**《爱护眼睛、预防近视》眼保健操比赛评分表**

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| 班级  | 个人卫生(10分) | 准备姿势10分 | 做操穴位、手法、节拍、力度（60分） | 风貌纪律(10分) | 结束 远眺(10分) | 总分(100分） |
| 一 | 二 | 三 | 四 | 五 | 六 |
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 评分老师：