

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 Second 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
Second Grade,
students can...



Comprehensive Health Learning Expectations for Second Grade

Physical and Personal Wellness

Identify eating behaviors that contribute to good health and recognize basic childhood chronic diseases.

Prevention and Risk Management

Identify the dangers of using tobacco products and being exposed to second hand smoke; categorize safe and proper use of household products; explain why bullying is harmful and how to respond appropriately; demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation.

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

- Describing how a healthy diet helps provide the energy to move, think clearly, and solve problems throughout the day.
- Identifying appropriate portion sizes of various types of foods.
- Recognizing the body signals (being full or hungry).
- Making safe decisions in emergency situations.
- Categorizing common childhood and chronic diseases.
- Examining how people express their emotions in a variety of ways.
- Utilizing appropriate ways to express emotions at school, work, or within the family.
- Expressing verbal and non-verbal communication.
- Demonstrating effective refusal skills.
- Analyzing similarities and differences between teasing and bullying.
- Identifying the dangers and effects of tobacco use and second-hand smoke.
- Determining the safe use of substances and household products.

