



**American
Red Cross**

Lesson Plan Template

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Course Name: PSA

Instructor: Jacqueline

Session Begin Date: 06/26

Length of Classes: 40 min

Day _____

Course Level: 1

Location: kiddy area

Session End Date:

Total Number of Classes: 2

Equipment N/A		Reminders Underwater kicks Keep head back	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 min	Blow bubbles	" "	All together
Safety Topic(s)			
5 min	Life jackets	Dont just pack it, wear your jacket	All together
Opening Activity			
10 min	ice cream scoops pizza arms backstroke arms superman arms and bubbles bunny hops	" "	All together back and forth across the pool

Red Cross Swim Lesson Plans

Shasha Hu

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name Shasha Hu.

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