

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

Sixth Grade–Eighth 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:

Sixth grade

- Analyze how healthy behaviors can benefit people throughout their lives.
At home: Discuss the short- and long-term benefits of eating nutritious food; being physically active; avoiding tobacco use; and protecting skin, ears and eyes from environmental damage.
- Identify opportunities in school and in the community to participate regularly in physical fitness.
At home: Find and participate in activities that promote muscle strength, such as swimming and yoga.
- Describe how to be mentally and emotionally healthy.
At home: Talk about mental health, mental illness and emotions – and healthy ways to manage and communicate feelings.
- Examine factors that influence a person's decision to use or not use alcohol or tobacco.
At home: Point out television shows, movies or advertisements that include alcohol, drugs and tobacco. Ask your child what the messages are and who is being targeted.

Seventh grade

- Analyze factors that influence healthy eating behaviors.
At home: Discuss your child's own body image. What is fit? Beautiful? Healthy?
- Develop skills to prevent and manage stress.
At home: Define stress and identify personal triggers. Practice strategies for reducing stress, such as being physically active, journaling and talking with someone.
- Demonstrate safety procedures for a variety of situations.
At home: Describe how to treat injuries such as burns or broken bones. Identify actions to take during severe weather and create family emergency plans.
- Be inclusive of others.
At home: Encourage your child to interact with people of different abilities and backgrounds.



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

Eighth grade

- Apply game strategies to physical activities.
At home: Ask your child to teach you or someone else a game created using something that can be tossed. Incorporate the concepts of offense, defense, penalties and scoring.
- Examine factors that influence violent and nonviolent behavior.
At home: Examine the presence of violence in the media and its possible effects on behavior.
- Analyze how certain behaviors can lead to a greater risk for sexually transmitted diseases or unintended pregnancy.
At home: Talk about the benefits and effectiveness of abstinence in preventing unintended pregnancy and sexually transmitted diseases like HIV/AIDS – as well as the benefits, effectiveness and side effects of contraceptives. Discuss how alcohol and drugs can impair judgment about sexual activity. Take advantage of moments when these topics arise.
- Access school and community resources to get help with mental and emotional health concerns.
At home: Discuss when and how to seek help for mental and emotional health problems such as depression, mood disorders and anxiety. Emphasize that mental and emotional illness is commonplace, and treatment and support are available.

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