



Kentucky Department of
E D U C A T I O N

Kentucky Academic Standards (KAS) Health Education At a Glance

The [Kentucky Academic Standards \(KAS\) for Health Education](#) were approved by the Kentucky Board of Education (KDE) on June 4, 2025 and officially incorporated into law on October 14, 2025.

Focused highlights:

1. **The Writers' Vision** is stated on page 7 of the *KAS for Health Education*.
2. The **Architecture and Layout** provide a grade band view for each of the eight health education standards beginning on page 15. Notable changes are detailed below:
 - a. **Landscape** format is used to increase the text box size and provide more information on each page.
 - b. **Table of Contents** is provided on page 2 and includes Hyperlinked Navigational Text to help move through the document and find desired information more quickly.
 - c. **Color-Coding** is used as an organizational tool by assigning a color to each of the eight health education standards, which creates a visual differentiation between each. Color-coding also supports navigation throughout the document by providing a visual cue.
3. **Organization of the Standards:** The *KAS for Health Education* encompasses eight standards which provide cognitive content to promote healthy lifestyles throughout childhood, adolescence and into adulthood. The health education standards are organized into the standards, rationale and performance indicators.
 - a. The eight standards communicate the broader learning of performance indicators that promote and produce health literate students in all grade levels. Standards are the overarching ideas that support reaching the end goal of creating health literate students. Standards are not meant to be mastered in one or two lessons; rather, acquiring these skills is the outcome of a comprehensive, sequential, health education.
 - b. Each of the eight health education standards includes a rationale, describing the underlying goals the standard aims to achieve.
 - c. Performance indicators are the expectation of what students should know and be able to do by the end of each grade band. Performance indicators clearly define grade band expectations that lead to the goal of health literate students.
4. **Standards Coding:** The coding structure in the document follows this sequence: standard number, final grade in the grade band and performance indicator. For example, code **2.5.7** refers to Standard 2, the 3–5 grade band (with 5 as the final grade) and the seventh performance indicator within that band. A visual layout of this coding system is available on page 10 of the *KAS for Health Education*.