

COMPREHENSIVE HEALTH CURRICULUM

Standards



Curriculum

TSD Curriculum is based solely on the Colorado Academic Standards.

STANDARDS BY GRADE

[Pre - K](#) [Kindergarten](#)

[1st Grade](#) [2nd Grade](#)

[3rd Grade](#) [4th Grade](#)

[5th Grade](#) [6th Grade](#)

[7th Grade](#) [8th Grade](#)

[High School](#)

[Pre - K - High School at a Glance](#)

The Thompson School District Comprehensive Health Curriculum implements the [Colorado Academic Standards \(CAS\)](#). These standards determine what students know and are able to do for each identified grade level.

CDE has identified the PK-12 concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting in the prepared graduate statements.

[Colorado Department of Education's Comprehensive Health Prepared Graduate Statements](#)

1. Apply knowledge and skills to engage in lifelong healthy eating.
2. Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health.
3. Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.
4. Utilize knowledge and skills to enhance mental, emotional, and social well-being.
5. Apply knowledge and skills to make health-enhancing decisions regarding the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.
6. Apply knowledge and skills that promote healthy, violence-free relationships.
7. Apply personal safety knowledge and skills to prevent and treat injury.

2020 Standards Changes from 2009 Standards

The 2020 standards were revised from the 2009 standards. The revisions made to create the 2020 standards were minimal and are bulleted below. The largest change for the 2020 standards was the incorporation of social emotional health standards within the states comprehensive health standards.

Revisions Applicable to All Grades:

- A greater focus on health skills.
- Standard 3 renamed to Social Emotional Wellness.
- Standard 4 identifies marijuana, prescription drugs, and illegal drugs as key prevention areas.
- The revision and addition of social emotional standards at most grade levels.
- The prepared graduate statement #7 was reworded as " Apply personal safety knowledge and skills to prevent and treat injury."
- Improved alignment and coherence across grade levels.

Revisions for Preschool through 5th grade:

- No revisions to the preschool through 5th grade standards beyond those identified in the above section for all grades.

Revisions for 6th through 8th grade:

- The evidence outcomes related to healthy eating were moved from 7th grade to 8th grade.

Revisions for High School (9th through 12th grade):

- Addition of evidence outcomes that focus on preventing self-harming behaviors.

2020 CAS - Comprehensive Health Standards Summary of Changes

What has not changed?

Parents/Guardians reserve the right to opt their students out of a specific portion or portions of the TSD Comprehensive Health curriculum.

[Comprehensive Health
Detailed Summary of
Changes by Grade Level](#)

