

TOPIC	TERM 4	GRADE 12
WEEKS 1-2		Recommended resources
Study skills	2 hours	Textbook, resources on tips for success
<ul style="list-style-type: none"> Preparing for success: strategies to follow in order to succeed in the Grade 12 examination Revision of own study skills Revision of examination writing skills 		
Physical education	2 hours	Textbook, resources on games and sport
<ul style="list-style-type: none"> Participation in a variety of activities that promote life-long participation in physical activity Safety issues relating to participation in physical activities 		
WEEKS 3 - 4		
Careers and career choices	2 hours	Textbook, resources on careers
<ul style="list-style-type: none"> Refinement of portfolio of plans for life after school: record of plans and progress towards achievement of those plans Admission requirements for degree/diploma or higher certificate for the intended field of study Details of identified institutions that offer finance for the intended course(s): option 1 and 2 Identified possible employment opportunities Letters of application and responses for employment/study/bursary A short CV, for application for part-time or full-time employment or for a bursary 		
Physical education	2 hours	Textbook, resources on recreation and relaxation activities
<ul style="list-style-type: none"> Participation in a variety of activities that promote life-long participation in physical activity 		
WEEKS 5 - 10		
EXTERNAL EXAMINATIONS		

The following table provides examples of possible physical education activities that can be presented per movement section for Grades 10-12:

Fitness	Games and sport	Recreation
<ul style="list-style-type: none"> Aerobics: aqua (water) aerobics, dance aerobics, stepping Circuit training Obstacle courses Walking/running programmes Endurance/muscle strengthening exercises with/without small apparatus (sticks, balls, ropes, hoops, bean bags, chains): individually and in pairs Exercises using weights 	<ul style="list-style-type: none"> Athletics: field and track events Relays with and without apparatus Batting and fielding games: rounders, softball, cricket, baseball Invasion games: netball, rugby, basketball, soccer, touch rugby Net/wall games: tennis, volley ball, table tennis Target games: golf, hockey Water activities: lifesaving Swimming games and water sports Synchronised swimming Netball, rugby, soccer, hockey, cricket Softball, baseball, basketball Mail ball, hand soccer, rounders 	<ul style="list-style-type: none"> Dancing: social (ballroom, folk), traditional, creative, rhythmical movements with or without hand apparatus Gymnastics (educational): individual and group activities Hiking Orienteering Self-defence

Safety issues/principles		
<ul style="list-style-type: none"> Clothing Footwear Size and surface of the play area Surface of large apparatus Condition of apparatus 	<ul style="list-style-type: none"> Warming up and cooling down Basic first aid Water safety Spacing of learners during activities Following instructions 	

Life Orientation Grade 1caps Memo

Padhraic Smyth



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