

## Objective

By the end of this lesson, you will have a better understanding of the different branches of the military and their roles.

## Materials and Prep

- Computer with internet access
- Pen and paper
- Curiosity and eagerness to learn

## Activities

- **Branch Research:** Choose one branch of the military (Army, Navy, Air Force, Marines, Coast Guard) and research their history, roles, and notable achievements.
- **Uniform Comparison:** Look up images of uniforms from each branch and compare the differences in style and color. What do you think the reasons are for these differences?
- **Physical Fitness Challenge:** Try out a basic fitness routine inspired by military training. Include exercises like push-ups, sit-ups, and running.

## Talking Points

- **Army:** "The U.S. Army is the oldest and largest branch of the military, responsible for land-based military operations."
- **Navy:** "The U.S. Navy is in charge of naval warfare and operates on, below, and above the sea."
- **Air Force:** "The U.S. Air Force is responsible for aerial warfare and operates the majority of the military's air power."
- **Marines:** "The U.S. Marine Corps is known for being the first to fight in many conflicts and is often deployed for quick response missions."
- **Coast Guard:** "The U.S. Coast Guard is a multi-mission maritime service responsible for law enforcement, search and rescue, and environmental protection."