

Colegio Karl C. Parrish

A Tradition of Excellence



Health and Fitness

Curricular Standards

Grade 6 & 7

Adopted from Colorado Health and Fitness Standards (2015)

https://www.cde.state.co.us/sites/default/files/documents/cohealthpe/documents/health_pe_standards_adopted_12.10.09.pdf

6th – 7th Grade Health Standards

Standards Estandares		Grade Level Expectations
I	Physical and Personal Wellness	6th Grade
		<ul style="list-style-type: none"> • Access valid and reliable information, products, and services to enhance healthy eating behaviors • Access valid and reliable information regarding qualities of healthy family and peer relationships • Comprehend the relationship between feelings and actions • Analyze how positive health behaviors can benefit people throughout their life span
		7th Grade
		<ul style="list-style-type: none"> • Analyze factors that influence healthy eating behaviors • Demonstrate the ability to make healthy food choices in a variety of settings • Compare and contrast healthy and unhealthy relationships (family, peer, and dating) • Analyze the internal and external factors that influence sexual decision-making and activity • Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)
II.	Emotional and Social Wellness	6th Grade
		<ul style="list-style-type: none"> • Understand how to be mentally and emotionally healthy
		7th Grade
		<ul style="list-style-type: none"> • Demonstrate effective communication skills to express feelings appropriately • Develop self-management skills to prevent and manage stress
III.	Prevention and Risk Management	6th Grade
		<ul style="list-style-type: none"> • Analyze the factors that influence a person's decision to use or not use alcohol and tobacco • Demonstrate the ability to avoid alcohol, tobacco, and other drugs • Demonstrate self-management skills to reduce violence and actively participate in violence prevention • Demonstrate ways to advocate for safety, and prevent unintentional injuries

		<p style="text-align: center;">7th Grade</p> <ul style="list-style-type: none">• Analyze the consequences of using alcohol, tobacco and other drugs• Demonstrate safety procedures for a variety of situations
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