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Comprehensive Health & Physical Education Standards Frequently Asked Questions

Will Comprehensive Health and Physical Education be included on the new state assessment?

- There will not be a health or physical education state assessment. It is up to districts to develop formative, interim, and summative assessments that track students' knowledge and skills based on the standards. CDE is working toward developing an assessment system that includes postsecondary and workforce readiness assessments embedded within state summative assessments, interim assessments and formative assessments. Districts will be key partners in developing and providing samples of assessments at all levels and in all content areas. Districts will not be required to adopt these assessments; however districts are required to adopt and implement assessments that demonstrate students' mastery of all content areas.

Will districts be held accountable for the Comprehensive Health and Physical Education Standards?

- CRS 22-7-1013(2) states: "The local education provider shall design the curricula to ensure that, beginning in preschool or kindergarten and continuing through elementary and secondary education, each student receives a program of study that will enable the student to demonstrate attainment of each of the preschool through elementary and secondary education standards." Thus, districts are responsible for ensuring that all standards are taught to all students and for documenting that all students are progressing to meet all standards.

Because health education and physical education are addressed in one set of standards, does this mean they must be taught together?

- Comprehensive health and physical education are distinct disciplines with distinct prepared grade competencies (with the exception of one regarding safety), grade level expectations, evidence outcomes, and 21st century skills and readiness competencies. The two disciplines are contained in one standards document because they complement one another in their contribution to postsecondary workforce readiness. Both disciplines engage students in the knowledge and skills they need to develop and maintain their own health, fitness, and overall wellness in order to become successful learners and healthy and productive adults. This does not imply that districts should teach the content together; however, connections should be intentionally made to ensure mastery of the concepts. Who teaches these standards has not been defined. It will be up to local districts to determine who and how these standards will be taught.

What does mastery of the standards look like? How will a teacher know when a student has mastered a standard?

- CDE defines mastery as the ability to apply and transfer the knowledge and skills of a grade level expectation to unique situations. The revised standards are so new that all educators in the state will be exploring together what mastery really looks like. CDE will be collecting exemplars of mastery for the standards from the field. This collection and the concept of mastery will evolve over time as we see exactly what teachers and students are able to do with the standards. Educators will need to develop performance-based tasks as formative assessments where students can show this level of knowledge and skill.

What if districts do not teach health education now? Do districts need to start?

- The Comprehensive Health Education standards are part of the Colorado Academic Standards and need to be adopted, along with all of the other content areas. CRS 22-1-1013 states that “each local education provider shall design the curricula to ensure that each student receives a program of study that will enable the student to demonstrate attainment of each the standards.”

If we already have adopted the national health education standards, do we have to adopt the Colorado standards as well?

- Yes. Although Colorado used the National Health Education Standards as references for writing the evidence outcomes, the Colorado standards are unique and local education agencies should use the Colorado standards, as opposed to the national standards, as their reference when preparing to “meet or exceed” the state’s standards.

How much time will full implementation of the comprehensive health and physical education standards require?

- The Joint Committee on National Health Education Standards recommends that students in Pre-K to grade 2 receive a minimum of 40 hours and students in grades 3 to 12 receive a minimum of 80 hours of instruction in health education per academic year.
www.aahperd.org/aahe/advocacy/positionStatements/upload/factSheet-ACS-AHA-ADA.pdf
- The Physical Education standards were written based on the National Association for Sport and Physical Education’s recommendation that schools provide 150 minutes of instructional physical education for elementary school children and 225 minutes for middle and high school students per week for the entire school year.
www.aahperd.org/naspe/standards/nationalGuidelines/PEguidelines.cfm