

Download File PDF Life Orientation Grade12 Caps Examination Guideline

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

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#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

LIFE ORIENTATION GRADES 10-12		
TOPIC	WEEKS 1-2	TERM 4 GRADE 12
Study skills	2 hours	Textbook, resources on tips for success
<ul style="list-style-type: none"> Preparing for success: strategies to follow in order to succeed in the Grade 12 examination Revision of own study skills Revision of examination writing skills 		
Physical education	2 hours	Textbook, resources on games and sport
<ul style="list-style-type: none"> Participation in a variety of activities that promote life-long participation in physical activity Safety issues relating to participation in physical activities 		
Careers and career choices	2 hours	Textbook, resources on careers
<ul style="list-style-type: none"> Refinement of portfolio of plans for life after school: record of plans and progress towards achievement of those plans Admission requirements for diplomas or higher certificates for the intended field of study Details of identified institutions that offer bursaries for the intended pathway's option 1 and 2 Identified possible employment opportunities Letters of application and responses for employment/scholarship/bursary A short CV for application for part-time or full-time employment or for a bursary 		
Physical education	2 hours	Textbook, resources on recreation and relaxation activities
<ul style="list-style-type: none"> Participation in a variety of activities that promote life-long participation in physical activity 		
EXTERNAL EXAMINATIONS	WEEKS 9-10	
The following table provides examples of possible physical education activities that can be presented per movement section for Grades 10-12:		
Fitness	Games and sport	Recreation
<ul style="list-style-type: none"> Aerobic: aqua (swim) aerobics, dance aerobics, step-aerobics Circuit training Diabolic circuits Walking/jogging programmes Endurance/muscle strengthening exercises: sit-ups, sit-ups with knees, sit-ups with legs, sit-ups with arms, sit-ups with legs and arms Exercises using weights 	<ul style="list-style-type: none"> Athletics: field and track events Relays with and without apparatus Ball games: football, basketball, netball, volleyball, tennis, badminton, table tennis Individual: soccer, touch rugby, basketball, netball, tennis, table tennis, badminton, table tennis Target games: golf, hockey Water activities: freestyle Swimming games and water sports Synchronised swimming Netball, tennis, soccer, hockey, cricket Softball, baseball, basketball Mini-sport, hand soccer, rounders 	<ul style="list-style-type: none"> Discing: social (hallroom, table), traditional, creative, physical movements with or without hand apparatus Gymnastics (educational): individual and group activities Hiking Clay modelling Self-defence
Safety issues/principles		
<ul style="list-style-type: none"> Clothing Footwear Size and surface of the play area Surface of large apparatus Condition of apparatus 	<ul style="list-style-type: none"> Warming up and cooling down Check the set Water safety Spacing of learners during activities Following instructions 	
24 CURRICULUM AND ASSESSMENT POLICY STATEMENT (CAPS)		

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