

PHYSICAL AND PERSONAL WELLNESS

- Demonstrate health-enhancing behaviors to prevent injury or illness. (1st grade)
- Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness. (5th grade)

SOCIAL AND EMOTIONAL WELLNESS

- Recognize the relationship between emotions and actions. (K)
- Demonstrate how to effectively communicate and cooperate with others. (K)
- Demonstrate how to express emotions in healthy ways. (1st grade)
- Identify parents, guardians, and other trusted adults as resources for information about health. (1st grade)
- Utilize knowledge and skills to develop a positive self-concept.(2nd grade)
- Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships. (2nd grade)
- Utilize knowledge and skills to treat self and others with care and respect. (3rd grade)
- Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others. (3rd grade)
- Identify positive behaviors that support healthy relationships. (4th grade)
- Comprehend concepts related to stress and stress management. (4th grade)
- Analyze internal and external factors that influence mental and emotional health. (5th grade)

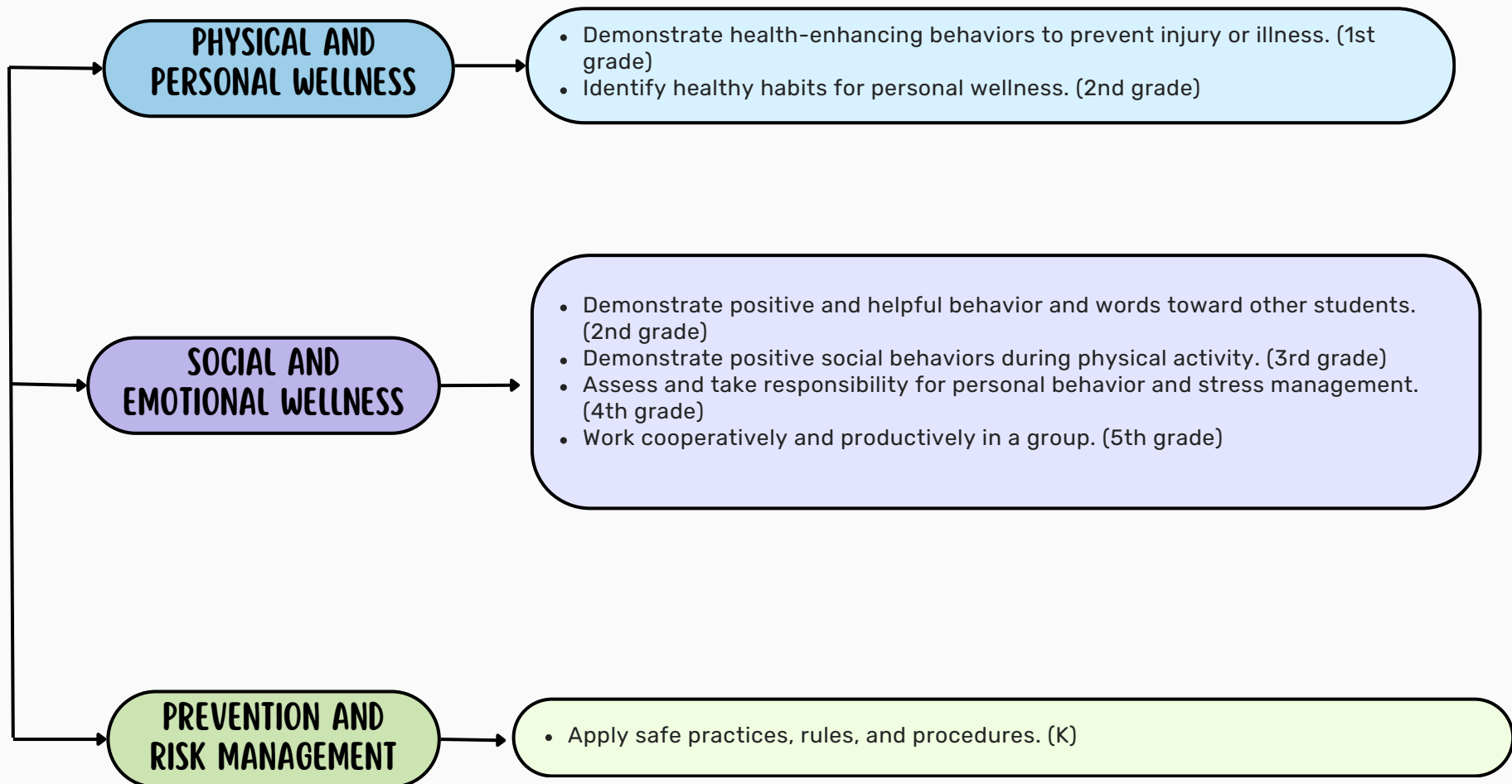
PREVENTION AND RISK MANAGEMENT

- Apply safe practices, rules, and procedures. (K)
- Demonstrate effective communication skills in unsafe situations. (K)
- Explain why bullying is harmful and how to respond appropriately. (1st grade)
- Demonstrate strategies to avoid hazards in the home and community. (1st grade)
- Demonstrate how to respond appropriately to various types of bullying. (2nd grade)
- Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation. (2nd grade)
- Describe pro-social behaviors and skills that enhance healthy interactions with others. (3rd grade)
- Identify ways to prevent injuries at home, in school, and in the community. (3rd grade)
- Demonstrate the ability to use interpersonal communication skills to refuse or avoid using drugs (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco). (4th grade)
- Demonstrate skills necessary to prevent a conflict from escalating to violence. (4th grade)
- Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying. (5th grade)

kidpower
colorado

ALIGNS WITH

2020 COLORADO ACADEMIC STANDARDS
**COMPREHENSIVE
HEALTH**



ALIGNS WITH

2020 COLORADO ACADEMIC STANDARDS

PHYSICAL EDUCATION