**LIFE ORIENTATION GRADE 10 2023**

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| **TOPIC** | **ASSESSMENT STANDARDS** | **PORTFOLIO ASSESSMENT TASKS** |
| **PHASE 1 (18 January 2023 – 31 March 2023)** | | |
| **Development of the self in society** | Strategies to enhance self-awareness, self-esteem and self-development. | **Task 1:** Written task: Project due 20 Feb  **Task 2:** Physical Education: ongoing throughout the term |
| 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. Principles of Learning |
| Process of assessment: internal and external. |
| **PHASE 2 (12 April 2023 – 23 June 2023)** | | |
| **Study skills** | Annual study plan. | **Task 3:** Controlled Test  5 – 23 June      **Task 4:** Physical Education: ongoing throughout the term |
| **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 (18 July 2023 – 20 October 2023)** | | |
| **Development of the self in society** | Relationship between recreational activities and emotional health. | **Task 5:** Written Task: Project  7 – 11 August  **Task 6:** Physical Education: ongoing throughout the term  **Task 7:** October Examination  23 Oct – 10 Nov  **Task 8:** Physical Education: ongoing throughout the term |
| **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. |