

# 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 Kindergarten 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

**Colorado**  
**PTA**  
everychild. onevoice.

At the end of  
Kindergarten,  
students can...



## Comprehensive Health Learning Expectations for Kindergarten

### Physical and Personal Wellness

Identify the major food groups and the benefits of eating a variety of foods; explain how personal hygiene and cleanliness affect one's overall health.

### Emotional and Social Wellness

Understand that one's actions impact others.

### Prevention and Risk Management

Respect the personal space and boundaries of self and others; communicate unsafe situations and explain safe behavior as a pedestrian; understand safety procedures when riding in motor vehicles.

## Throughout the Kindergarten, you may find students...

- Identifying types of foods that provide energy for daily activities, growth, and good health.
- Discussing how sleep affects concentration and mood.
- Making connections between good hygiene and good physical health.
- Talking about the ways that emotions influence behavior and physical feelings.
- Demonstrating respect for self and others.
- Communicating how different situations and settings have specific rules about personal space.
- Examining traffic laws and following school rules and procedures.
- Describing verbal and non-verbal communication skills.
- Practicing how to use 911 and other emergency numbers.

