

# 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](http://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)

# Memorandum September 20 14 Life Oritation

**David Kirk**



## **Memorandum September 20 14 Life Oritation:**

*Ethnic Politics in Eastern Europe: A Guide to Nationality Policies, Organizations and Parties* Janusz Bugajski, 2016-09-16 This guide charts national histories and policies relevant statistics and chronologies and the identities programmes and activities of the full spectrum of ethnically based parties and organizations in Central and Eastern Europe

*Elite Youth Sport Policy and Management* Elsa Kristiansen, Milena M. Parent, Barrie Houlihan, 2016-10-04 Elite youth sport competitions have increased significantly in number in recent years with the Youth Olympic Games representing the high point of this phenomenon This book examines the global context within which elite youth sport has emerged and continues to grow It explores elite youth sport policy across fifteen countries in Europe the Americas Africa and Asia addressing the questions of how youth talent development is organised and why elite youth sport has become so popular Taking a comparative global perspective the book analyses the growth in more systematic approaches to young athlete development and the increasing emphasis on early talent identification It discusses the attitude of stakeholders such as NGBs governments and sponsors towards elite youth sport while also considering how young elite athletes interests are protected and how the growth in elite youth sport affects a sport s development strategy Written by a team of internationally renowned researchers **Elite Youth Sport Policy and Management** A comparative analysis is fascinating reading for all students scholars managers policy makers and coaches with an interest in youth sport elite sport development talent identification and sports policy

**Proceedings of the 4th International Conference on Education and Technology (ICETECH 2023)** Jeffry Handhika, Marheny Lukitasari, Sigit Ricahyono, Dewanta Arya Nugraha, 2024-11-28 This is an open access book There has been an extraordinary acceleration in the use of digital technology in the world of education during the Covid 19 pandemic So it is necessary to have discussions and solutions on how digital technology can be the answer to problems of access to quality and social justice in the education sector Researchers and experts are encouraged to innovate across fields to support the four global issues of G20 presidential education Universal Quality Education Digital Technologies in Education Solidarity and Partnership The Future of Work Post Covid 19 The 4th International Conference on Education and Technology ICETECH 2023 organized by Universitas PGRI Madiun UNIPMA Indonesia is a forum for researchers experts academics educators stakeholders and students to exchange experiences through research results in STEAM Based Education Digital humanities Artificial Intelligence Applied Science Curriculum and Instruction Digital Entrepreneurs Digital Education Financial Technology and Education

**Congressional Record** United States. Congress, 2000 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

**The Oxford Handbook of Social Psychology and Social Justice** Phillip L. Hammack, 2018 The Oxford Handbook

of Social Psychology and Social Justice spans cultures and disciplines to highlight critical paradigms and practices for the study of social injustice in diverse contexts This book addresses injustice along such lines as race ethnicity gender sexual identity and social class It also addresses pressing issues of globalization conflict intervention and social policy    OSS Foreign Nationalities Branch Files, 1942-1945 United States. Office of Strategic Services. Foreign Nationalities Branch,1988 Documents consist of departmental memos and reports correspondence with individuals and press clippings and press reports which deal with American Jewish groups during 1942 1945 as well as issues relating to Palestine Jews and Jewish refugees during World War II    **NASA SP.** ,1964    **Transactions** Iron and Steel Institute,1961    Technical Information Pilot ,1951    *The Transportation Corps: Movements, Training, and Supply* Chester Wardlow,1956    Host Bibliographic Record for Boundwith Item Barcode 30112107850775 and Others ,1916    Journal ,1961 Includes the institute s Proceedings    **Nature** Sir Norman Lockyer,1884    **The Trial of German Major War Criminals** International Military Tribunal,1951    **Bibliography of Agriculture** ,1965    **Amicus** ,1979    Proceedings of the National Association of Insurance Commissioners National Association of Insurance Commissioners. Meeting,1974    *300,000 New Americans* Lyman Cromwell White,1957    **Current Law Index** ,2007    *Who's who Among Students in American Universities and Colleges* Henry Pettus Randall,1978

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