

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. 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)

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J Spring



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Whispering the Secrets of Language: An Psychological Journey through **Grd12 Life Orientation Feb Mrch 2015**

In a digitally-driven earth wherever monitors reign supreme and quick communication drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases usually move unheard. However, situated within the pages of **Grd12 Life Orientation Feb Mrch 2015** a interesting fictional prize sporting with fresh feelings, lies an extraordinary journey waiting to be undertaken. Penned by an experienced wordsmith, this charming opus encourages readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very material of each word. Within the emotional depths of the touching evaluation, we can embark upon a honest exploration of the book is primary styles, dissect its interesting publishing model, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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