



Alphabet Animoves

BLACKFOOT EDITION



Background

We are experiencing a time when there are few remaining Indigenous language speakers. The Blackfoot language in particular is considered endangered and it is of great importance to keep the language relevant and alive. The languages will only thrive with the understanding and support of the greater population of Canada which is why we need non- First Nations school systems as partners.

When contact happened, many of the teachings and understandings that Indigenous people had were not respected or valued. Today, these teachings would be helpful in so

many aspects: economy, child-rearing, relationship building, education and learning, and how to live in an environment that is sustainable and has a fairness in the sharing of the resources. These values are shared in the learning of Indigenous languages.

Imagine if all Albertan students could speak at least a few words in Indigenous languages? Students who are not First Nations likely won't have the opportunity to learn at home. In order for the languages to be seen with equal value to other languages, they need to be heard. There are many concepts within the language that teach values,

so that in learning and understanding the words, they come to learn the other way of seeing. For example, the Blackfoot word “to eat” is not taught just as “eat”, but includes relationship, teaching the concept of the action or the verb, “I’m eating, we’re eating”, who is eating and when we eat is also included in that context. You are teaching not only the vocabulary but the concepts and understandings of the people.

Having students explore and enjoy movement early on in school is so important for them to live long and healthy lives, to help lower the risk of diabetes and other health concerns, and to develop a strong foundation of movement to support their physical literacy journey.

Thank you for using these cards as a way to bring life and relevance back to the to the Blackfoot language while supporting physical activity opportunities at your school or other setting.

How this Resource was Created

This resource was created to celebrate learning Blackfoot language, using the existing foundations of Ever Active Schools Animal Alphabet resource and Be Fit For Life’s AniMoves resource. The words couldn’t just be duplicated because the English language uses different symbols/ letters than Blackfoot. As the cards were being created, we found only 9 of our 13 Blackfoot symbols could be used for nouns of animals (letters/symbols that words

begin with), so we used those 9 letters to create an animal alphabet set in Blackfoot. We worked with our district's First Nations, Metis and Inuit Support Workers and Grad Coaches to come up with animals, using the Blackfoot Dictionary to ensure consistent translations. The team created actions connected to those animals, being as authentic as we could to the nature of each animal.

Additional games have been provided by Be Fit For Life; many of them are the same or similar to the games played in the original Animoves resource.

A special thank-you to Annette Bruised Head and the Holy Spirit Catholic School Division for their leadership on this resource, especially the Blackfoot translations and pronunciation videos.

You can access the pronunciation videos on the Holy Spirit Catholic School Division's YouTube channel.

The original artwork in this resource has been done by Crystal Putz, an artist from Edmonton, Alberta.

This resource is suitable for all ages and can be used in a variety of ways, including:

- Language Classes
- Physical Education and Wellness Programs
- Daily Physical Activity
- Literacy
- Recess
- Transitions
- Free Time

How to Use

Use this deck of Alphabet AniMoves to help explore fun and creative movements while learning the Blackfoot names of animals. There are cues for movement on the back of each card. Using these cues not only gives children opportunity to move, but can help in the learning and remembering of the Blackfoot name for each animal.

In addition to the traditional use of the “flash cards”, there are activity ideas included to help foster further movement and learning of the Blackfoot names of animals.

Please visit the Holy Spirit Catholic School Division’s YouTube channel for videos to help with pronunciation.

Activities

AniMoves Relay

Place cards at one end of the activity space and have participants line up in small teams on the other. The first participant in each team will run (or use another form of locomotion) to the end of the space with the cards, pick one up and move back to their team the way the animal they chose moves to tag off the next participant who will repeat the process. Feel free to encourage animal noises!

Relay races tend to be inactive for the participants who are waiting for their turn. To maximize movement opportunities, be creative with ways to keep the participants active. Examples include a balance challenge, hopping on one foot or moving like the animal brought back until the next one comes, and creating smaller groups to minimize wait times.

Animal Alphabet Freeze

Choose an animal from the cards and have participants move around the activity space like that animal. When you say freeze, have the participants freeze in a pose that reflects the animal they are moving like. To unfreeze, a participant must be able to name the animal in the Blackfoot language. They can call out the Blackfoot name on your cue (after a few moments of balancing in their chosen position) and then you can choose another animal from the deck of cards for the next movement.

Another variation of this activity is to choose a locomotor skill for the participants to move in (such as skipping, walking backwards, jumping, hopping, galloping) and then call out the Blackfoot name of an animal from the card deck and have them freeze like that animal. You could have the card with the

name facing the participants and then turn to reveal the picture of the animal to see if they are correct.

Story Telling

Use the cards to tell a story. You can do this by sharing a story that is related to one of the animals in the deck of cards, having the participants act out the story as it is being read aloud. You can also build an active story by having the participants pick cards as you go around a circle, each taking turns adding to the story by adding a new animal character and movement each time. While encouraging all participants to try, remember to use the Blackfoot names for each animal to enhance the learning of the Blackfoot language.

Follow the Leader Charades

Have a participant pick a card that the other participants can't see. Have them act out the animal without using words while the other participants mimic their movements at the same time. Participants should try and guess the animal they are acting out using it's Blackfoot name.

Once the animal has been guessed, have another participant pick a new card and repeat the activity.

How Do You Move?

This is a partner activity in which each participant is assigned a card and corresponding animal. In pairs, the participants take turns asking each other "How do you move?". The other partner will answer with a movement showing how that animal moves and the asking partner will then try to guess the animal using it's Blackfoot name. They will take turns going back and forth until they guess each other's animal, presenting a new movement each time the question is asked.

AniMoves Movement Dice

Download the free Movement Dice resource and assign each animal a number on the sheet. Find a die and roll to see how you can move! This is a great activity to incorporate numbers in the Blackfoot language as well.

<http://befitforlife.ca/resources/movementdice>

Transitions

Use these cards as a tool for transitions! As you transition from one space to the next pick an animal to inspire your movement. This is a great time to incorporate some creative movement - you don't just have to walk!



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moving alberta

www.befitforlife.ca



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<https://everactive.org>



@EverActiveAB

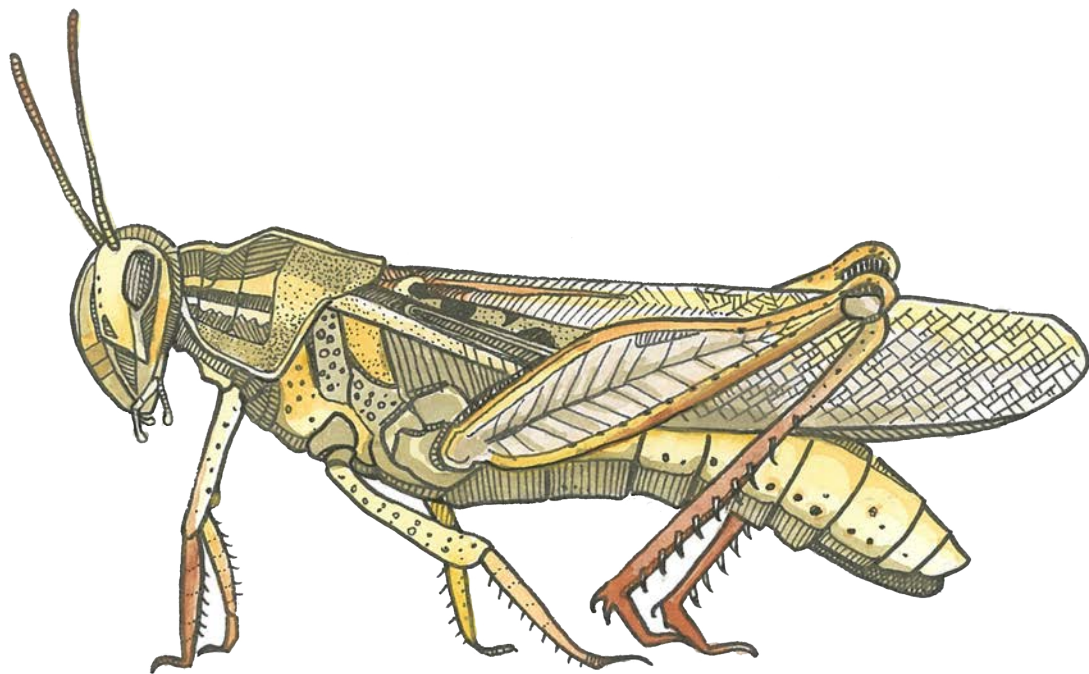


Alberta
Government



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY

T+



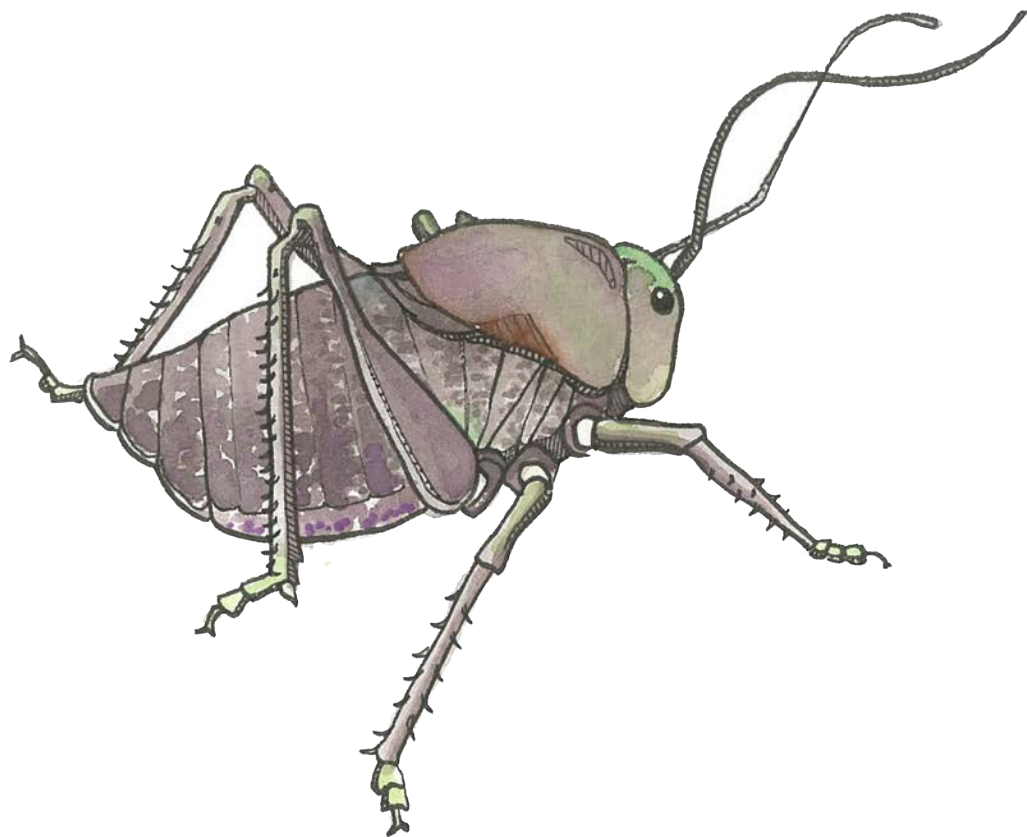
tsikatsii

grasshopper

MOVE!

- Crouch down, place hands on floor in between your feet and jump forward as far as you can
- Sit down, play a violin with your legs

T+

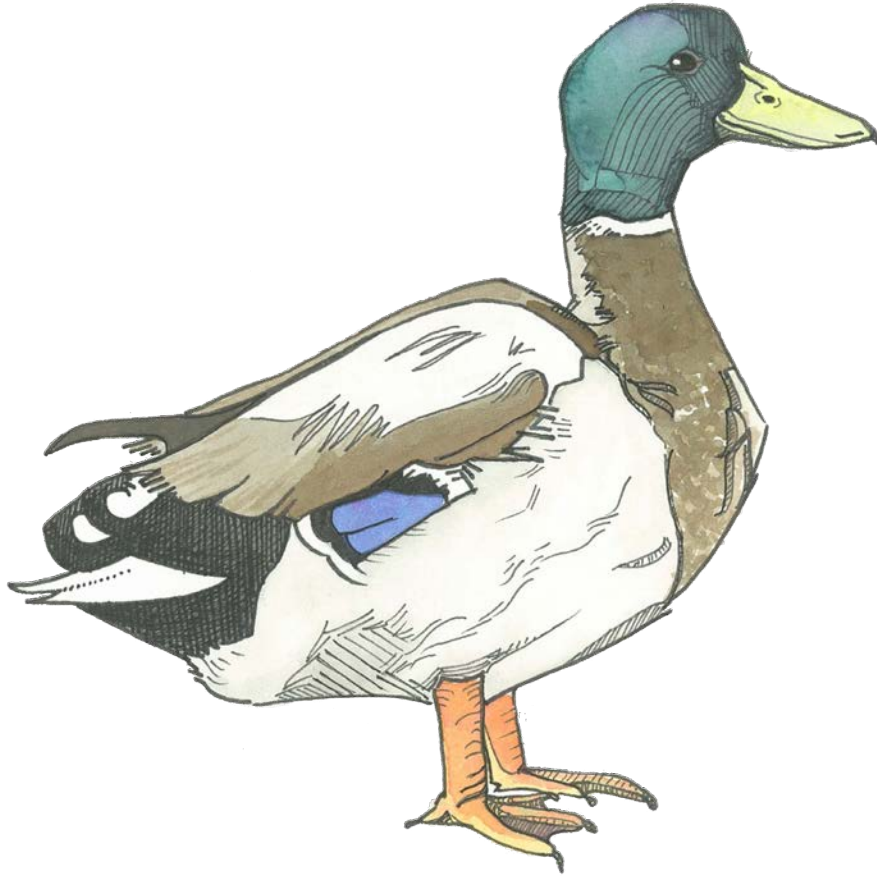


tapikadaiimii cricket

MOVE!

- Flex your arms forward and chirp
- Jump like a cricket

Ss

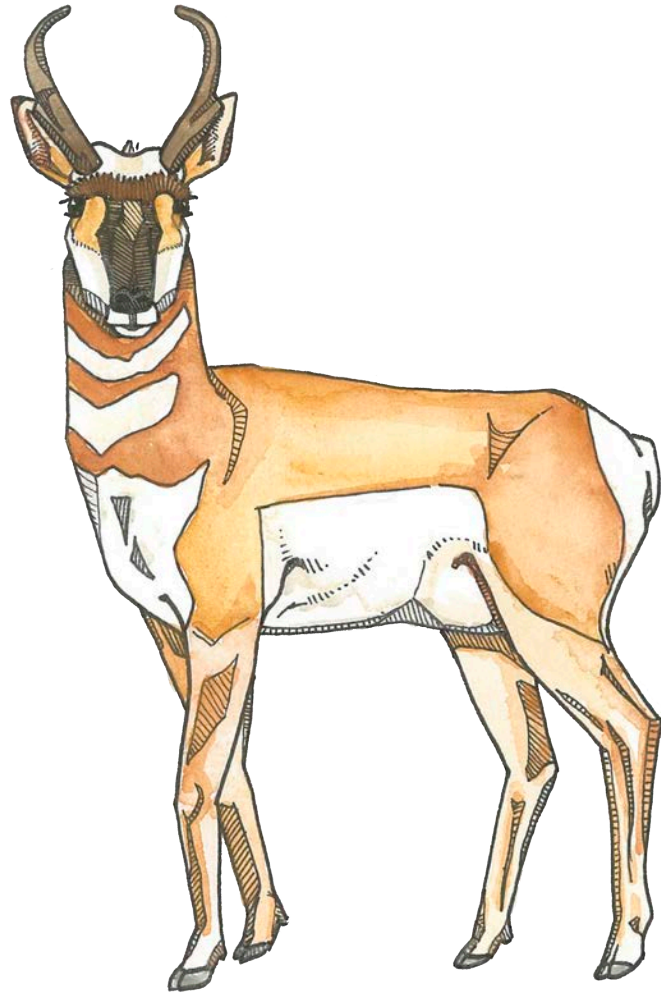


sa'di duck

MOVE!

- Duck walk for 10 seconds
- Tuck your arms into your arm pits like wings and twist 10 times

Ss



saokiawakaasi

pronghorn

MOVE!

- Hop around the room, 2 feet together in a galloping motion
- Make horns on your head with your hands and try to scratch your knee

Ss



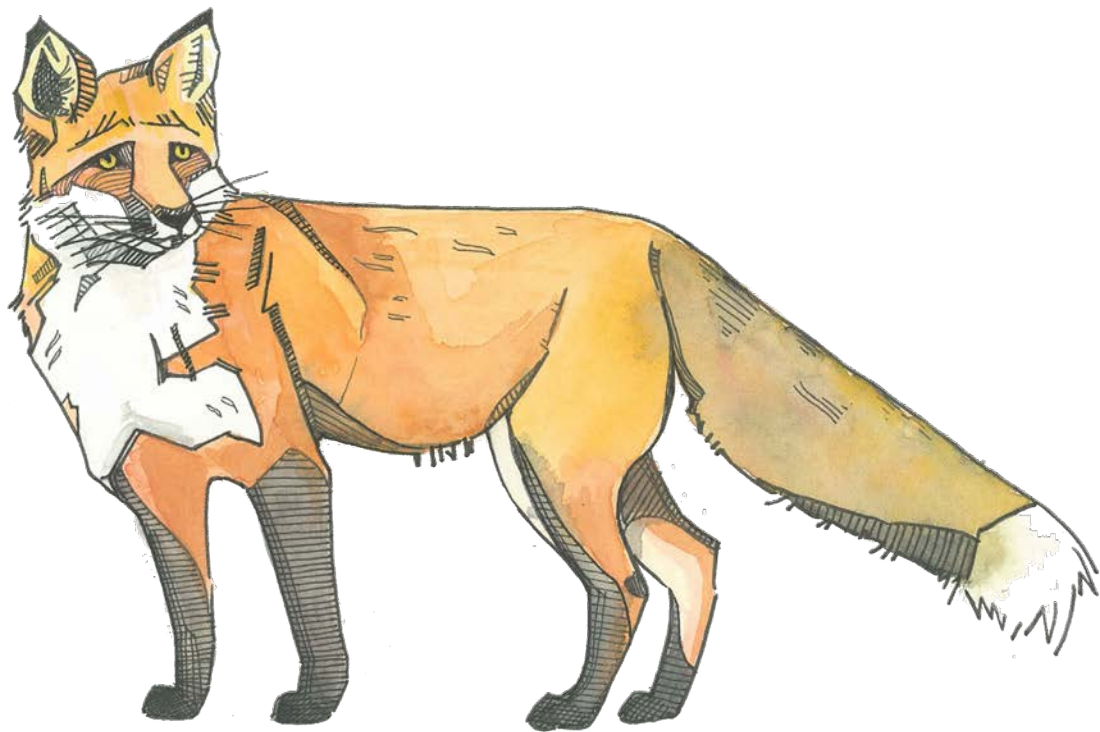
sipisttoo

owl

MOVE!

- Bring your hands to your eyes like binoculars and look around with your owl eyes
- Sit on the floor and twist to each side for 10 seconds

Ss



sinooopa
fox

MOVE!

- Make triangles with your hands and bring them over your head like fox ears
- Pounce like a fox looking for mice in the snow!

Pp



paahpakssksissii

woodpecker

MOVE!

- With your nose, try and tap imaginary wood in front of you as fast as you can
- Flap your arms while running around the room

Pp



poos cat

MOVE!

- Cat walk on a line on the floor
- Calf raises - rise up and down on your tip toes
- Stretch and roll, like a cat in the sunshine

Pp



piiita

eagle

MOVE!

- Stretch your arms wide and soar around the room like an eagle
- Stand tall and proud, using eagle eyes to see things far away

Pp



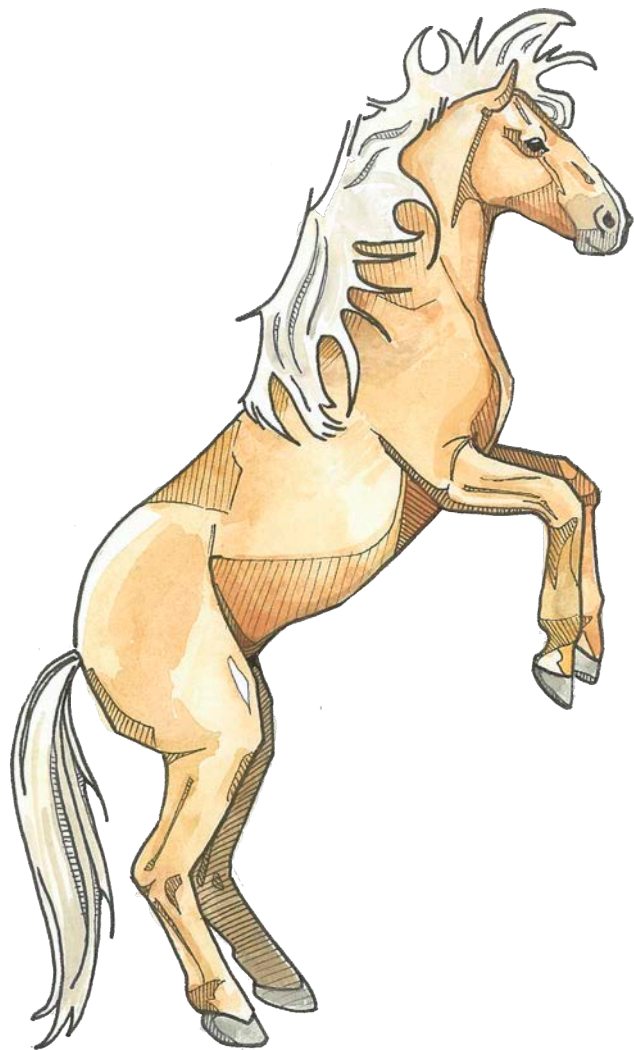
ponoka

elk

MOVE!

- Gallop around the room like an elk
- Paw at the ground like an elk digging through the snow for grass

Oo



otahkaapi

palamino horse

MOVE!

- Reach your hands up, roll your fists like a rearing horse
- Shake your head and neigh like a horse
- Buck like a horse, hands on floor while kicking legs up backwards

Oo



omah ko ka ta

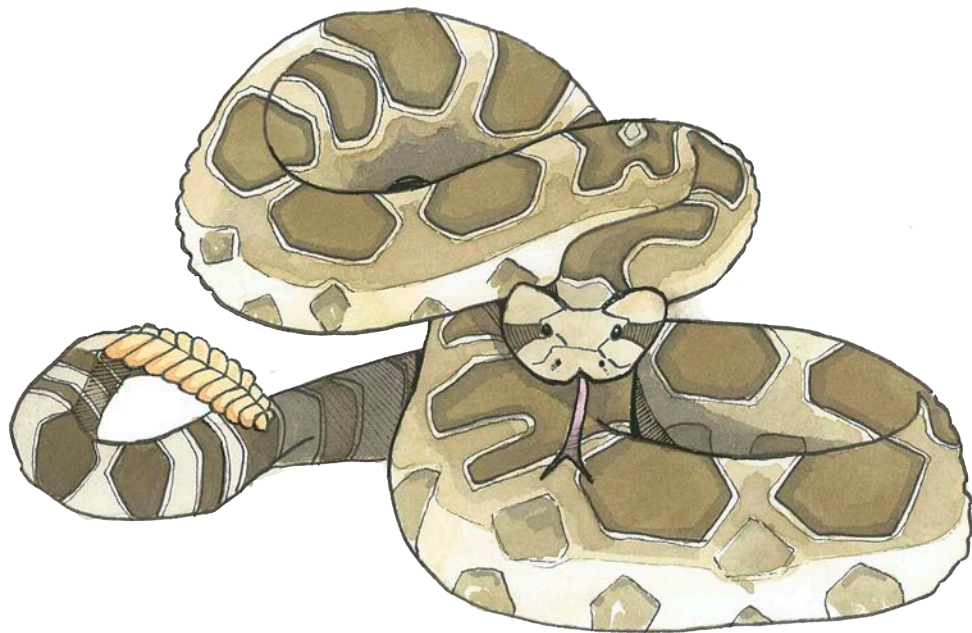
gopher

MOVE!

- Squat down like a gopher hiding in it's hole
- Pop up on your tip toes and look alert

Game Suggestion: Using poly dots as gopher holes, have students run to a spot, then stop to pop up and look around.

Oo



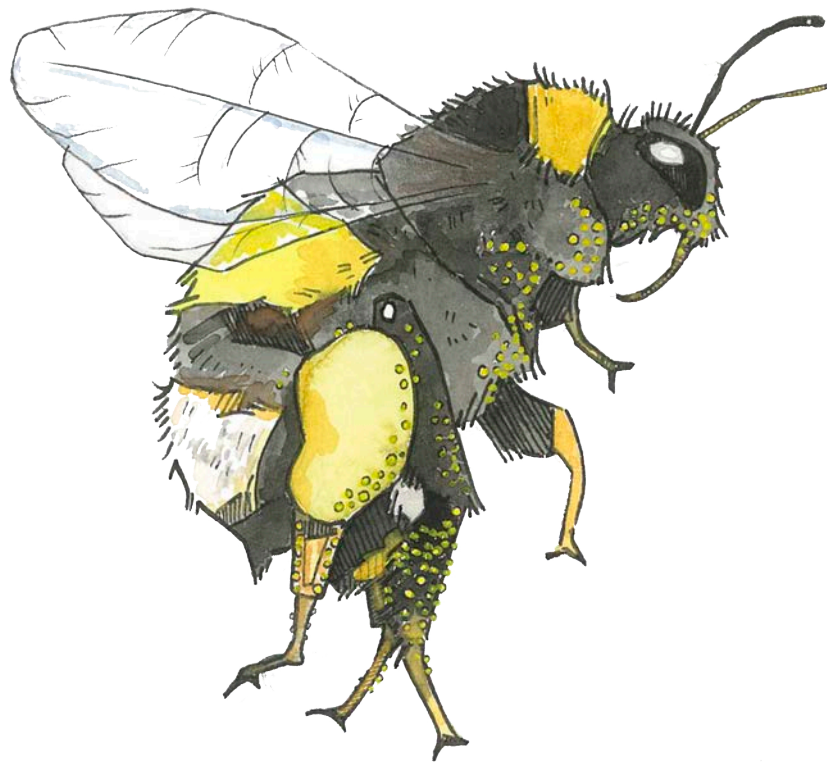
omahksisttsiiksiina

rattlesnake

MOVE!

- Slither around like a snake on the floor
- Crouch down on floor and jump up really fast

Nn



namado

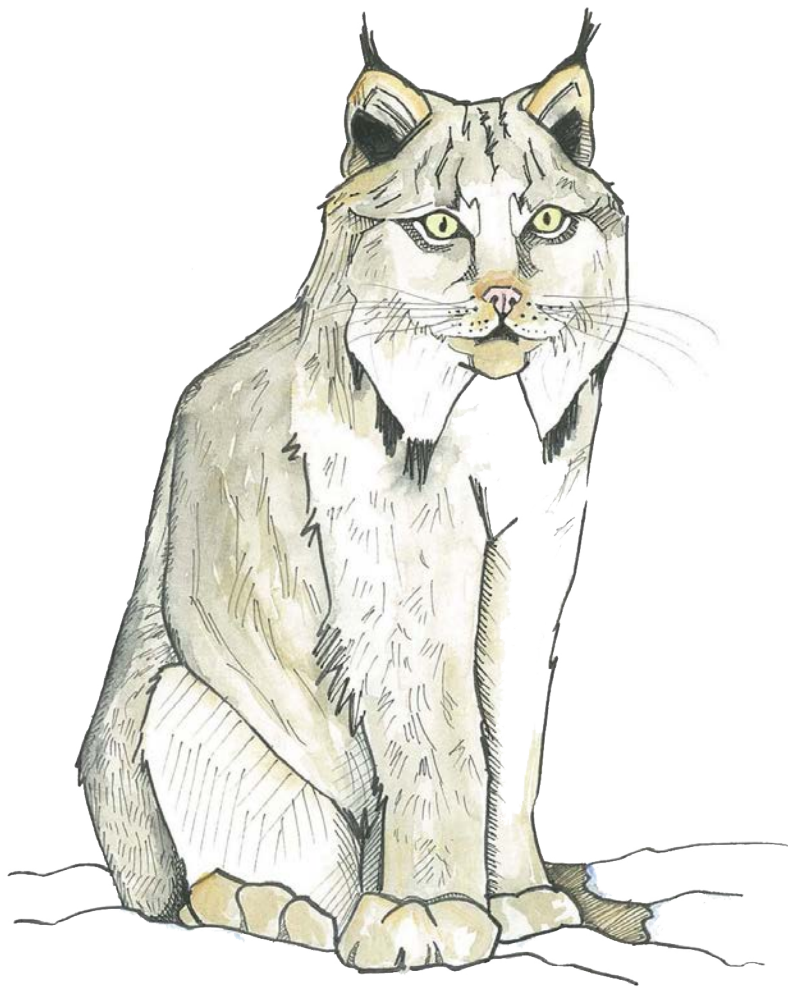
bee

MOVE!

- Flap your wings and move slowly around the room
- Buzz like a bee

Game Suggestion: have half the students as flowers and the other half as bees. The bees have to touch the top of the flowers, then the roles switch.

Nn



natayo

lynx

MOVE!

- Leap from one 'rock' to another, moving quietly like you are hunting prey, slowly and quietly on all fours

Nn



naamsskiii

lizard

MOVE!

- Army crawl on your elbows and toes for 10 seconds
- Stick out your tongue and try to touch your nose

Nn



naadamoiisisttsii hummingbird

MOVE!

- Flutter your arms quickly and run on the spot for 10 seconds

Game suggestion: Have students hold their arms over their heads in a point like the beak of a hummingbird. Have some students hold hula hoops, and have the hummingbird students run around trying to fly through the hula hoops.

Mm



miisinski

badger

MOVE!

- Sneak around on your tiptoes as quietly as you can

Mm



maatdaasii

burrowing owl

MOVE!

- Crouch down low and run 10 short steps
- Stand very still, stretch your neck and look in all directions

Mm



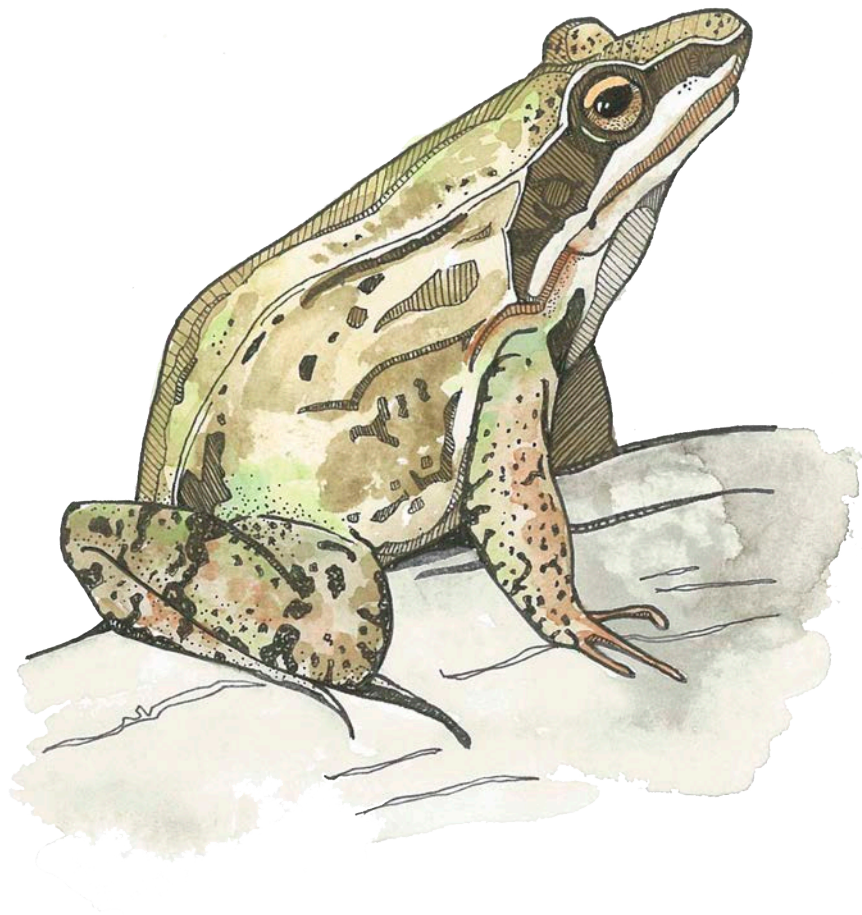
makoyi

wolf

MOVE!

- Stretch your neck like you are looking up at the moon
- Crouch on your heels and howl

Mm



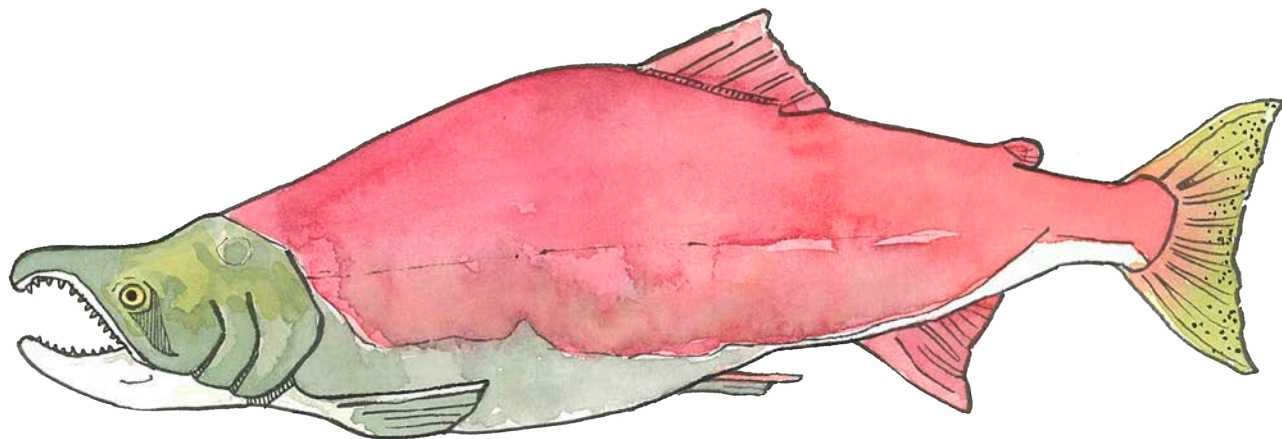
mat+siyikka pisaa

frog

MOVE!

- Hop like a frog 10 times
- Move your arms like a frog swimming through the water

Ii



i'kotsoomiii salmon

MOVE!

- Bring your hands together in front of you and pretend to swim around the room
- Leap like a salmon out of the water

Ii





bison

MOVE!

- Snort through your nose like a bison
- With hands and feet on the floor, gallop across the prairie

Ii



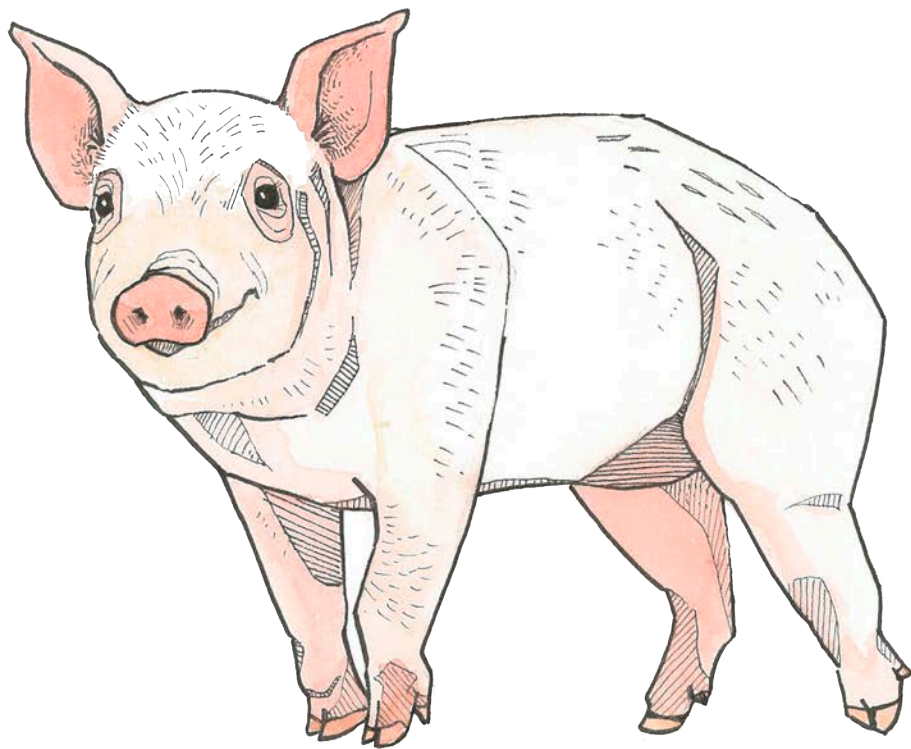
imitada

dog

MOVE!

- Lie on the floor and roll over like a dog
- With your hands and knees on the floor, pretend to wag your tail

Aa



aiksini

pig

MOVE!

- Roll around in the mud
- Root around with your snout

Aa

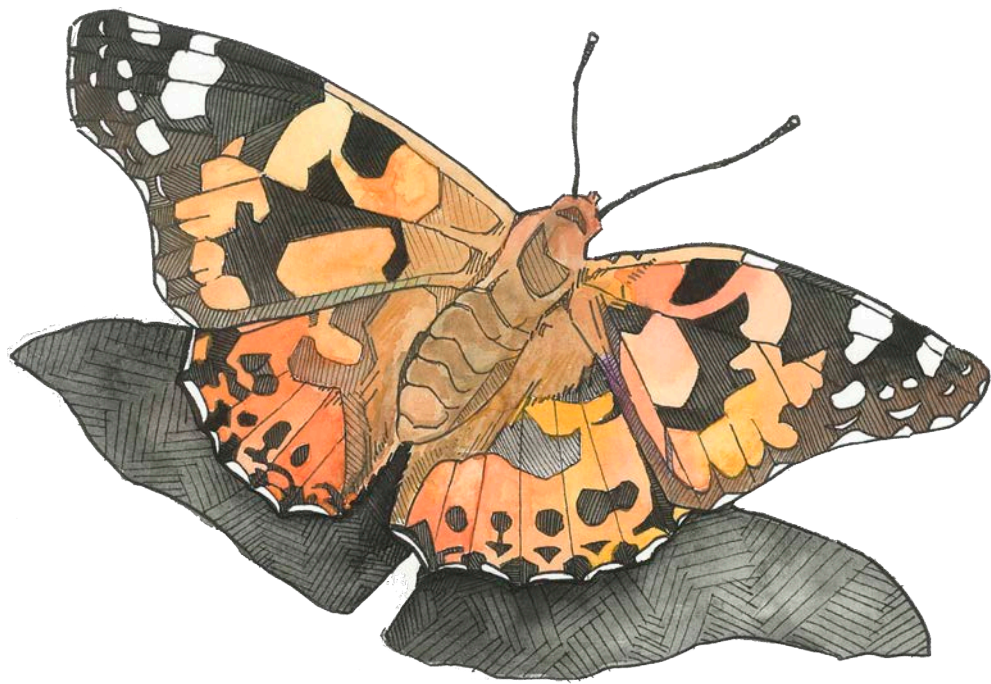


aattsisstaa
rabbit

MOVE!

- Bunny hop around the room
- Wiggle your nose

Aa

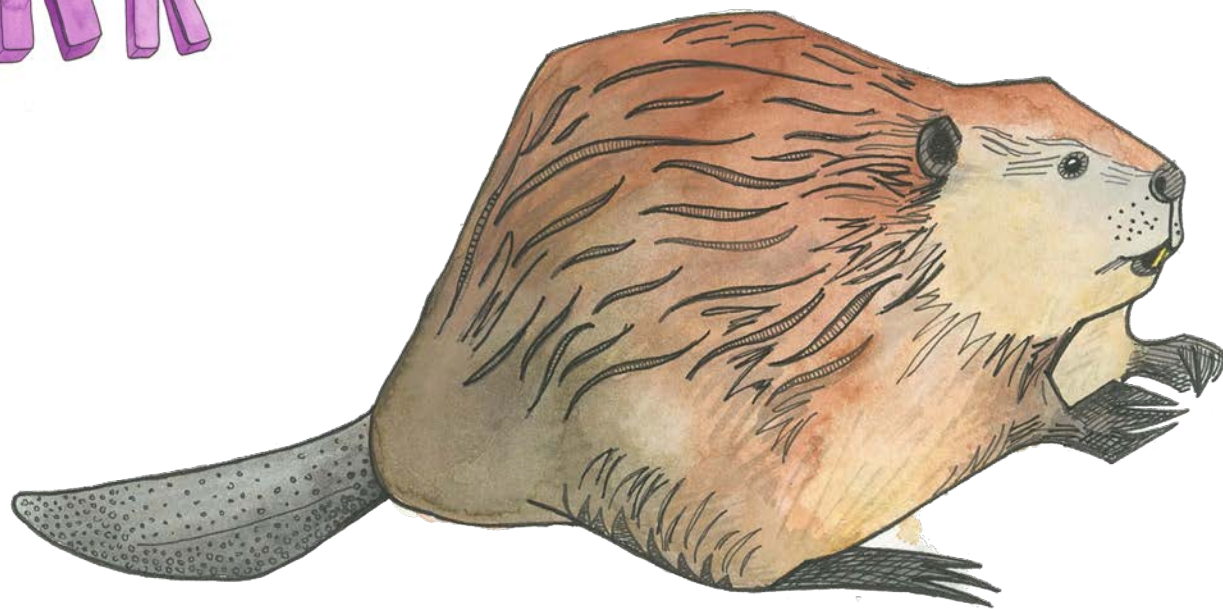


apaniii butterfly

MOVE!

- Sit on the floor with the bottom of your feet together and bounce your knees like flapping wings

Kk



ksisskstaki

beaver

MOVE!

- Slap your thigh like a beaver slaps its tail on the water
- Swim through the water with little beaver paws

Kk



kai'skaahpa

porcupine

MOVE!

- Stamp your feet, click your teeth, and growl like a frightened porcupine
- Pretend to climb a tree then shoot a porcupine quill like an arrow