

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 Fifth 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



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



Comprehensive Health Learning Expectations for Fifth Grade

Physical and Personal Wellness

Communicate personal health problems to establish and maintain personal health and wellness; describe the physical, social, and emotional changes occurring at puberty; explain the structure, function, and major parts of the human reproductive system; comprehend concepts, and identify strategies to prevent the transmission of disease; demonstrate the ability to engage in healthy eating behaviors.

Emotional and Social Wellness

Analyze internal and external factors that influence mental and emotional health.

Prevention and Risk Management

Access valid information about the effects of tobacco use and exposure to second-hand smoke, and prescription and over-the-counter drugs; demonstrate basic first aid and safety procedures; demonstrate behaviors that reduce the likelihood of physical fighting, violence, and bullying.

Throughout the Fifth Grade, you may find students...

- Examining influences on the physical, social, and emotional changes that occur at puberty, including hormones, heredity, nutrition, and the environment.
- Utilizing interpersonal communication skills to talk about health conditions, the prevention of disease, and the importance of maintaining good health.
- Demonstrating tolerance, appreciation, and understanding of others.
- Examining research on the harmful effects of alcohol, tobacco, and other drugs.
- Discussing bullying and violence and the emotional and physical consequences.
- Utilizing basic first aid training to facilitate a quick response in emergency situations; demonstrating the ability to call 911 and poison control dispatchers to help in emergency situation.



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