

## LIFE ORIENTATION GRADE 11 2024

TOPIC	ASSESSMENT STANDARDS	PORTFOLIO ASSESSMENT TASKS	
<b>PHASE 1 (13 November 2023 – 8 March 2024)</b>			
<b>Development of the self in society</b>	Plan and achieve life goals.	<b>Task 1:</b> Written task: Due date: 15 February	
	Relationships and their influence on own well-being.		
<b>Careers and career choices</b>	Requirements for admission to additional and higher education courses, NSC pass requirements.		
	Options for financial assistance.		
<b>Democracy and Human Rights</b>	Principles, processes and procedures for democratic participation.		<b>Task 2:</b> Physical Education: ongoing throughout the term
	Democratic structures.		
	Role of sport in nation building: participant and spectator behaviour in sport.		
<b>Study skills</b>	Applying own study skills, styles and study strategies. Principles of Learning		
	Examination writing skills.		
<b>PHASE 2 (11 March 2024 – 31 May 2024)</b>			
<b>Study skills</b>	Unequal power relations, gender-based violence	<b>Task 3:</b> Controlled Tests 13 – 31 May	
	Goal setting skills: study, health and fitness.		
<b>Social and Environmental responsibility</b>	Environmental issues that cause ill-health.		
	Climate change.		
	Community service that addresses a contemporary environmental issue.		
<b>Development of the self in society</b>	Healthy and balanced lifestyle choices.		<b>Task 4:</b> Physical Education: ongoing throughout the term
	Accidents.		
	Risky behaviour and situations.		
<b>PHASE 3 (3 June 2024 – 8 November 2024)</b>			
<b>Development of the self in society</b>	Healthy and balanced lifestyle choices. Risky behaviour.	<b>Task 5:</b> Sourced Based Task 7 – 11 August	
	Positive role models: parents and peers.		
	Role of nutrition in health and physical activities.		
<b>Careers and career choices</b>	Competencies, abilities and ethics that will assist in securing a job and developing a career.	<b>Task 6:</b> Physical Education: ongoing throughout the term	
	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.		
<b>Development of the self in society *</b>	Gender roles and their effects on health and well-being: self, family and society.	<b>Task 7:</b> Final Examination 23 Oct - 8 Nov	
<b>Democracy and Human Rights</b>	Contributions of South Africa's diverse religions and belief systems to a harmonious society and own belief system.	<b>Task 8:</b> Physical Education: ongoing throughout the term	