

UVM Kiddie CATs (Children And Teachers) On The Move Program

Since the Spring of 2016, Champlain Valley Head Start has partnered with the University of Vermont's Kiddie CATs On The Move Program – an interdisciplinary collaboration between the University's psychological science, exercise science and education departments. The program provides a fun and interactive, 30-minute physical activity program for preschoolers in our Chittenden and Franklin County classrooms. Kiddie CATs is built on key early learning principles that encourage children and adults to play together in ways that support physical activity and social connection. The program assists preschoolers with reaching moderate-to-vigorous activity levels, becoming more aware of their bodies, practicing important gross motor skills, and learning the importance of incorporating physical activity into their daily lives.

How it works:

UVM students volunteer to go to one of our program sites three days a week for one semester – many remain for a full academic year – and they provide structured, high-intensity playtime with the children. The program uses a “Plan, Do, Review” structure for 32 minutes.

Goals of “Plan” Period – (5 minutes each)

- Review program rules
- Highlight and model weekly skill focus
- Highlight daily activities
- Introducing new equipment, skills, or rules that require extra attention
- Model and/or use visual supports
- Review directions for “Do” Period 1

Do Period – (5 minutes each)

- Keep children moving!
- Adult Leader Roles
- Leader, Secondary, Timekeeper
- Support transitions between “Do” and “Review”
- Make necessary modifications
- Have Fun!!

First three review periods (1 minute each)

- Provide specific feedback/praise
- Provide directions for the next activity

- Encourage children to stay standing

Last review period (2 minutes)

- Facilitate discussion to increase children's understanding of the importance of physical activity
- Provide specific feedback/praise
- Lead group stretch

To learn more about Kiddie CATs on the Move, click [here](#) to watch a video about the program created with help from some of our preschool friends.

More information can be found here: [Children and Teachers \(CATS\) on the Move | The University of Vermont](#)