**LIFE ORIENTATION GRADE 11 2023**

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| **TOPIC** | **ASSESSMENT STANDARDS** | **PORTFOLIO ASSESSMENT TASKS** |
| **PHASE 1 (14 November 2022 – 10 March 2023)** | | |
| **Development of the self in society** | Plan and achieve life goals. | **Task 1:** Written task:  Due: 20 Feb  **Task 2:** Physical Education: ongoing throughout the term |
| Relationships and their influence on own well-being. |
| **Careers and career choices** | Requirements for admission to additional and higher education courses, NSC pass requirements. |
| Options for financial assistance. |
| **Democracy and Human Rights** | Principles, processes and procedures for democratic participation. |
| Democratic structures. |
| Role of sport in nation building: participant and spectator behaviour in sport. |
| **Study skills** | Applying own study skills, styles and study strategies. Principles of Learning |
| Examination writing skills. |
| **PHASE 2 (13 March 2023 – 23 June 2023)** | | |
| **Study skills** | Time management skills and annual study plan. | **Task 3:** Controlled Tests  5 – 23 June    **Task 4:** Physical Education: ongoing throughout the term |
| Goal setting skills: study, health and fitness. |
| **Social and Environmental responsibility** | Environmental issues that cause ill-health. |
| Climate change. |
| Community service that addresses a contemporary environmental issue. |
| **Development of the self in society** | Healthy and balanced lifestyle choices. |
| Accidents. |
| Risky behaviour and situations. |
| **PHASE 3 (18 July 2023 – 10 November 2023)** | | |
| **Development of the self in society** | Socio-economic environment: literacy, income, poverty, culture and social environment. | **Task 5:** Sourced Based Task  7 – 11 August  **Task 6:** Physical Education: ongoing throughout the term  **Task 7:** Final Examination  23 Oct -10 Nov  **Task 8:** Physical Education: ongoing throughout the term |
| Positive role models: parents and peers. |
| Role of nutrition in health and physical activities. |
| **Careers and career choices** | Competencies, abilities and ethics that will assist in securing a job and developing a career. |
| Personal expectations in relation to job/career of interest. |
| Knowledge about self in relation to the demands of the world of work and socio-economic conditions. |
| **Development of the self in society \*** | Gender roles and their effects on health and well-being: self, family and society. |
| **Democracy and Human Rights** | Contributions of South Africa’s diverse religions and belief systems to a harmonious society and own belief system. |