**LIFE ORIENTATION GRADE 12 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** | Identify stressors, levels of stress and stress management. | **Task 1:** Written task: 13 Feb **Task 2:** Physical Education: ongoing throughout the term  |
| Conflict resolution skills. |
| Initiating, building and sustaining positive relationships. |
| Factors that influence effective communication. |
| Adapting to growth and change. |
| Transition between school and post-school. |
| Personal lifestyle plan to promote quality of life. |
| **Study skills** | Process of assessment and examination writing skills. |
| Importance of School Based Assessment. |
| Importance of obtaining the NSC: develop a study plan. Principles of Learning |
| **Careers and career choices** | Commitment to a decision taken: job or course application. |
| Reasons for and impact of unemployment. |
| Innovative solutions to counteract unemployment. |
| **PHASE 2 (13 March 2023 – 9 June 2023)** |
| **Democracy and Human Rights** | Responsible citizenship: dealing with discrimination and human rights violations, Bill of Rights. | **Task 3:** Project: Due 19 May **Task 4:** Physical Education: ongoing throughout the term |
| Role of the media in a democratic society. |
| Ideologies, beliefs and worldviews on recreational and physical activity across cultures and genders. |
| **Social and Environmental responsibility** | Community responsibility to provide environments and services that promote safe and healthy living. |
| Formulating a personal mission statement for life.  |
| Impact of vision on actions/behaviour in life. |
| **PHASE 3 (12 June 2023 – 20 October 2023)** |
| **Development of the self in society** | Human factors that cause ill-health, accidents, crises and disasters. | **Task 5: Control Test** 24 July **Task 6:** Physical Education: ongoing throughout the term**Task 7**Final Examination:Set by DBE (date to be confirmed)  |
| Commitment to participate in physical activities for long-term engagement. |
| **Careers and career choices** | Core elements of a job contract, worker rights and obligations, conditions of service. |
| How work gives meaning to life. |
| **Study skills** | Preparing for success in the Grade 12 examinations. |
| **Careers and career choices\*** | Admission requirements for the intended field of study |