

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.stockphoto.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 Memo Grd1

L Darling-Hammond



Life Orientation Memo Grd1:

Adopting the Song of Appearance: An Psychological Symphony within **Life Orientation Memo Grd1**

In a global consumed by displays and the ceaseless chatter of instant communication, the melodic splendor and psychological symphony developed by the written term frequently diminish into the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. But, located within the pages of **Life Orientation Memo Grd1** an enchanting literary value filled with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that captivating masterpiece conducts visitors on an emotional trip, well unraveling the hidden melodies and profound affect resonating within each carefully constructed phrase. Within the depths of this poignant assessment, we can discover the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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illustrated through experiments on diffraction and interference like all electromagnetic waves light can travel through a vacuum the transverse nature of light can be demonstrated through polarization

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