

Animal Alphabet Cards/Animoves



PHE Curricular Competencies: Physical Literacy, Health and Active Living

Audience(s): K-6 but can be adapted to every grade

Hyperlink: Ever Active Schools [Animal Alphabet Cards](#) [Alphabet Animoves](#)

Description

These Alphabet Animal cards are printable and will help you promote fundamental movement skills while supporting physical activity.

The Alphabet Animoves Cards were created to celebrate the learning of the Blackfoot and Stoney Nakoda languages while supporting physical movement skills.

Objective(s)

Each card features a letter, an animal whose name starts with that letter and two movements or activities. This resource helps create physical literacy through various types of movement as well as strengthening children's imaginations. These cards focus on grades K-6 but can also be adapted for older grades as well.

Curricular Connections

This resource is connected to these Big Ideas from the PHE curriculum:

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (K-6)

Participate daily in physical activity at moderate to vigorous intensity levels (K-4).

Participate in physical activity to enhance and maintain health and fitness components (5-10)

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created by Ever Active Schools, Apple Schools, and Be Fit for Life