



Getting Comfortable with the Comprehensive Health & Physical Education Standards

Promotional Tools to Spread the Word –
Healthy, Active Students Achieve More in School
and in Life!



Colorado Legacy Foundation

- We are an independent 501 (c) (3) that serves as a critical friend and partner to the Colorado Department of Education in the effective implementation of good public policy.
- We identify promising practices, invest in innovative work, recommend policy, evaluate results, and share our findings with all Colorado school districts and schools.
- We believe that every school should have an effective leader, every classroom should have an effective teacher, and every child should be healthy and ready to learn.



Did You Know?

Health & Wellness Data about Colorado Kids

- Colorado ranks 34 for students engaging in regular vigorous physical activity.
- Between 2003 and 2007, the number of children between the ages of 10–17 years who are obese rose from 48,000 to 72,000.
 - Hispanic children were three times more likely to be obese than white children.
- In 2005 and 2009, 25% of students felt depressed and 14% seriously considered suicide.
- Schools with less bullying have higher CSAP scores.



Promote It! Spread-the-Word Tools

- Health and wellness data about Colorado kids that builds the case for each of the four standards
- Handouts with grade-level examples of the standards
- Sample school newsletter article website blurb
- Talking points for conversations with parents and students
- Customizable PowerPoint presentation for parents and community members

<http://colegacy.org/comprehensive-pe-and-health-standards/promote-it/>

Comprehensive health and PE standards

- Today's health and PE lessons aren't what many of us experienced when we were in school.
- Health is nutrition ... and much more. It's relevant to much of what is happening in students' lives now. It includes making good choices about:
 - Behaviors and relationships
 - Injury and disease prevention
 - Stress management
 - Conflict resolution



Comprehensive health and PE standards

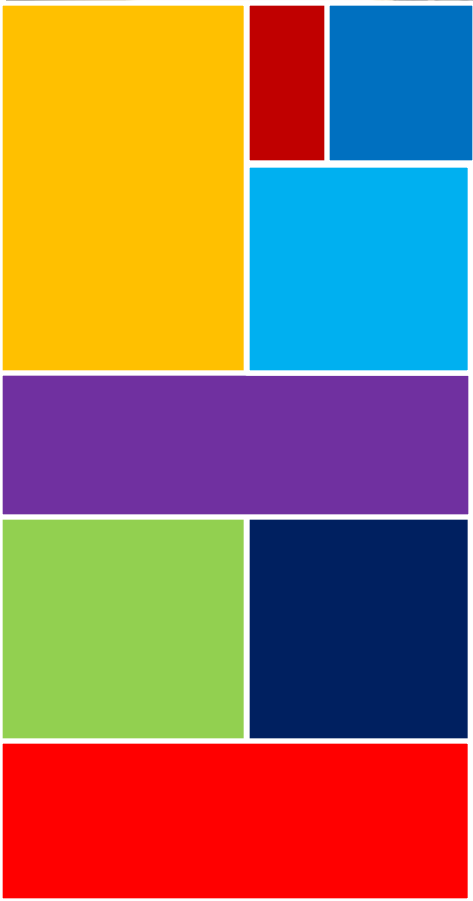
- PE has evolved from just team sports to activities all students can enjoy throughout their lives to make their hearts and minds stronger such as:
 - Strength training
 - Kickboxing
 - Yoga
 - Hip-hop



Comprehensive health and PE standards

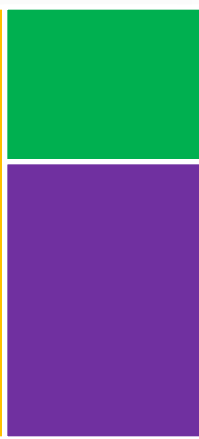


- Health and PE reinforce other subjects.
- Health education enhances:
 - Reading, information literacy and research skills when students analyze health information
 - Science concepts when they learn how the body's immune system fights disease



Comprehensive health and PE standards

- PE enhances:
 - Reading skills when students visually track objects through activities like juggling, catching or striking moving objects
 - Math skills like simple fractions when students dribble balls in specific patterns
 - Attention and brain power when students move



Comprehensive health and PE standards

The health and wellness of Colorado students requires a partnership between the school, families and communities.

Everyone has a role in supporting all of our children and youth in making healthy decisions throughout their lifetime.



Examples

Preschool

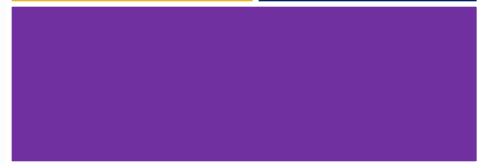
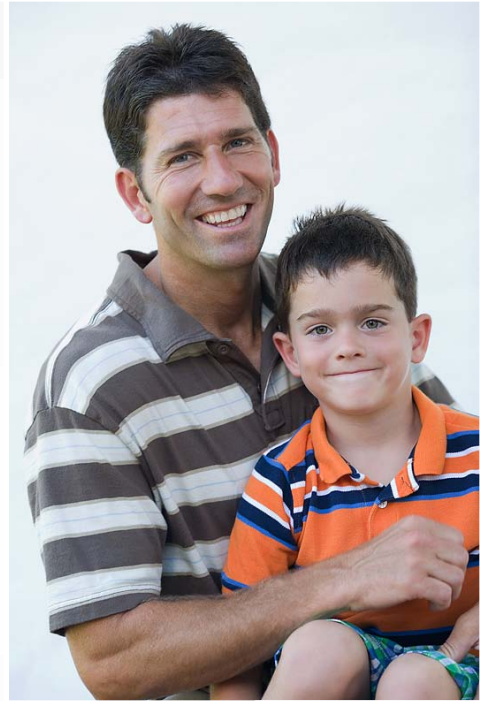
- Develop personal hygiene skills and habits.
- Play safely.
- Demonstrate balance.



Examples

Second Grade

- Demonstrate balance while moving.
- Identify eating behaviors that contribute to maintaining good health.
- Ask for help in an emergency or unsafe situation.
- Explain why bullying is harmful and how to respond appropriately.



Examples

Fifth Grade

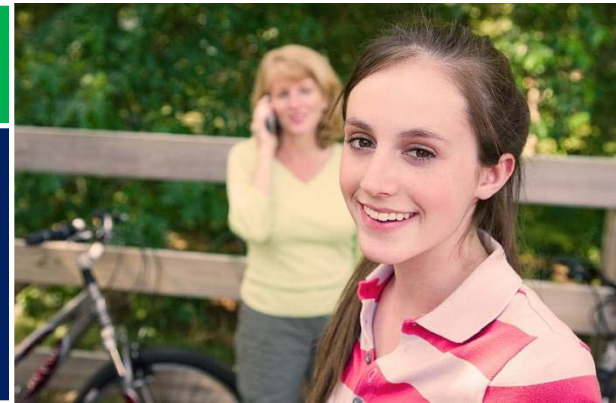
- Analyze internal and external factors that influence mental and emotional health.
- Communicate about personal health problems.
- Use warm-up, pacing and cool-down techniques to prevent physical injury.



Examples

Seventh Grade

- Analyze factors that influence healthy eating behaviors.
- Develop skills to prevent and manage stress.
- Demonstrate safety procedures for a variety of situations.
- Be inclusive of others.



Examples



High School

- Understand how movement impacts the brain.
- Participate competently in a variety of lifelong physical activities.
- Make healthy decisions about relationships and sexual activity.
- Analyze how family, peers and the media influence healthy eating choices.
- Communicate how to refuse alcohol, tobacco or other drugs.
- Demonstrate collaboration, cooperation and leadership.



ability about activity affect alcohol an analyze apply area avoid behavior behaviors being body

can choices communication community decision

related health

decisions describe

develop do drugs eating education emotional

enhance explain family feelings strategies support tobacco use violence ways well wellness

healthy skills help how

food foods from have I important influence information

questions relationships risk safety sexual situations social what when knowledge make

making management media mental nature one other others people person personal

physical positive prevention

promote prevent why would you

who



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<http://colegacy.org/comprehensive-pe-and-health-standards/>

www.cde.state.co.us/sitoolkit

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