**海山國中 班 泳游體適能測驗表**

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| **座號** | **一級** | **二級** | **三級** | **四級** | **五級** | **級數** |
| **水中取物** | **水母漂10秒** | **韻律呼吸10次** | **蹬牆漂浮** | **蹬牆漂浮加打水5公尺** | 10公尺 | 25公尺  | 50公尺 | 100公尺 |
| 1 |  |  |  |  |  |  |  |  |  |  |
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| 50 |  |  |  |  |  |  |  |  |  |  |