

Colorado's new comprehensive health and physical education standards: An introduction for parents

Preschool–Fifth Grade

Sample expectations

The comprehensive health and physical education standards include concepts and skills students should master in four areas: movement, physical and personal wellness, emotional and social wellness, and prevention and risk management. Here are some of the standards and ways parents can help at home:

Preschool

- Develop personal hygiene skills and habits.
At home: Develop the habit of washing hands before meals, after using the restroom and when sick.
- Play safely.
At home: Discuss the importance of listening to adults on the playground or in someone else's home.
- Demonstrate balance.
At home: Play games that encourage your child to make shapes with his or her body, or freeze in place like a statue to practice balance.

Kindergarten

- Explain safe behavior as a pedestrian and with vehicles.
At home: Explain traffic signs and symbols, and the importance of seat belts.
- Show understanding that one's actions impact others.
At home: Help your child learn self-control by respecting personal space. For example, ask permission before hugging someone, or take a timeout when feeling angry.
- Identify major body parts.
At home: Play "Simon Says," asking your child to touch a knee, elbow, etc.

First grade

- Express emotions in healthy ways.
At home: Ask how your child feels after playing a game or before taking a test.
- Prevent unintentional injury or illness.
At home: When your child gets hurt, talk through the steps of how to treat wounds to reduce the chance of infection.
- Use words to describe movement.
At home: Help your child distinguish between a jog and a run, a hop and a jump, and a gallop and a slide by playing relay games with these various movements.



About the Colorado Academic Standards

The new Colorado Academic Standards support the skills all students must master to be successful in school and in life. They include updated physical education standards and, for the first time, comprehensive health standards.

Healthy, active students achieve more ...

... in school and in life. Research shows that healthy, active students concentrate better, make better decisions about their behavior and feel better about themselves.

More information

To see the complete list of comprehensive health and physical education standards, visit:
www.tinyurl.com/3uvh7f3



Continued

Second grade

- Ask for help in an emergency or unsafe situation.
At home: Talk about ways to be helpful during emergencies and when to call 911.
- Describe the dangers of using tobacco products and being exposed to secondhand smoke.
At home: Discuss tobacco's harmful effects, including addiction.
- Demonstrate balance while moving.
At home: Dance with your child to different types of music with various beats.

Third grade

- Make appropriate food choices and explain them.
At home: Ask your child to plan a nutritious family meal using the different food groups.
- Identify ways to prevent injuries at home, in school and in the community.
At home: Discuss how rules keep your child and others safe.
- Demonstrate patterns in simple combinations during games and sports.
At home: Dribble a soccer ball or basketball while changing speed and direction.

Fourth grade

- Identify positive behaviors that support relationships.
At home: Discuss what makes a good friend and why.
- Set goals to make healthier food choices.
At home: Set a family goal to eat healthy foods, and discuss how to support each other to achieve the goal.
- Recognize the relationship between healthy nutrition and exercise.
At home: Eat healthy snacks together so that your child learns about nutritional sources of energy.

Fifth grade

- Analyze internal and external factors that influence mental and emotional health.
At home: Ask your child which situations cause him to feel angry or sad, and identify strategies for coping with those feelings.
- Communicate about personal health problems.
At home: Practice asking personal health questions – even the embarrassing ones – that your child can discuss with trusted adults in her life.
- Use warm-up, pacing and cool-down techniques to prevent physical injury.
At home: Practice stretching before and after going to the park, taking a walk or a hike, or riding a bike.

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achieve more in school and in life.**

