO

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Отчетный период: 01.07.2015 - 30.06.2016

IV СТУПЕНЬ



Присвоен серебряный знак отличия.

I have been a participant of a sport program GTO for 3 years. Firstly, I tried my hand at complex in 2014 when all the schools were competing to find out the well trained.

Since I showed good results, I entered the team of the city consisting of 6 persons.



Afterwards, in 2015 year we went to Kazan to take part in the competition for teams which had come from all inhabited locality of Republic.

On arrival, we ran into serious problems. That's why, unfortunately, I got a silver badge for push ups. Which greatly influenced my final result. Anyway, it was pleasure for me to took even middle badge.



ОБЯЗАТЕЛЬНЫЕ ИСПЫТАНИЯ		
	БЕГ НА 60 М (С) 15.11.2015 г. 9.6	<a href="#">Все результаты</a>
	БЕГ НА 2 КМ (МИН. С) 15.11.2015 г. 9.2	<a href="#">Все результаты</a>
	ПОДТЯГИВАНИЕ ИЗ ВИСА ЛЕЖА НА НИЗКОЙ ПЕРЕКЛАДИНЕ (КОЛИЧЕСТВО РАЗ) 15.11.2015 г. 15	<a href="#">Все результаты</a>
	НАКЛОН ВПЕРЕД ИЗ ПОЛОЖЕНИЯ СТОЯ С ПРЯМЫМИ НОГАМИ НА ПОЛУ 15.11.2015 г. 1	<a href="#">Все результаты</a>
ИСПЫТАНИЯ ПО ВЫБОРУ		
	ПРЫЖОК В ДЛИНУ С МЕСТА ТОЛЧОМ ДВУМА НОГАМИ (СМ) 15.11.2015 г. 185	<a href="#">Все результаты</a>



ЛЕНИНОГОРСКИЙ  
МУНИЦИПАЛЬНЫЙ  
РАЙОН



From that moment I persistently began to work out to be self-confident. Ready for Labour and Defence showed me my strong and weak sides.

As a proverb says “There is a will there is a way”. Every time I had a chance to go to the gym, I did it without any hesitation.

Finally, I got my gold badge.



By the way, I got acquainted with the Academy of Physical Culture, Sports and Tourism!



Modern state of GTO is the most actual as educations of children in our country is of great value. It is a problem of state importance, because the country needs creative, harmoniously developed and active individuals.

GTO helps temper sports spirit. That is more all exercises combined with healthy will inevitable provide a person with a healthy body and a peace of mind.

I want you to take part in this complex too.

Be ready!!! 😊



Thank you for attention!

