LIFE ORIENTATION

Dear Grade 12 learner

Life Orientation guides and prepares you for life, life's responsibilities, possibilities, and all of life's challenges. You will engage in critical discussions for reflection hence you should exit the schooling system with skills that have prepared you to be a responsible citizen who can live meaningfully and contribute constructively to the economy of the country and community life, and your knowledge of health and exercise should prevent lifestyle illnesses.

Subject Requirements

- A textbook
- A workbook
- Comfortable clothing for Physical Education activities
- Comfortable shoes, tackies

Content Checklist

Below is a checklist you should use to ensure that you have covered the Grade 12 Life Orientation content in full. Make sure that you include this in your revision programme. This content will be included in the assessment tasks and the examinations.

1. Development of the self in society

- Healthy lifestyle choices
- Stress: identifying, coping with, levels of stress, managing stress
- Conflict resolution: ways to resolve conflict
- Communication: feelings, beliefs, attitudes
- Transition between school and post-school destination
- Personal lifestyle plan to promote quality of life
- Human factors that cause ill-health, accidents, crises and disasters
- Lifestyle diseases
- Commitment to participate in Physical Education exercise activities for long-term engagement

2. Physical Education

Participate in programmes that promote:

- Relaxation and recreational activities
- Games and sport
- Personal fitness and health goals

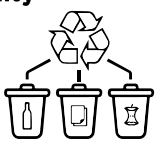
3. Study skills

- Process of assessment
- School-based assessment
- National Senior Certificate: study plan
- Revision of study skills; exam writing skills

4. Democracy and Human Rights

- Responsible citizenship
- Discrimination and violation of human rights
- Role of the media in a democratic society
- Ideologies, beliefs and worldviews on recreation and physical activities

5. Social and Environmental responsibility



- Community responsibility to promote safe and healthy living
- Formulating a personal mission statement
- Impact of vision on actions/ behaviour in life

6. Career and Career Choices

- Commitment to a decision taken
- Application for a job/ further study
- 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
- Financial and social viability, including SARS tax obligations
- Impact of corruption and fraud
- Core elements of a job contract: worker rights and obligations; conditions of service
- Labour Laws; Trade unions
- Equity and redress
- Work ethics and societal expectations
- The value of work: how work gives meaning to life

Assessment

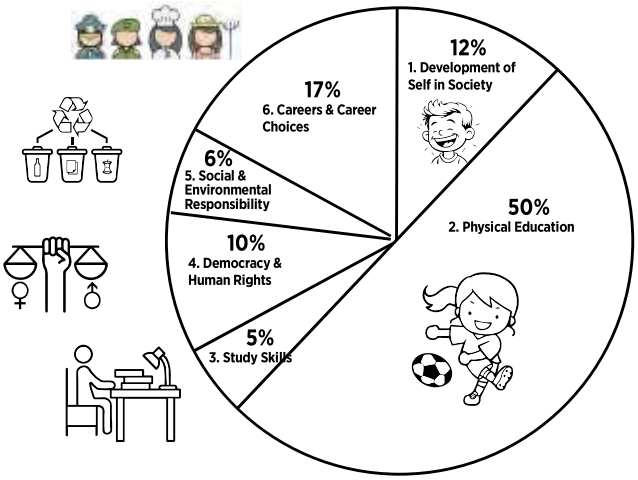
Life Orientation is 100% school-based assessment. Every learner should complete:

Source-Based task	**90 marks**
Project	**90 marks**
2 examinations	
• Control Test	**100 marks**
• Common Assessment Task September examination	**100 marks**
Physical Education Task (PET)	**10 + 10 = 20**
	TOTAL: 400 marks

Tips for Success

- Attend all Life Orientation classes.
- Participate in critical reflection.
- Participate in the Physical Education activities: Physical Fitness; Sport and Games; Recreation and Relaxation activities.
- Practise your own responses to key command verbs.
- Hand in all written tasks on the expected dates.
- Be sure to write both examinations.

Time allocated to the Topics in Life Orientation



LO Grade 12 Revision Booklet Term 1 2023

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SCAN ME!
Life Orientation Overview

LO Grade 12 Revision Booklet Term 2 2023

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LO Grade 12 Revision Booklet Term 3 2023

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