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| وزارة التعليمالإدارة العامة للتعليم بمنطقة تبوك**بإشراف قسم التربية البدنية** |

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| C:\Users\user\Downloads\qrcode_3322263_.png**العام الدراسي:** | **........................** |
| **التاريخ:** |  **/ /1444هـ** |
| **الفصل الدراسي:** | **الفصل الدراسي الأول** |

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سجل درجات ( لمادة اللياقة والثقافة الصحية ) الفصل الدراسي الأول المرحلة الثانوية

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| **م** | **اسم الطالب/ـه** | **المهام الأدائية** | **المشاركة والتفاعل** | **اختبارات قصيرة** | **لياقة بدنية** | **مهارات حركية** | **المجموع الكلي** |
| **الواجبات**  | **بحوث ومشاريع** | **شفهي** | **تحريري** |
| **10** | **10** | **10** | **5** | **5** | **20** | **40** |
| **1** | **2** | **1** | **2** | **1** | **2** | **1** | **2** | **1** | **2** | **1** | **2** | **1** | **2** | **100** |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **15** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **16** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **17** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **18** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **19** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **20** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **21** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **معلم /ـه المادة : ......................... المشرف/ـه التربوي:........................... مدير/ـه المدرسة:......................** |