Stage 11

Use this stage where the pupil's assessed starting point matches the statements below.

Citizenship Stage 11				
Term	**Topic**	**Knowledge /skills**	**Link to curriculum intent** *(indicative not exclusive)*	**Link to evidence for learning/specification framework as applicable** *(indicative not exclusive)*
1	Self-Awareness	Taking responsibility for behaviour. Contributing to groups. Reviewing impact.	Healthy Lifestyles Stage 11 Manage social situations more independently and reflect on challenges and achievements.	Self-Awareness Stage 11 Take responsibility for personal behaviour. Contribute positively within groups. Evaluate how their actions influence themselves and others.
2	Self-care, Support and Safety	Taking responsibility for safety. Persisting with help seeking. Challenging unsafe behaviour.	Healthy Lifestyles Stage 11 Manage social situations more independently and reflect on challenges and achievements.	Self-care, Support and Safety Stage 11 Take increasing responsibility for personal safety. Show willing to persist in seeking help when needed. Begin to challenge unsafe or inappropriate behaviour appropriately.
3	Managing Feelings	Reflecting on emotions. Comparing regulation strategies. Making positive choices.	Healthy Lifestyles Stage 11 Manage social situations more independently and reflect on challenges and achievements.	Managing Feelings Stage 11 Reflect on emotional experiences. Evaluate which strategies help them regulate their emotions and make positive choices.
4	Changing and Growing	Applying body change and boundary knowledge to everyday decisions.	Healthy Lifestyles Stage 11 Manage social situations more independently and reflect on challenges and achievements.	Changing and Growing Stage 11 Apply knowledge of body changes, personal boundaries and relationships to make safe, respectful and informed decisions in everyday situations.
5	Healthy Lifestyles	Evaluating diet exercise sleep	Healthy Lifestyles Stage 11 Apply and combine movement skills with	Healthy Lifestyles Stage 11 Evaluate how lifestyle choices, including diet, exercise,

Stage 11

Use this stage where the pupil's assessed starting point matches the statements below.

		screen time smoking and alcohol choices.	increasing control and accuracy across different activities. Manage social situations more independently and reflect on challenges and achievements. Apply food safety, hygiene and simple technology skills in practical contexts.	sleep, screen time, smoking and alcohol, can affect health now and in the future.
6	The World I Live in	Financial choices saving and budgeting. Impact on communities. Responsible citizenship.	Healthy Lifestyles Stage 11 Manage social situations more independently and reflect on challenges and achievements.	The World I Live in Stage 11 Evaluate financial choices. Understand saving and budgeting. Recognise the impact of actions on communities. Appreciate the importance of responsible citizenship.