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| **\*\*高中\*年级课程总表** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | | | |
| 星 期 | | | 星期一 | | | | | | | | | | | | | | | | | | 星期二 | | | | | | | | | | | | | | | | | | | | | | | | | 星期三 | | | | | | | | | | | | | | | | | | | | | | | | | 星期四 | | | | | | | | | | | | | | | | | | | | | | | 星期五 | | | | | | | | | | | | | | | | | | | | | | | | | | 星期六 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 班 级 | | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | | 1 | | | | 2 | | | 3 | | | 4 | | | 5 | | | 6 | | | 7 | | | 8 | | | 1 | | | | 2 | | | 3 | | | 4 | | | 5 | | | 6 | | | 7 | | | 8 | | | 1 | | | | 2 | | | 3 | | | 4 | | | 5 | | | 6 | | | 7 | | | 8 | | | 1 | | | 2 | | | 3 | | | 4 | | | 5 | | | 6 | | | 7 | | | 8 | | | 1 | | | | | 2 | | | 3 | | | | 4 | | | | 5 | | | | 6 | | | | 7 | | | | 8 | | | |
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| 眼 保 健 操 课 间 操 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 午 间 休 息 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 晚 间 休 息 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |