

3.2 Annual Teaching Plan

TOPIC	TERM 1	GRADE 10
WEEKS 1 - 3		Recommended resources
Development of the self in society	3 hours	Textbook
- Strategies to enhance self-awareness, self-esteem and self-development: factors influencing self-awareness and self-esteem including media - Strategies to build confidence in self and others: communication, successful completion of tasks or projects, participation in community organisation or life, making good decisions and affirmation of others - Acknowledge and respect the uniqueness of self and others and respect differences (race, gender and ability) - Definition of concepts: power, power relations, masculinity, femininity and gender - Differences between a man and a woman: reproduction and roles in the community, stereotypical views of gender roles and responsibilities, gender differences in participation in physical activities - Influence of gender inequality on relationships and general well-being: sexual abuse, teenage pregnancy, violence, STIs including HIV and AIDS - Value of participation in exercise programmes that promote fitness: cardiovascular fitness, muscular strength, endurance and flexibility - Relationship between physical and mental health		
Physical Education	3 hours	Textbook, resources on physical fitness
- Participation in activities that promote physical fitness - Safety issues relating to participation in fitness exercises		
WEEKS 4 - 6		
Careers and career choices	3 hours	Textbook, resources on career guidance
- Knowledge about self in relation to own subjects, career fields and study choices: interests, abilities, talents and strengths - Difference between career field, occupation, career and job - Requirements for National Curriculum Statement (NCS): various subjects and career options, steps in choosing and decision-making process - Knowledge about life domains: being (physical, psychological and spiritual), becoming (practical, leisure and growth) and community (social, physical and community) - Socio-economic factors as considerations for career and study choices: community needs, availability of finances, affordability, stereotyping, accessibility and impact of income tax on final salary package		
Physical Education	3 hours	Textbook, resources on physical fitness
- Participation in activities that promote physical fitness - Participation and movement performance in physical fitness activities		
WEEKS 7 - 10		
Democracy and human rights	4 hours	Textbook, newspaper articles, Bill of Rights, SA Constitution
- Concepts: diversity, discrimination and violations of human rights - Contexts: race, religion, culture, language, gender, age, rural/urban, xenophobia, human trafficking and HIV and AIDS status - Bill of Rights, International Conventions and Instruments: Convention on the Rights of the Child, the African Charter on the Rights and Welfare of Children, Committee on the Elimination of Discrimination Against Women (CEDAW) and other bills, charters and protection agencies, rules, codes of conduct and laws - Types of discriminating behaviour and violations: incidences of discriminating behaviour and human rights violations in SA and globally - The nature and source of bias, prejudice and discrimination: impact of discrimination, oppression, bias, prejudice and violations of human rights on individuals and society - Challenging prejudice and discrimination: significant contributions by individuals and organisations to address human rights violations - Contemporary events showcasing the nature of a transforming South Africa: South African initiatives and campaigns, one's own position, actions and contribution in discussions, projects, campaigns and events which address discrimination and human rights violations, nation-building and protection agencies and their work		

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