

4. Life Orientation

Introduction

Life Orientation is an interesting and practical subject. It prepares you to take up your rightful place within society. This subject helps you to find your strengths and weakness and equip you with knowledge, skills and attitudes to reach your full potential.

Content:

The development of the self within society:

- Goal setting skills
- Personal lifestyle choices
- Sexual behaviour and health
- Management: Depression, grief, loss, trauma and crisis

Health, Social and Environmental Responsibility

- Volunteerism – where you offer your time or talents for charity, educational or other worthwhile activities especially in your own community
- Health and safety related to violence

Constitutional rights and responsibilities

- Rights and responsibilities
- Constitutional values
- How religions contribute to peace
- Sport ethics

World of work

- Time management skills
- Reading and writing skills
- Options after Grade 9
- The work place
- Career and subject choices
- Study and career funding

Physical Education

- Improving your own wellness
- Playing games in a team
- Improving your physical skills in sports, games or other recreation
- Taking part in outdoor recreational activities like hiking or orienteering
- Safety

Time allocation:

Life Orientation comprises 2 hours per week of the school time table. One hour is devoted to theory and the other hour is for Physical Education.

Assessment

Term 1:	Assignment/ case study.....	70%
	Physical Education.....	30%
Term 2:	Mid-year examination.....	70%
	Physical Education.....	30%
Term 3:	Project.....	70%
	Physical Education.....	30%
Term 4:	Final examination.....	70%
	Physical Education.....	30%

Physical Education (PE)

- It comprises 30% of the final mark.
- You are required to participate in all sessions.
- Try your best because you are assessed on your performance.
- Come properly dressed for PE classes.

Success in Life Orientation

1. Take part in all group work activities.
2. Adopt a positive attitude.
3. Hand in all assignments on time.
4. Explore career and subject choices- take this activity seriously.
5. Understand the importance of an active and balanced life style.