

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

High School

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:

Movement

- Understand how movement impacts the brain.
At home: Discuss how physical activity affects feelings, and when movement can calm or energize the mind.
- Participate competently in a variety of lifelong physical activities.
At home: Watch sports or dance routines, and identify techniques or skills that make the performances successful or unsuccessful.

Physical and personal wellness

- Make healthy decisions about relationships and sexual activity.
At home: Discuss the risks and emotional impact of sexual activity, including unintended pregnancy and sexually transmitted diseases like HIV/AIDS. Take advantage of moments when these topics arise such as after watching a television show or movie, or when a peer or celebrity faces these issues.
- Analyze how family, peers and the media influence healthy eating choices.
At home: Discuss how commercials and billboards influence people to eat certain foods. How can consumers know if those foods are nutritious?

Emotional and social wellness

- Respect individual differences in physical abilities.
At home: Acknowledge how athletic ability is one strength that contributes to team success. Others include collaboration, honesty and teamwork.
- Demonstrate collaboration, cooperation and leadership.
At home: Discuss challenges and successes in being part of a team. Practice listening and problem-solving skills.

Prevention and risk management

- Demonstrate safe behavior and emergency response.
At home: Take a CPR or first-aid class together, or volunteer to be first responders.
- Communicate how to refuse alcohol, tobacco or other drugs.
At home: Brainstorm situations in which alcohol, tobacco or other drugs might be available. Practice how to respond when offered illegal or unwanted substances.



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



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