

Cat Thomas' Biography

Cat Thomas is an educator and emerging scholar focused on physical literacy, early childhood education, and equity in movement-based learning. Her research examines how educator beliefs, institutional structures, and sociocultural contexts shape young children's access to meaningful physical activity experiences, with a particular focus on Black children in underserved communities. Her work explores how classroom practices, schedules, and program policies shape children's access to physical activity and highlights the importance of movement as a core part of early learning, not an extra. As a coach and consultant, she supports teachers and childcare directors with practical, culturally responsive strategies that make movement more intentional, inclusive, and engaging for all children. Cat Thomas is also the owner and director of Thomas Center for Learning and Physical Literacy Development where she leads an after school program and summer camp, teaching children the importance of exercise, physical activity and healthy eating.