

TOPIC	TERM 1	GRADE 12
WEEKS 1 - 5		Recommended resources
Development of the self in society	5 hours	Textbook, resources on health
<ul style="list-style-type: none"> Life skills required to adapt to change as part of ongoing healthy lifestyle choices: stressors, change and quality of life <ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> 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		
Study skills	2 hours	Textbook, resources on study skills
<ul style="list-style-type: none"> Reflect on the process of assessment and examination writing skills and apply these skills: revise own study skills, strategies and styles <ul style="list-style-type: none"> 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	Textbook, resources on fitness programmes
<ul style="list-style-type: none"> Participation in programmes that promote achievement of personal fitness and health goals 		
WEEKS 8 - 10		
Careers and career choices	3 hours	Textbook, resources on careers
<ul style="list-style-type: none"> Commitment to a decision taken: job or course application for additional 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Financial and social viability of entrepreneurship and other employment options including awareness of SARS tax obligations The impact of corruption and fraud on the individual, company, community and country 		
Physical education	3 hours	Textbook, resources on fitness programmes
<ul style="list-style-type: none"> 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: 1. Written task 2. PET		It is compulsory to cover the given topics in the term indicated. The sequence of the topics within the term is however, not fixed.

Life Orientation Caps Exemplar 2014

Joacim Rocklöv



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