

# 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 Third 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](mailto:Reed_p@cde.state.co.us)



**COLORADO**  
Department of Education

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

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



## Comprehensive Health Learning Expectations for Third Grade

### Physical and Personal Wellness

Make and communicate appropriate food choices.

### Emotional and Social Wellness

Treat self and others with care and respect through interpersonal communication.

### Prevention and Risk Management

Examine the dangers of using tobacco products or being exposed to second hand smoke; describe behaviors that enhance healthy interactions with others; identify ways to prevent injuries at home, in school, and in the community.

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

- Identifying healthy food choices; making decisions about proper food portions; recognizing factors for healthy and unhealthy eating.
- Describing self-respect and self-esteem.
- Communicating ways to express personal space and boundaries.
- Describing examples of positive behavior towards others.
- Learning positive interpersonal communication skills; expressing verbal and non-verbal communication.
- Following a safety plan; utilizing safe pedestrian and bicycle behavior; identifying and developing fire safety practices to reduce and avoid risky or potentially unsafe situations.
- Explaining the effects of second-hand smoke on the body; discussing the benefits of not using tobacco.

