

LIFE ORIENTATION GRADE 10 2024

TOPIC	ASSESSMENT STANDARDS	PORTFOLIO ASSESSMENT TASKS	
PHASE 1 (17 January 2024 – 20 March 2024)			
Development of the self in society	Strategies to enhance self-awareness, self-esteem and self-development.	Task 1: Written task: Project Due date: 15 February	
	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.		Task 2: Physical Education: ongoing throughout the term
	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 (3 April 2024 – 14 June 2024)			
Study skills	Annual study plan.	Task 3: Controlled Test 27 May– 14 June	
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.		Task 4: Physical Education: ongoing throughout the term
	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 (9 July 2024 – 8 November 2024)			
Development of the self in society	Relationship between recreational activities and emotional health.	Task 5: Written Task: Project 5 – 8 August	
Careers and career choices	Diversity in jobs.		
	Opportunities within different career fields including work in recreation, fitness and sport industries.	Task 6: Physical Education: ongoing throughout the term	
	Awareness of trends and demands in the job market.		
	The need for life-long learning.	Task 7: October Examination 21 Oct – 8 Nov	
	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.	Task 8: Physical Education: ongoing throughout the term	
	Coverage of sport: ways to redress biases.		