| TOPIC                              | TERM 1  | GRADE 12                      |  |
|------------------------------------|---------|-------------------------------|--|
| WEEKS 1 - 5                        |         | Recommended resources         |  |
| Development of the self in society | 5 hours | Textbook, resources on health |  |

- Life skills required to adapt to change as part of ongoing healthy lifestyle choices: stressors, change and quality of life
  - Identify stressors: physical, emotional, social and environmental factors (abuse, vocation, life crises, personality and social pressure)
  - Assess levels of stress; signs and symptoms of stress, positive stress and negative stress.
  - Stress management: coping mechanisms and/or management techniques, develop and implement own strategy
  - Conflict resolution skills: inter personal and intra personal.
  - Initiating, building and sustaining positive relationships: importance of communication (understanding others, communicating feelings, beliefs and attitudes)
  - Factors that influence effective communication: personality, attitudes and values, acceptance of responsibilities, appropriate expression of views and feelings, respect the feelings of others
  - Adapting to growth and change: change in circumstances
  - Transition between school and post-school destination, positive and negative aspects of change, investigation of other views, insights regarding the life cycle and related traditional practices
- Personal lifestyle plan to promote quality of life

| Physical education 5 hours | Textbook, resources on fitness programmes |
|----------------------------|---|
|----------------------------|---|

- Participation in programmes that promote achievement of personal fitness and health goals.
- Participation and movement performance in programmes that promote achievement of personal fitness and health goals
- Safety issues relating to fitness exercises

|              | WEEKS 6 - 7 |                                     | WEEKS 6 - 7 |  |
|--------------|-------------|-------------------------------------|-------------|--|
| Study skills | 2 hours     | Texfbook, resources on study skills |             |  |

- Reflect on the process of assessment and examination writing skills and apply these skills: revise own study skills, strategies and styles
  - Revise examination writing skills (read the question, plan the response, answer the questions, etc.)
- Importance of School Based Assessment
- Importance of obtaining the National Senior Certificate (NSC): develop a study plan for Grade 12

| Physical education |   | 2 hours   | lextbook, resources on litness programmes |  |  |
|--------------------|---|-----------|---|--|--|
|                    | Participation in programmes that promote achievement of personal fitness and health goals |           |   |  |  |
|                    |   | WEEKS 8 - | 10  |  |  |

| C | areers and career choices                 | 3 hours                 | Textbook, resources on careers                         |
|---|---|-------------------------|--|
|   | Commitment to a decision taken: job or or | ourse application for a | dditional or higher education, skills for final action |

- (availability of funds, completing forms, accommodation and travel arrangements), locate appropriate work or study opportunities from various sources and determine requirements for acceptance and possible challenges.
  - Strategies to achieve goals
- Reasons for and impact of unemployment
- Innovative solutions to counteract unemployment: volunteering, part-time jobs, community work, entrepreneurship and informal jobs
  - Financial and social viability of entrepreneurship and other employment options including awareness of SARS tax obligations
  - The impact of comption and fraud on the individual, company, community and country

| Physical education | 3 hours | Textbook, resources on fitness programmes |
|--------------------|---------|---|
|                    |         |   |

- Participation in programmes that promote achievement of personal fitness and health goals
- Participation and movement performance in programmes that promote achievement of personal fitness and health goals

| Formal assessment: | It is compulsory to cover the given topics in the term indicated. |
|--------------------|---|
| 1. Written task    | The sequence of the topics within the term is however, not fixed. |
| 2. PET             |   |

# **Life Orientation Caps Exemplar 2014**

Scott C. Dulebohn

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