

LIFE ORIENTATION GRADE 12 2024

TOPIC	ASSESSMENT STANDARDS	PORTFOLIO ASSESSMENT TASKS
PHASE 1 (13 November 2023 – 8 March 2024)		
Development of the self in society	Identify stressors, levels of stress and stress management.	Task 1: Written task: Due date: 15 February 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 (11 March 2024 – 31 May 2024)		
Democracy and Human Rights	Responsible citizenship: dealing with discrimination and human rights violations, Bill of Rights.	Task 3: Project: Due date: 5 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 (3 June 2024– 18 October 2024)		
Development of the self in society	Human factors that cause ill-health, accidents, crises and disasters.	Task 5: Control Test 15 July Task 6: Physical Education: ongoing throughout the term
	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.	Task 7 Final Examination: Set by DBE (date to be confirmed)
	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	