***Disciplina: EDUCAȚIE FIZICĂ***

**EȘALONAREA ANUALĂ A UNITĂȚILOR DE ÎNVĂȚARE**

Unitatea de învăţământ: **LICEUL TEORETIC „MIHAI VITEAZUL” Vizat: Director: Prof.**

Anul școlar:  **Responsabil comisie metodica:**

Cadrul didactic: **MITROI LIVIU**

**CLASA a X-a - 2 ore/săptămână**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Unitatea de învăţare | | luna | Septembrie | | | Octombrie | | | | Noiembrie | | | | Decembrie | | | | Ianuarie | | | | Februarie | | | | Martie | | | | Aprilie | | | | | | Mai | | | | Iunie | | |
| săpt. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | **VACANTA DE IARNA 20.12.2014-04.01.2015** | 15 | 16 | 17 | 18 | **VACANTA INTERSEMESTRIALA 31.01.2015-07 .02.2015** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | **VACANȚĂ 12-19 APRILIE 2015** | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| lecţia | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | | 1/2 | SCOALA ALTFEL ,,SA STII MAI MULTE,SA FII MAI BUN” | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 |
| Starea de sănătate și dezvoltarea fizică | Determinările specifice dezvoltării fizice | | **LECȚIE TEORETICĂ + LECȚIE DE ACOMODARE** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Modelul dezvoltării fizice | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Atitudini corporale deficiente | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Indicatori specifici | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Prevenirea instalării și corectarea atitudinilor corporale deficiente | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Programe analitice pentru segmentele corpului | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Complexe de dezvoltare fizică | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Metode specifice culturismului | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| *\*Programe adaptate pentru principalele lanțuri musculare* | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| Caracteristicile exercițiilor și ale programelor de gimnastică tip aerobic | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| *\*Caracteristicile exercițiilor și ale complexelor de stetching* | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| Protecția individuală | Tehnici de reechilibrare | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Modalități de atenuare a șocurilor | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Cunoștințe teoretice | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Unitatea de învăţare | | luna | Septembrie | | | Octombrie | | | | Noiembrie | | | | Decembrie | | | | Ianuarie | | | | Februarie | | | | Martie | | | | Aprilie | | | | | | Mai | | | | Iunie | | |
| săpt. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | **VACANTA DE IARNA 20.12.2014-04.01.2015** | 15 | 16 | 17 | 18 | **VACANTA INTERSEMESTRIALA 31.01.2015-07 .02.2015** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | **VACANȚĂ 12-19 APRILIE 2015** | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| lecţia | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | | 1/2 | SCOALA ALTFEL ,,SA STII MAI MULTE,SA FII MAI BUN” | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 | 1/2 |
| Dezvoltarea trăsăturilor de personalitate | Activități practice cu specific de conducere, subordonare, colaborare | | **LECȚIE TEORETICĂ + LECȚIE DE ACOMODARE** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Situații conflictuale care pot interveni în activitățile practice | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Modalități de prevenire/ aplanare/ rezolvare a situațiilor conflictuale | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Comportamen-tele integrate în noțiunea de fair-play | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Regulamentele disciplinelor sportive | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Culturalitate | Criterii de evaluare a valorilor sportive, în diferite ramuri de sport | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Valori sportive etalon în diferite discipline sportive | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** | **~ ~** |
| Calități motrice | Structuri motrice variate efectuate în condiții diferite de solicitare la efort | |  |  |  |  |  |  |  |  |  |  | **…** | **…** |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| *\*Valorile medii pe țară ale calităților motrice* | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| Probe specifice de determinare a valorii fiecărei calități motrice | |  |  |  |  |  |  |  |  |  | **…** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  | **…** |  |  |  |  |  |
| Procedee și mijloace de dezvoltare | |  |  |  |  |  |  | **X** | **X** | **X** | **X** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | **…** | **…** | **…** |  |  |  | **…** | **…** |
| Deprinderi motrice | Deprinderi motrice de locomoție | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **…** | **…** |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| Deprinderi motrice de stabilitate | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **…** | **…** |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| Deprinderi motrice de manipulare | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **…** | **…** |  | |  |  |  |  |  |  |  |  |  |  |

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| Unitatea de învăţare | | luna | Septembrie | | | | | | Octombrie | | | | | | | | Noiembrie | | | | | | | | Decembrie | | | | | | | | Ianuarie | | | | | | | | Februarie | | | | | | | | Martie | | | | | | | | Aprilie | | | | | | | | | Mai | | | | | | | | Iunie | | | | | |
| săpt. | 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 | |
|  | lecţia | | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | **VACANTA DE IARNA 20.12.2014-04.01.2015** | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | **VACANTA INTERSEMESTRIALA 31.01.2015-07 .02.2015** | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | SCOALA ALTFEL ,,SA STII MAI MULTE,SA FII MAI BUN” | | **VACANȚĂ 12-19 APRILIE 2015** | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 | | 1/2 |
| Atletism | Alergări | | | **LECȚIE TEORETICĂ + LECȚIE DE ACOMODARE** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Sărituri | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | **X** | | **X** | | **X** | |  | |  |
| Aruncări | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | **X** | | **X** | | **X** | | **X** | | **X** | |  | |  | |  | |  | |  | |  | |  |
| Gimnastică | Gimnastică acrobatică | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | **X** | | **X** | | **X** | | **X** | | **X** | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Sărituri la aparate | | |  | |  | |  | |  | |  | |  | |  | |  | |  | | **X** | | **X** | | **X** | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| *Gimnastică ritmică sportivă (opțional)* | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| *Sport aerobic (opțional)* | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Jocuri sportive | Baschet | | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **…** | | **…** | | **…** | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** |
| Fotbal | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Handbal | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Volei | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | | **X** | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| *\*\*Torbal* | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| *\*\*Goalbal* | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Discipline sportive alternative | Badminton | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Cicloturism | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Dans sportiv | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Dans folcloric | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Gimnastică ritmică | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Înot | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Korfball | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Oina | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Orientare sportivă | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Patinaj | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Rugby | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Sanie | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Schi alpin | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Schi fond | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Sport aerobic | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Șah | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Tenis de masă | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| Trânta | | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| EVALUARE | | | |  | | **▲** | |  | |  | |  | | **▲** | |  | |  | |  | | **▲** | |  | | **▲** | |  | |  | |  | |  | | **▲** | |  | |  | |  | |  | |  | |  | |  | |  | | **▲** | |  | |  | |  | |  | |  | | **▲** | | **▲** | |  |

***Legenda:***

**X: temă principală**

**…: temă secundară**

**~ : temă cu caracter permanent**

**▲ : evaluare sumativă**