

# LIFE ORIENTATION



basic education

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

## MEMO-2024

### LIFE ORIENTATION

### COMMON ASSESSMENT TASK

### SEPTEMBER 2024

#### PERSONAL FITNESS AND HEALTH GOALS



Committing to a consistent  
work-out routine, lifestyle and nutritional plan  
will not only build your body.  
It will also build your mind.

(Adapted from [www.stockphoto.com](http://www.stockphoto.com). Accessed on 18 July 2024.)

- 1.4.1 Describe ONE social benefit of including recreational activities in a personal lifestyle plan. (1 x 2)
- 1.4.2 Explain how following a consistent exercise routine could contribute to your mental well-being. (1 x 2)
- 1.4.3 Discuss ONE possible advantage of following a balanced nutritional plan on a person's long-term physical health. (1 x 2)

# Grd12 Life Orientation Feb Mrch 2015

**Julia Schneider**



## **Grd12 Life Orientation Feb Mrch 2015:**

**Social Justice and Culturally-Affirming Education in K-12 Settings** Chitiyo, Jonathan, Pietrantoni, Zachary, 2023-01-27 Social justice is a philosophy that has gathered momentum over the past few years to bring to light the inequities that exist within our society In the field of education social justice illuminates the challenges that marginalized students and minority students face compared to other students Social Justice and Culturally Affirming Education in K 12 Settings seeks to bring together social scientists researchers and other practitioners to delve into social justice issues in K 12 settings and considers the various challenges and future directions that are associated with this field Covering key topics such as inclusive education educational reform and school policies this reference work is ideal for administrators policymakers researchers academicians practitioners scholars instructors and students **Scientific and Technical Aerospace Reports** ,1985 Independent Schools ,1987 **New Era Life Orientation** Berly Jenny Boulveria, Thokozani Khethi Khoza, Benet Fredrick Talbot, 2001

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