

# 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 sixth grade comprehensive health and offers some possible learning experiences students may engage in during this school year.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately 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 Middle Schools (6-8)

The comprehensive health standards in grades six through twelve focus on enhancing and strengthening skills in the areas of physical, emotional and social wellness and using those individual skills in family, school and community environments. In each grade the standards ask students to deepen their understanding of ways to set and maintain healthy relationships and continue to investigate healthy eating/living habits, positive communication strategies, effective decision-making, and 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 and Physical Education Content Specialist 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 Sixth Grade, students can...



Comprehensive Health

Sixth Grade



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## Comprehensive Health Learning Expectations for Sixth Grade

### Physical and Personal Wellness

Access valid and reliable information regarding qualities of resources that enhance healthy eating behaviors; assess the connection between feelings, positive decision-making and actions; analyze health behaviors and how they impact a person throughout his/her life.

### Emotional and Social Wellness

Understand and apply concepts and practices that enhance mental and emotional health.

### Prevention and Risk Management

Analyze factors that impact a person's decision whether or not to use alcohol, tobacco and other drugs; use interpersonal communication skills to avoid alcohol, tobacco and other drug use/abuse; demonstrate skills to prevent violence; advocate for safety and prevention of unintentional injuries.

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

- Accessing and assessing valid and reliable resources regarding healthy eating.
- Evaluating the need for clear expectations, boundaries, and safety strategies in an individual's personal life.
- Demonstrating interpersonal communication skills to express needs, wants, and feelings.
- Applying decision making skills to remain substance-free.
- Creating a home, school, and/or community emergency plan to promote safety and to help prevent accidents/injuries.
- Developing strategies to avoid physical confrontations and violence.