

2023/24 ANNUAL TEACHING PLANS: LIFE ORIENTATION: GRADE 8 (TERM 1)

TERM 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	
CAPS TOPIC	Development of the self in society									World of work		
CORE CONCEPTS, SKILLS AND VALUES	Basic hygiene principles Concepts: Self-concept and self-motivation <ul style="list-style-type: none"> Factors that influence self-concept formation and self-motivation: <ul style="list-style-type: none"> Media Environment Friends and peers Family Culture Religion Community Positive self-talk: Individuality and uniqueness and personal achievements Strategies and skills to extend personal potential 			Concepts: Sexuality <ul style="list-style-type: none"> Understanding one's sexuality: Personal feelings that impact sexuality The influence on friends and peers on one's sexuality Family and community norms that impact sexuality Social pressures, including media, that impact sexuality Problem-solving skills: Identity formation and development 			Relationships and friendships: Relationship at home, school and in the community <ul style="list-style-type: none"> Appropriate ways to initiate a relationship Appropriate ways to sustain a relationship Problem-solving skills: Appropriate behaviour in a relationship Communication skills: Ability to disagree in constructive ways and appropriate ways to end a relationship 			Different learning styles: <ul style="list-style-type: none"> Visual Aural Kinaesthetic reading and writing 		
	Physical Education											
	<ul style="list-style-type: none"> Participation in physical activities that promote components of fitness Safety issues relating to fitness 			<ul style="list-style-type: none"> Participation in physical activities that promote components of fitness Participation and movement performance in physical activities that promote components of fitness 			Participation in physical activities that promote components of fitness			<ul style="list-style-type: none"> Participation in physical activities that promote components of fitness Participation and movement performance in physical activities that promote components of fitness 		
RESOURCES TO ENHANCE LEARNING	<ul style="list-style-type: none"> Resources on study skills COVID-19 e-booklet and posters Resources on fitness Physical Education guidelines 											
INFORMAL ASSESSMENT	Homework/classwork/worksheets											
SBA (FORMAL ASSESSMENT)	Written task: 70 marks Physical Education task: 30 marks											

2023/24 ANNUAL TEACHING PLANS: LIFE ORIENTATION: GRADE 8 (TERM 2)

TERM 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10 AND 11			
CAPS TOPIC	World of work						Health and social and environmental responsibility				Formal assessment		
											<ul style="list-style-type: none"> The form of assessment at the end of Term 2 will be a controlled test based on Term 1 and Term 2's work and a Physical Education task Notes and guidelines for the controlled test are as follows: 		
CORE CONCEPTS, SKILLS AND VALUES	Basic hygiene principles Identify and apply own learning style (self-management skills)	<ul style="list-style-type: none"> Six career categories (identify category of essential workers): <ul style="list-style-type: none"> Investigative Enterprising Realistic Artistic Conventional Social Interests and abilities related to each career category Thinking and learning skills required by each career category School subjects related to each career category The role of work in relation to South Africa's social and economic needs Identify needs in the community and country How work can meet social and economic needs in South Africa 				<ul style="list-style-type: none"> Social factors that contribute to substance abuse, including community and media Appropriate behaviour to stop and avoid substance abuse: Refusal and decision-making skills Long and short-term consequences of substance abuse: Link to crime, violence and educational outcomes Rehabilitation options: Where to find help and care and support 				Section A: 25 marks	Section B: 25 marks	Section C: 20 marks	
		Physical Education						All questions are compulsory A source or case study may be used to contextualise the questions The questions should be a combination of three or more types of questions: List, what, why, multiple choice, matching columns and missing words Questions will test understanding and factual knowledge Responses should be short and direct and range from one word to a phrase or a full sentence	All questions are compulsory Questions may be short and open-ended, scenario-based, source-based or case study questions Questions should be knowledge based, i.e. include information that learners have acquired from the Life Orientation class Learners should display, present and apply knowledge and skills gained Learners will display an understanding of real-life issues affecting the youth and society at large and advise on possible solutions and demonstrate goal-setting and decision-making skills Learners should provide direct responses, full sentences in point form and extended writing in short paragraphs	Three 10-mark questions will be set, of which learners will be expected to answer TWO Questions will predominantly focus on the application of knowledge and skills Learners will solve problems, make decisions and give advice. They will provide few direct responses and extended writing ranging from descriptive paragraphs to short essays that state or examine an issue Each question will focus on the specific information or the integration of content A short text/diagram/data/graph/cartoon can be provided as a stimulus			
	Participation in target games	<ul style="list-style-type: none"> Participation in target games Participation and movement performance in target games 											
RESOURCES TO ENHANCE LEARNING	<ul style="list-style-type: none"> Resources on careers and study skills Internet: VARK test COVID-19 e-booklet and posters Resources on target games Physical Education guidelines 	<ul style="list-style-type: none"> Resources on substance abuse Newspaper articles and magazines COVID-19 e-booklet and posters Resources on target games Physical Education guidelines 				<ul style="list-style-type: none"> Resources on human rights South African Constitution Bill of Rights Resources on target games Physical Education guidelines 							
INFORMAL ASSESSMENT	Homework/classwork/worksheets												
SBA (FORMAL ASSESSMENT)	Controlled test: 70 marks (Terms 1 and 2 content) Physical Education task: 30 marks												

2023/24 ANNUAL TEACHING PLANS: LIFE ORIENTATION: GRADE 8 (TERM 3)

TERM 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	
CAPS TOPIC	World of work			Health and social and environmental responsibility						Constitutional rights and responsibilities		
CORE CONCEPTS, SKILLS AND VALUES	Basic hygiene principles <ul style="list-style-type: none"> Relationships between performance in school subjects and interests and abilities: Types of learning activities related to different subjects: <ul style="list-style-type: none"> Practical activities Theoretical activities Individual activities Group activities Demands of each subject: Thinking and learning skills required Decision-making process: steps in choosing career category relating to individual strength, ability, interest and passion 			<ul style="list-style-type: none"> Environmental health issues: Application of laws and policies to protect environmental health: Address an environmental issue Earth Day and preservation of the environment – honouring Earth Day: Ways of being kinder to the earth Develop and implement an environmental health programme 			<ul style="list-style-type: none"> Informed, responsible decision-making about health and safety: HIV/AIDS and COVID-19 Management with medication, diet, healthy living and positive attitude Prevention and safety issues relating to HIV/AIDS and COVID-19 Caring for people living with HIV/AIDS and COVID-19 Coping with grief, trauma, loss and crises 			<ul style="list-style-type: none"> Nation-building: Definition Different ways to promote nation-building in different contexts: Community, school and home Contributions of women and men towards nation-building: Individuals and groups 		
	Physical Education											
	<ul style="list-style-type: none"> Participation in a programme that improves movement techniques Safety issues relating to movement activities 			<ul style="list-style-type: none"> Participation in a programme that improves movement techniques Participation and movement performance in a programme that improves movement techniques 								
RESOURCES TO ENHANCE LEARNING	<ul style="list-style-type: none"> Resources on the world of work Resources on careers, career guidance and counselling COVID-19 e-booklet and posters Resources on movement techniques Physical Education guidelines 			<ul style="list-style-type: none"> Resources on environmental health COVID-19 e-booklet and posters Resources on movement techniques Physical Education guidelines 			<ul style="list-style-type: none"> Resources on nation-building Newspapers and magazine articles COVID-19 e-booklet and posters Resources on movement techniques Physical Education guidelines 		<ul style="list-style-type: none"> Resources on health and safety Health books, magazines and brochures Department of Health brochures COVID-19 e-booklet and posters Resources on movement techniques Physical Education guidelines 		<ul style="list-style-type: none"> Resources on health and safety Health books, magazines and brochures Department of Health brochures COVID-19 e-booklet and posters Resources on movement techniques Physical Education guidelines 	
INFORMAL ASSESSMENT	Homework/classwork/worksheets											
SBA (FORMAL ASSESSMENT)	Project Task: 70 marks Physical Education task: 30 marks											

2023/24 ANNUAL TEACHING PLANS: LIFE ORIENTATION: GRADE 8 (TERM 4)

TERM 4	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8 TO 10		
CAPS TOPIC	Constitutional rights and responsibilities							Formal assessment		
								<ul style="list-style-type: none"> The form of assessment at the end of Term 2 will be a controlled test based on Term 1 and Term 2's work and a Physical Education task Notes and guidelines for the controlled test are as follows: 		
CORE CONCEPTS, SKILLS AND VALUES	Basic hygiene principles Concept: Human rights violations <ul style="list-style-type: none"> Types of violations Counterstrategies to violations of human rights Concept: Gender equity <ul style="list-style-type: none"> Gender equity issues in a variety of athletic and sport activities Defining gender-based violence <ul style="list-style-type: none"> Emotional, health and social impact of rape and gender-based violence Prevention of violence against women: Law on sexual offences Sources of help for victims: Safety for girls and women 		Concept: Cultural diversity in South Africa - Diverse cultural norms and values in relation to personal and community issues <ul style="list-style-type: none"> Influence of cultural norms and values on individual behaviour, attitude and choices: Cultural expectations, practices and traditions Understanding diverse cultures: Recognition of diverse cultures to enrich South African society Respect difference: Culture, religion and gender Celebrate unity in diversity: Respect difference and celebrate similarity Contributions to social development by organisations from various religions 					Section A: 25 marks All questions are compulsory A source or case study may be used to contextualise the questions The questions should be a combination of three or more types of questions: List, what, why, multiple choice, matching columns and missing words Questions will test understanding and factual knowledge Responses should be short and direct and range from one word to a phrase or a full sentence	Section B: 25 marks All questions are compulsory Questions may be short and open-ended, scenario-based, source-based or case study questions Questions should be knowledge based, i.e. include information that learners have acquired from the Life Orientation class Learners should display, present and apply knowledge and skills gained Learners will display an understanding of real-life issues affecting the youth and society at large and advise on possible solutions and demonstrate goal-setting and decision-making skills Learners should provide direct responses, full sentences in point form and extended writing in short paragraphs	Section C: 20 marks Three 10-mark questions will be set, of which learners will be expected to answer TWO Questions will predominantly focus on the application of knowledge and skills Learners will solve problems, make decisions and give advice. They will provide few direct responses and extended writing ranging from descriptive paragraphs to short essays that state or examine an issue Each question will focus on the specific information or the integration of content A short text/diagram/data/graph/cartoon can be provided as a stimulus
	Physical Education <ul style="list-style-type: none"> Participation in an outdoor recreational activity Participation and movement performance in an outdoor recreational activity Safety issues relating to participation in recreational activities 							<ul style="list-style-type: none"> Participation in an outdoor recreational activity Participation and movement performance in an outdoor recreational activity 		
RESOURCES TO ENHANCE LEARNING	<ul style="list-style-type: none"> Resources on human rights violations Resources on gender-based violence South African Constitution Bill of Rights COVID-19 e-booklets Resources on recreational activities Physical Education guidelines 		<ul style="list-style-type: none"> Resources on diversity South African Constitution Bill of Rights COVID-19 e-booklets Resources on recreational activities Physical Education guidelines 		<ul style="list-style-type: none"> Resources on personal diet and nutrition COVID-19 e-booklets Resources on recreational activities Physical Education guidelines 					
INFORMAL ASSESSMENT	Homework/classwork/worksheets									
SBA (FORMAL ASSESSMENT)	Examination: 70 marks (Terms 3 and 4) Physical Education task: 30 marks									