

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, socks

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 | |
| • June Control Test | 50 x 2 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.



Revision Booklet
Gr 12 Life Orientation 2020
<https://www.eduportal.co.za/>



Life Orientation 2014 Final Examz Grade11

**Marlene M. Corton, Kenneth J.
Leveno, Steven L. Bloom, Barbara L.
Hoffman**



Life Orientation 2014 Final Examz Grade 11:

SADC Gender Protocol 2019 Barometer Morna, Colleen Lowe, Rama, Kubi, 2019-08-23 Scoring another goal for gender equality the 2019 Southern African Development Community SADC Gender Protocol Barometer breaks with past tradition in focusing solely on Sexual and Reproductive Health and Rights Measuring 100 indicators across seven themes the Barometer is the first civil society shadow report on SADC's new SRHR Strategy Score Card ranking countries based on their performance while offering detailed analysis and insights into what is changing and still needs to change The no hold barred Voice and Choice Barometer features the first stand along chapters on Adolescent Sexual and Reproductive Health and Rights Safe Abortion and Sexual Diversity It provides the data that underpins 40 national campaigns led the focal networks of the Southern African Gender Protocol Alliance and 174 local campaigns led by the Centres of Excellence for Gender in Local Government A must read for all those committed to Action and Results for Agenda 2030 in the SADC region An *Integrated Positive Psychology Approach Into Counseling in Different Settings* Christos Pezirkianidis, Anastassios Stalikas, Panagiotis Parpottas, 2023-06-01 Neuroscience, Learning and Educational Psychology María Jesús Luque Rojas, Eduardo Blanco Calvo, María Teresa Martín-Aragoneses, 2022-08-25 **Riotous Deathscapes** Hugo ka Canham, 2023-02-01 In *Riotous Deathscapes* Hugo ka Canham presents an understanding of life and death based on indigenous and black ways of knowing that he terms Mpondo theory Focusing on amaMpondo people from rural Mpondoland in South Africa's Eastern Cape Canham outlines the methodologies that have enabled the community's resilience and survival He assembles historical events and a cast of ancestral and living characters following the tenor of village life to offer a portrait of how Mpondo people live and die in the face of centuries of abandonment trauma antiblackness and death Canham shows that Mpondo theory is grounded in and develops in relation to the natural world where the river and hill are key sites of being and resistance Central too is the interface between ancestors and the living in which life and death become a continuity and a boundlessness that white supremacy and neoliberalism cannot interdict By charting a course of black life in Mpondoland Canham tells a story of blackness on the African continent and beyond Duke University Press Scholars of Color First Book Award Recipient *CURRENT Medical Diagnosis and Treatment 2014* Maxine Papadakis, Stephen J. McPhee, Michael W. Rabow, 2013-09-09 Turn the latest research into improved patient outcomes with the 1 annual guide to internal medicine and clinical practice Written by clinicians renowned in their respective fields CMDT offers the most current insight into symptoms signs epidemiology diagnosis and treatment for more than 1 000 diseases and disorders You'll find concise evidence based answers to questions about hospital and ambulatory problems This streamlined clinical companion is the fastest and easiest way to keep abreast of the latest diagnostic advances prevention strategies and cost effective treatments Features and content critical to clinical practice Strong emphasis on the practical aspects of clinical diagnosis and patient management throughout the broad fields of internal medicine Full review of internal medicine and primary care

topics including gynecology and obstetrics dermatology neurology ophthalmology geriatrics and palliative care The only text with an annual review of advances in HIV treatment Specific disease prevention information Hundreds of medication treatment tables with indexed trade names and updated prices plus helpful diagnostic and treatment algorithms Recent references with PMID numbers Many full color photographs and illustrations NEW TO THIS EDITION Update on the evaluation of chest pain New algorithms for the treatment of heart failure and NSTEMI New sections on pulmonary hypertension treatment of pleural mesothelioma diagnosis and treatment of subacute postpartum and silent thyroiditis and amiodarone and iodine induced thyrotoxicosis and treatment of cryoglobulinemic vasculitis New tables on preferred initial antiretroviral regimen and fixed dose antiretroviral combinations for HIV infection and on medications for management of diabetes Updated tables on cancer chemotherapeutic and supportive care agents Includes 5 online only chapters at no additional cost Visit www.AccessMedicine.com CMDT *The College Board College Handbook* College Board,2008 This comprehensive guide contains objective information on every accredited college in the U S 2 150 four year colleges and universities and 1 650 two year and community colleges A planning calendar and worksheets help students organize their applications *El-Hi Textbooks and Serials in Print* ,1986 **The College Board College Handbook 2004** College Board,College Board Staff,2003-07-15 This is the only guide to all 3 600 four year and two year colleges in the United States for those seeking complete college information *Peterson's Private Secondary Schools 2007* Thomson Peterson's,2006-04 Lists and describes schools in the United States and Canada *Comprehensive Dissertation Index, 1861-1972: Education* Xerox University Microfilms,1973 *The College Handbook, 1997* College Board,College Board Staff,1996 Updated annually to guarantee the most up to date information possible The College Handbook tells students what they need to know about admission policies application deadlines required tests acceptance rates majors enrollment faculty sports fees campus life and more and provides names addresses and phone and fax numbers for the directors of admissions **Comprehensive Dissertation Index** ,1984 **How Children Develop** Robert S. Siegler,Judy S. DeLoache,Nancy Eisenberg,Jennifer Saffron,2014-01-06 With How Children Develop students get an up to date topically organized introduction to child development presented by researchers and teachers who themselves are guiding the field into new directions The authors emphasize fundamental principles enduring themes and important recent studies avoiding excessive detail and making typically difficult topics easier to grasp This thoroughly updated edition welcomes new co author Jenny Saffran and is accompanied by an expanded media package **Barron's Profiles of American Colleges** ,2005 **Author Index to Psychological Index, 1894 to 1935, and Psychological Abstracts, 1927 to 1958** Columbia University. Psychology Library,1960 **Moody's Bond Survey** ,1985 Includes Moody s Convertible bonds [Author Index to Psychological Index ... and Psychological Abstracts ...](#) ,1960 **Ceramic Abstracts** ,1999 *Williams Obstetrics 24/E (EBOOK)* Marlene M. Corton,Kenneth J. Leveno,Steven L. Bloom,Barbara L. Hoffman,2014-05-06 The premier reference in obstetrics for more than

a century now even more relevant to today's practice Williams Obstetrics is the most detailed comprehensive and rigorously referenced text on the subject Written by an author team from the world renowned Parkland Hospital the hallmarks of this classic are its thoroughness scientific basis and practical applicability for the obstetrician at the bedside This edition of Williams Obstetrics continues to emphasize the scientific based underpinnings and evidence based practices of the specialty This is accomplished by using incorporating more than 3 000 new literature citations and guidelines from the most trusted professional and academic organizations One of the important features of the twenty fourth edition is a greater focus on the fetus as a patient and an expanded discussion of fetal diagnosis and therapy This is complemented by more than 100 new sonographic and MR images of common fetal abnormalities A new reorganization of the text enables the book to highlight more effectively the myriad disorders that may complicate pregnancy Williams Obstetrics provides a convenient clinically relevant text of value to the busy practitioner The book summarizes important new data that has influenced evidence based management to improve pregnancy outcomes Much of this data is conveniently distilled into newly created tables and diagnostic and treatment algorithms During discussion numerous sources are cited to provide evidence based options for patient management Additionally nearly 900 images complement the text many of which are new or enhanced These include sonograms MR images photographs diagrams and graphs This edition of Williams Obstetrics continues to provide clinicians with everything they need to know about the practice of obstetrics with a level of authority and quality of presentation not found in any other resource

Cumulative Author Index to Psychological Abstracts ,1975

Reviewing **Life Orietation 2014 Final Examz Grade11**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Life Orietation 2014 Final Examz Grade11**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://splashdogs.com/results/Resources/index.jsp/house%20episode%20guide%20imdb.pdf>

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Life Orientation 2014 Final Examz Grade 11 Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Life Orientation 2014 Final Examz Grade 11 free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Life Orientation 2014 Final Examz Grade 11 free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Life Orientation 2014 Final

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