

# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for First Grade Comprehensive Health. This guide offers some learning experiences students may engage in during this school year, experiences that may also be supported at home.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas – emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Comprehensive Health for Elementary Schools (k-5)

The Comprehensive Health standards in the elementary years focus on developing individual skills to enhance physical, emotional and social wellness and using those individual skills in family, school and community environments. In each grade, the standards ask students to investigate healthy eating/living habits, explore positive communication strategies, examine effective decision-making, and identify ways to ensure personal and community safety.

## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



**COLORADO**  
Department of Education

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**PTA**  
everychild. onevoice.

At the end of  
First Grade,  
students can...



## Comprehensive Health Learning Expectations for First Grade

**Physical and Personal Wellness:** Establish how eating a variety of foods from the different food groups is vital for good health; demonstrate health behaviors to prevent injury or illness.

**Emotional and Social Wellness:** Demonstrate how to express emotions in healthy ways; identify parents, guardians, and other trusted adults as resources for information about health.

**Prevention and Risk Management:** Demonstrate strategies to avoid hazards in the home and community.

## Throughout the First Grade, you may find students...

- Classifying healthy food options in each major food group; examining healthy foods and beverages.
- Identifying how the taste, color, smells, and textures of foods provide sensory experiences that add or take away from enjoying what we eat.
- Identifying ways to prevent germs.
- Classifying types of wounds and infections.
- Using effective listening and communication skills; practicing skills for cooperation and sharing with others; investigating problem-solving strategies.
- Identifying trusted adults in home, school and community.
- Identifying potential hazards and appropriate responses.
- Investigating places where help might be found in times of emergency; demonstrating how to use 911 and other emergency numbers; discussing safety procedures for various emergency situations.