

LIFE ORIENTATION GRADE 10 2020

TOPIC	ASSESSMENT STANDARDS	PORTFOLIO ASSESSMENT TASKS
PHASE 1 (5 November 2019 – 20 March 2020)		
Development of the self in society	Strategies to enhance self-awareness, self-esteem and self-development.	<p>☞ Task 1</p> <p>Written task: Project February – March</p> <p>☞ Task 2</p> <p>Physical Education: ongoing throughout the term</p>
	Definition of power, power relations and gender.	
	Value of participation in exercise programmes that promote fitness.	
Careers and career choices	Knowledge about self in relation to own subjects, career fields and study choices.	
	Socio-economic factors as considerations for career and study choices.	
Democracy and Human Rights	Concepts: diversity, discrimination and violations of human rights.	
	Bill of rights.	
Study skills	Study skills and methods. Critical, creative and problem-solving skills.	
	Process of assessment: internal and external.	
PHASE 2 (31 March 2020 – 12 June 2020)		
Study skills	Annual study plan.	<p>☞ Task 3</p> <p>June Examination</p> <p>☞ Task 4</p> <p>Physical Education: ongoing throughout the term</p>
Social and Environmental responsibility	Contemporary social issues that impact negatively on local and global communities.	
	Social, constructive and critical thinking skills necessary to participate in civic life.	
Development of the self in society	Life roles: child, student, adult, role in family.	
	Changes associated with development towards adulthood.	
	Coping with change: importance of communication and making friends	
	Values and strategies to make responsible decisions regarding sexuality and lifestyle choices.	
PHASE 3 (7 July 2020 – 30 October 2020)		
Development of the self in society	Relationship between recreational activities and emotional health.	<p>☞ Task 5</p> <p>Written Task: Project July – August</p> <p>☞ Task 6</p> <p>October Examination</p> <p>☞ Task 7</p> <p>Physical Education: ongoing throughout the term</p>
Careers and career choices	Diversity in jobs.	
	Opportunities within different career fields including work in recreation, fitness and sport industries.	
	Awareness of trends and demands in the job market.	
	The need for life-long learning.	
	Different kinds of learning.	
Democracy and Human Rights	Living in a multi-religious society: understanding ethical traditions and/or religious laws of major religions in South Africa.	
	Coverage of sport: ways to redress biases.	