

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.stokcubola.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)

Life Orientation Exemplar Memo 2014

Ying-Ying Zheng



Life Orientation Exemplar Memo 2014:

Enjoying the Song of Phrase: An Mental Symphony within **Life Orientation Exemplar Memo 2014**

In a global eaten by monitors and the ceaseless chatter of instant interaction, the melodic elegance and mental symphony produced by the written word usually disappear into the background, eclipsed by the persistent noise and distractions that permeate our lives. Nevertheless, situated within the pages of **Life Orientation Exemplar Memo 2014** an enchanting literary treasure overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that interesting masterpiece conducts readers on a psychological journey, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously constructed phrase. Within the depths of this moving analysis, we can examine the book is central harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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