

# 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 Fourth 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)



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



## Comprehensive Health Learning Expectations for Fourth Grade

### Physical and Personal Wellness

Set a goal to enhance personal nutrition and examine the connection between food and health (physical, emotional, social).

### Emotional and Social Wellness

Identify the positive behaviors that support relationships; define stress and stress management.

### Prevention and Risk Management

Use interpersonal communication skills to avoid tobacco; identify positive and negative uses for medicines; prevent conflict from escalating to violence.

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

- Explaining how healthy foods provide energy for daily activities and how nutrients are necessary for good health, proper growth, and development.
- Discussing and demonstrating how daily physical activity can make a person feel (increased energy and concentration).
- Identifying peers and adults who can support school success and encourage responsible behavior.
- Demonstrating how stress management helps build positive mental health.
- Communicating personal health needs and wants.
- Communicating physical and emotional consequences of violence.
- Effectively communicating to support healthy behaviors in others.



Fourth Grade



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