GORUCK TRIBE KIDS

REMEMBER

8 AND UNDER

Color in the image when you complete a task.

WORKOUT A.

Ruck a total of 80 minutes across the month of May to commemorate the 80th anniversary of D-Day which will happen on June 6, 2024.

WORKOUT B. "ALLIES"

AMRAP in 8 minutes:
*Partner A completes running while Partner B does any movement from the list. Partners switch after one completes the run. Repeat this rotation until 8 minutes have passed!

Partner A: Run 8 shuttle runs (10 meters : back and forth is 1).
Partner B: Ruck Twists or ruck high pulls or push-ups (perform as many possible reps until your partner is done running).

BOOK: THE UNBREAKABLE CODE
By: **Sarah Hoagland and Julia Miner**
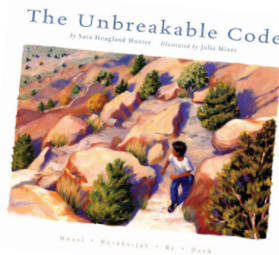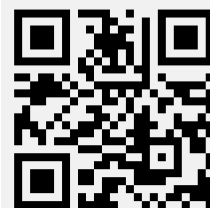
CHALLENGE

This month, we commemorate the **80th anniversary of D-Day during World War Two** by learning about the American Indian Code Talkers. The Code Talkers were integral in winning the war; the allies may not have been successful without them. We challenge our Tribe Kids to learn some words and phrases from the Code devised specifically by Navajo, and used during WWII. With the help of a grown up, children can do this by reading the original **"Navajo Code Talkers' Dictionary"** found on the Department of the Navy website.
Your mission is TA-EH-YE-SY. Good luck!

VIDEO

NAVAJO CODE

All the challenges can be done on separate days. End the workout when your child is no longer excited to be doing it. Keep it fun!