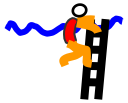
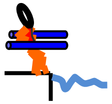
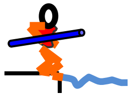
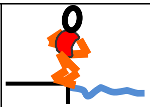
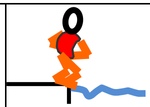
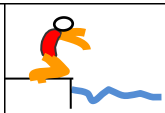
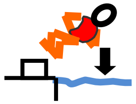
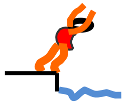
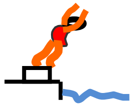
# ENTREES

| Prénoms des élèves |  |  |  |  |  | |  |  |  |  |
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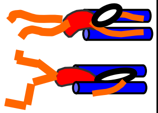
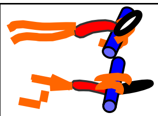
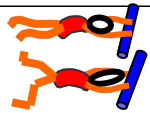
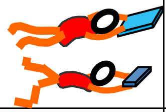
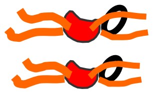
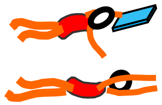
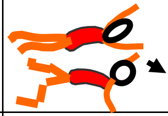
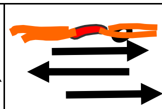
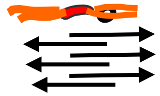
# DEPLACEMENTS

| Prénoms des élèves | |  |  |  |  |  |  |  |  |  |
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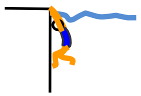
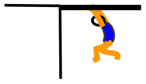
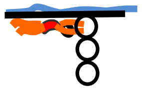
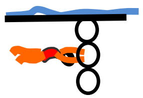
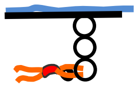
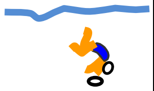
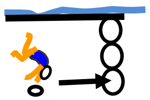
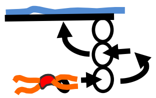
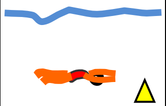
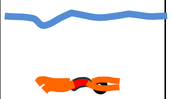
# IMMERSIONS

| Prénoms des élèves |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|---|---|---|---|---|
| | **I1** | **I2** | **I3** | **I4** | **I5** | **I6** | **I7** | **I8** | **I9** | **I10** |
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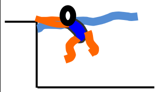
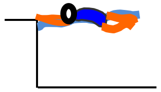
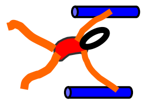
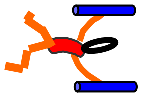
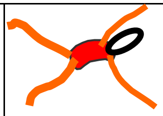
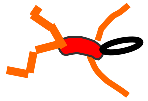
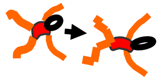
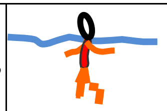
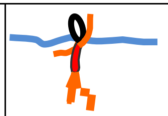
# MAINTIENS ou EQUILIBRES

| Prénoms des élèves |  |  |  |  |  |  |  |  |  | |
|---|---|---|---|---|---|---|---|---|---|---|
| | **M1** | **M2** | **M3** | **M4** | **M5** | **M6** | **M7** | **M8** | **M9** | **M10** |
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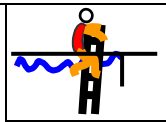
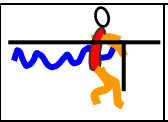
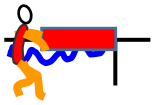
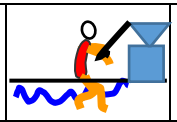
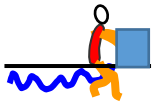
# SORTIES

| Prénoms des élèves |  |  |  |  |  |
|---|---|---|---|---|---|
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# Distances de nage réalisées

## Sans m'arrêter ou m'accrocher au bord ou à une ligne d'eau

| Prénoms des élèves | Je me déplace sur le ventre avec deux frites | | | | | | Je me déplace sur le dos avec deux frites | | | | | | Je me déplace sur le ventre avec une frite | | | | | | Je me déplace sur le dos avec une frite | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 10m | 25m | 50m | 75m | 100m | 150m | 10m | 25m | 50m | 75m | 100m | 150m | 10m | 25m | 50m | 75m | 100m | 150m | 10m | 25m | 50m | 75m | 100m | 150m |
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# Distances de nage réalisées

**Sans m'arrêter ou m'accrocher au bord ou à une ligne d'eau**

| Prénoms des élèves | Je me déplace sur le ventre sans aucun matériel | | | | | | Je me déplace sur le dos sans aucun matériel | | | | | | Je nage en crawl (respiration aquatique) | | | | | | Je nage en dos crawlé | | | | | |
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| | 10m | 25m | 50m | 75m | 100m | 150m | 10m | 25m | 50m | 75m | 100m | 150m | 10m | 25m | 50m | 75m | 100m | 150m | 10m | 25m | 50m | 75m | 100m | 150m |
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