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Department:
Education
PROVINCE OF KWAZULU-NATAL

CURRICULUM GRADE 10 -12 DIRECTORATE

NCS (CAPS) SUPPORT

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LAST PUSH LEARNER REVISION DOCUMENT

LIFE ORIENTATION

GRADE 12

2025

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PREFACE

This Provincial LIFE ORIENTATION Resource Pack is intended as a support material for both learners and subject educators. It is aimed at improving learner performance in the Life Orientation Common Assessment Task (LO CAT).

The pack would further serve as a **guideline document** for subject educators as they endeavour to improve the quality of learner performance in Life Orientation in the 2025 NSC Examination.

The pack addresses all six topics from Term 1-3 of the Revised ATP:

- Development of the Self in Society
- Careers and Career Choices
- Study Skills
- Democracy and Human Rights
- Social and environmental Responsibility
- Physical Education

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This document is a product of the collaboration, input and contribution from the following individuals

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TERM 1

SECTION A

ACTIVITY 1 : MULTIPLE CHOICE QUESTIONS

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A-D) next to the question numbers (1.1.1 to 1.1.40) in the ANSWER BOOK, e.g. 1.1.6 D.

1.1.1 An emotional stressor is most likely to result from:
A. Healthy eating
B. Peer conflict
C. Cold weather
D. Loud traffic

1.1.2 A hormone that is released in response to fear and contributes to anxiety is
A. Dopamine
B. Adrenalin
C. Cortisol
D. Insulin

1.1.3 SQ3R method comprises of two study techniques that include
A. Read and recall
B. Scan and scribble
C. Recite and repeat
D. Skip and reflect

1.1.4 According to best practices a learner needs to prepare for an exam in stages, and the final stage of preparing for is to
A. avoid sleeping before an exam
B. stay up late for last-minute studying
C. arrive on time and calm your mind
D. panic with your friends

1.1.5 The importance of time management in an examination is
A. to allow you to write everything twice
B. to spend more time on easy questions
C. to spend more time to finish difficult questions only D. to complete all required questions within time

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1.1.6 Frequent headaches and poor sleep before presenting in class may be a sign of
A. Poor nutrition
B. Healthy excitement
C. Chronic bad stress
D. Effective planning

1.1.7 Assign o0066XZX assertive communication
A. “You never understand anything!”
B. “I feel hurt when you ignore my opinion.”
C. “You must always agree with me.”
D. “Whatever, I don’t care.”

1.1.8 A learner avoids a classmate who always teases them. This is an example of
A. Conflict resolution
B. Assertiveness
C. Avoidance
D. Aggression

1.1.9 A student says: "I always fail everything!" A healthier way to reframe this negative self-talk is
A. “I’ll never improve, I don’t need help from anyone.”
B. “I may struggle now, but I can improve with help.”
C. “Others are worse than me, I don’t need to improve .”
D. “I should give up now, or should I keep trying hard.”

1.1.10 During exams season, Sipho prioritises tasks, avoids distractions, and exercises regularly.
A. academic avoidance
B. positive lifestyle planning
C. physical stressors
D. peer pressure

1.1.11 A barrier to effective communication is best described by
A. Listening with empathy
B. Responding after understanding
C. Folding arms and avoiding eye contact
D. Nodding when someone is talking

1.1.12 In transitioning from school to university, a skill that is most important
A. Memorising everyone’s name
B. Avoiding new routines
C. Expecting others to help you
D. Adapting to new environments

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1.1.13 A method of using a journal to track triggers, symptoms, and coping strategies.
A. Conflict avoidance
B. Study planning
C. Stress awareness
D. Avoiding change

1.1.14 A scenario that best illustrates the use of a practical stress management strategy
A. Doing nothing about stress
B. Breaking tasks into smaller parts
C. Complaining without taking action
D. Ignoring all stressors

1.1.15 Two types of exercises that may promote one's muscular strength and endurance could include
A. sit-and-reach tests and shoulder stretches.
B. running on the spot and a 12-minute run test.
C. half-curl-up exercises and knee push-ups.
D. leaning and reaching and side-plank exercises.

1.1.16 Maintaining positive relationships improve wellbeing because it
A. increases support and reduces pressure B. prevents having to make new friends
C. reduces the need for communication
D. makes you emotionally dependent

1.1.17 The most appropriate response to unwanted pressure in a new work environment.
A. Complain loudly in meetings
B. Quit without explanation
C. Use assertive communication
D. Hide your emotions completely

1.1.18 When moving to a new city for university mindset helps most with
A. negative thinking
B. blaming the new environment
C. expecting the same routines
D. accepting change

1.1.19 You have a disagreement with a friend regarding their beliefs, respond in a respectful way to respond by
A. Interrupt and correct them
B. Respond calmly
C. Insist they change their view
D. End the friendship

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1.1.20 Emotional wellbeing during transition periods can be best promoted by
A. Keeping all feelings hidden
B. Isolating yourself to avoid pressure
C. Developing a positive mindset
D. Avoiding new friendships

1.1.21 In order to strengthen your core when participating in physical activities, you should
A. exercise your muscles through walking.
B. exercise your muscles through aerobics.
C. exercise your muscles through kicks and lifts.
D. exercise your muscles through planks.

1.1.22 A possible challenge for job application can be
A. too many responsibilities at home.
B. lack of funding for your desired course.
C. lack of jobs you are qualified for.
D. no connection with the relevant people.

1.1.23 To adapt to growth and change in circumstances you have to

A. gather information because you are moving from the unknown to the known.
B. see it as a challenge and adapt a positive attitude so that you can grow.
C. start a plan of action to help you with your circumstance and expenditure.
D. take all your negative experiences from previous changes and use it to adapt.

1.1.24 Kinaesthetic learners learn through mime, drama and
A. flashcards and discussion.
B. debate and memorizing.
C. reading aloud.
D. playing games.

1.1.25 A function of the National Benchmark Test (NBT) could be to
A. determine a potential candidate's abilities, strengths and weaknesses to follow a specific field of study.
B. advise students on what type of financial aid they can access, based on the test results.
C. assess whether potential students qualify for regular entry or extended programmes in a specific course.
D. enable tertiary institutions to place students in any other field of study that may be available at the time.

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1.1.26 Embezzlement is an illegal act of
A. obtaining money, goods or property by deceiving other people.
B. getting something, especially money, by force or threats.
C. giving or receiving a free reward to influence someone's actions.
D. secretly taking money that belongs to the company you work for.

1.1.27 Corruption impacts more on an individual because
A. it may increase the cost of public services.
B. it gives him/her access to proper housing.
C. it may give him/her monthly free electricity.
D. fair advantages are given to the unprivileged.

1.1.28 Safety issues in sports and games include
A. warm up, follow instructions and use equipment safely.
B. cool down, grab a player around the neck and stretch.
C. do not trip over markers, ignore instructions and relax.
D. never push a player, tackle a player from behind and rest.

1.1.29 The word 'analyse' in an examination instruction means to
A. put items side by side to see the similarities and differences.
B. take apart an idea, and examine and investigate each part.
C. provide an itemised series of parts, reasons or qualities.
D. discuss, give examples, state points for and against.

1.1.30 People all over the world differ in views on recreation and physical activity in relation to gender and culture because
A. sport is a huge industry with many job opportunities.
B. all people are allowed to play any sport they prefer.
C. society opinions play a role in the choice of sports.
D. if you are good at sport, it boosts your social status.

1.1.31 Automation contributes to South Africa's unemployment crisis as …
A. it creates more government jobs
B. it lowers company profits
C. it replaces manual labour with machines
D. it promotes traditional farming practices

1.1.32 The initiative that best helps counteract unemployment
A. providing unskilled workers with grants to help them
B. offering retraining programmes for obsolete skills
C. increasing minimum wage for unskilled workers
D. enforcing stricter retirement ages on all levels

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1.1.33 Voluntary work contribute to personal development because

A. it provides immediate wealth
B. it builds empathy and experience
C. it delays academic progress
D. it increases social media popularity

1.1.34 The best use of initiative in seeking employment is

A. handing out CVs personally
B. waiting for recruiters to find you online
C. asking friends to apply on your behalf
D. posting jokes about jobs on social media

1.1.35 A student earns freelance income from tutoring has a responsibility according to SARS to

A. avoid registration until age 30
B. register as a taxpayer at SARS
C. wait until they have a full-time job
D. ask a friend to declare the income

1.1.36 Tax compliance important for national development because

A. it provides money for state functions
B. it reduces the number of unemployed
C. it helps people avoid doing business
D. it prevents online fraud

1.1.37 One direct consequence of corruption for the individual will be

A. better education
B. more job creation
C. Inequality
D. lower taxes

1.1.38 Fraud weakens South Africa's economy as

A. it increases investor confidence
B. it creates more tenders
C. it scares off investors
D. it raises the value of the rand

1.1.39 Youth-owned microenterprises are an innovative solution to Unemployment because

A. they promote dependency
B. they increase demand for goods
C. they only benefit the elite
D. they empower self-employment

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1.1.40 Digital entrepreneurship is effective in today's job market because

A. it encourages lazy lifestyles in individuals
B. it promotes data waste and more spending
C. it uses low-cost platforms to reach wide audiences
D. it requires no planning or skill, you can just post

TOTAL MARKS: 40

1.2. Give one word/term for each of the following descriptions. Write only the word/term next to the question numbers (1.2.1-1.2.4) in the ANSWER BOOK.

1.2.1	The process of developing ideas for a new business or enhancing an existing one	(1)
1.2.2	The skill involved in breaking down complex problems into smaller, manageable parts to find solutions	(1)
1.2.3	The specific path an individual follows in their working life, including different jobs and positions	(1)
1.2.4	A strategy where learners connect new information with existing knowledge to deepen understanding	(1)
		(4)

Answer the following questions by writing the answer next to the question numbers (1.3.1.-1.3.3) in the ANSWER BOOK. Write your answers in full sentences

1.3.1.	State TWO benefits of effective time management for a Grade 12 learner.	(2x1)	(2)
1.3.2.	Explain the term 'self-awareness'.	(1x2)	(2)
1.3.3.	Discuss ONE benefit of an entrepreneurial skill.	(1x2)	(2)
			(6)
			[10]

TOTAL SECTION A: 50

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SECTION B

ACTIVITY 2: WEEK 1- DEVELOPMENT OF THE SELF IN SOCIETY

Read the extract below and answer the questions that follow.

STRESS, CONFLICT RESOLUTION, RELATIONSHIPS

SOCIAL PRESSURE AS A STRESSOR

A new study shows that interacting with others can sometimes lead to more stress than we can ever imagine since you and your relationships are bound together. Each relationship shapes another relationship in different ways due to the social pressure we place on each other.

This implies that when those relationships are mutually enhanced, everyone is happy. When people psychologically harm one another though, that is what leads to stress in relationships.

[Adapted from www.psychologytoday./ Accessed on *23 July 2025]*

2.1 Define the term coping mechanism. (1x2) (2)

2.2 Explain how distress can impact an individual's wellbeing. (1x2) (2)

2.3 Discuss how an individual's thought patterns can influence their approach to handling stress. (1x2) (2)

2.4 Describe TWO ways how social pressure acts as a stressor for teenagers in their family interactions. (2x2) (4)

2.5 Assess TWO ways in which building and sustaining good relationships may impact positively on your emotional wellbeing. (2x2) (4)

2.6 Recommend TWO conflict resolution strategies you can use to resist negative social pressure from friends, in each answer also explain how each strategy would help to protect your individual rights? (2x3) (6)

[20]

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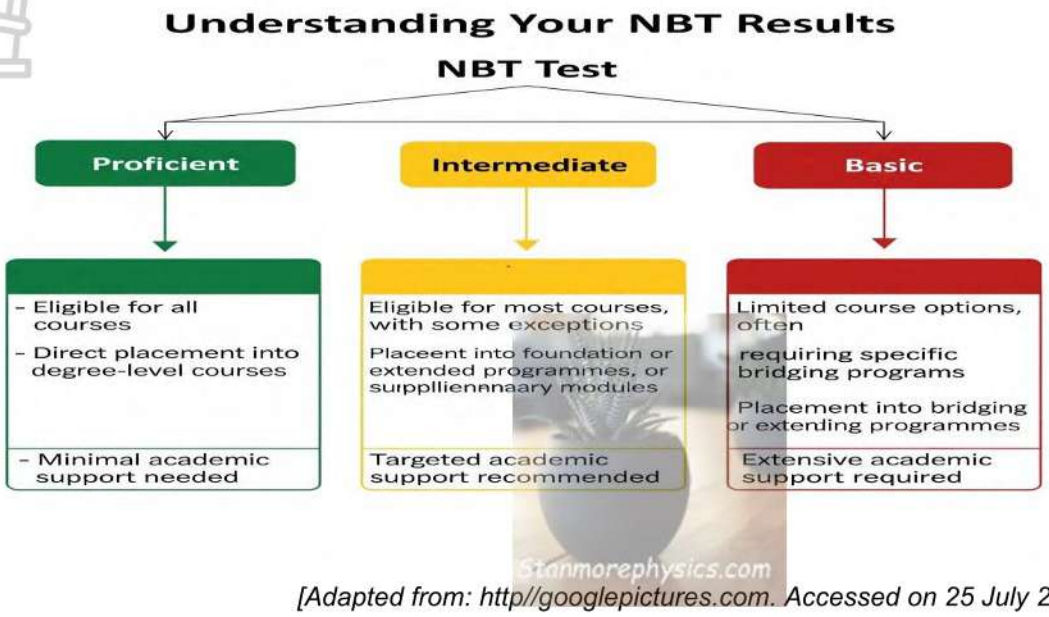
ACTIVITY 3 : WEEK 8- CAREERS AND CAREER CHOICES

DEVELOPING A CAREER PORTFOLIO,

Study the flow diagram below and answer the questions that follow.



[Adapted from: http//googlepictures.com. Accessed on 25 July 2025]

3.1. Define the term *National Benchmark Test*. (1x2) (2)

3.2 Mention TWO reasons why National Benchmark Tests are important in the university application process. (2X1) (2)

3.3 Explain one type of academic support recommended for a learner who achieves an "intermediate'' NBT result. (1X2) (2)

3.4. Describe the TWO types of tests written in the NBTs. (2x2) (4)

3.5. Discuss how setting a personal lifestyle plan could assist you in achieving your post-school academic goals. (2x2) (4)

3.6. Recommend TWO practical ways in which you as a Grade 12 school leaver could use a career portfolio to convince an employer that you could be the suitable candidate for the job. In EACH answer, also indicate why you would be asset to the company/organisation. (2x3) (6)

[20]

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ACTIVITY 4: WEEK 10- CAREERS AND CAREER CHOICES

Read the extract below and answer the questions that follow.

ENTREPRENEURSHIP

ENTREPRENEURIAL OPPORTUNITIES AND CHALLANGES

Entrepreneurship offers a range of opportunities for individuals to improve their economic circumstances and contribute to community development. These opportunities can be found in different types of ventures, including small businesses, cultural entrepreneurship, e-businesses, and social enterprises. Each of these plays a unique role in solving problems, promoting innovation, and creating employment. Before starting a venture, individuals must consider its potential for success and understand the responsibilities involved, such as compliance with national tax laws and other business obligations.

However, alongside the growth of entrepreneurial activity, challenges such as fraud and corruption can arise. These unethical practices take various forms and can have serious consequences for individuals, businesses, and the economy. Understanding the causes and impact of corruption is essential to creating effective solutions. Companies must take proactive steps to reduce these risks by adopting clear policies and accountability structures that encourage ethical behaviour and transparency in all operations.

[Adapted from https://en.wikipedia.org/wiki/Entrepreneurship. Accessed on 26 July 2025]

4.1	Define the term *social entrepreneurship*.	(1x2)	(2)
4.2	List TWO characteristics of a cultural entrepreneur.	(2x1)	(2)
4.3	Explain how an e-business can create job opportunities in a local community.	(1x2)	(2)
4.4	Discuss what is meant by embezzlement in the context of fraud.	(2x2)	(4)
4.5	Assess the impact of corruption on a country's economic development.	(2x2)	(4)
4.6	Recommend two strategies that a company could implement to prevent fraud and corruption. In each answer, explain how the strategy would reduce the risk of unethical behaviour.	(2x3)	(6)

[20]

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ACTIVITY 5: WEEK1 & 4– DEVELOPENT OF SELF IN SOCIETY

WEEK 6- STUDY SKILLS

Read the extract below and answer the questions that follow.

STRESS, RELATIONSHIPS, STUDY SKILLS

PARENTS EXPRESS CONCERNS AS SOME GOVERNMENT SCHOOLS POSTPONE JUNE EXAMS

Parents have expressed concerns after some government schools sent out letters that the June exams have been postponed, and winter holiday schooling camps called off. This happened as members of teachers' unions refused to set or mark papers, in protest against the lack of funds at some schools to administer the exams.

Teachers' unions are blaming the Provincial Department of Education for not paying schools their full subsidies. The premier had a meeting with unions and MECs on Wednesday to find a solution.

[Adapted from: https://www.sabcnews.com/. Accessed on 21 July 2025]

5.1 State TWO ways in which the postponement of examinations could lead to increased stress levels among Grade 12 learners. (2x1) (2)

5.2 Explain why learners may feel obligated to achieve good results in the NCS examinations. (1x2) (2)

5.3 Discuss the negative impact that the postponement of exams and cancellation of holiday camps could have on learners' academic progress. (1x2) (2)

5.4 Suggest TWO strategies that can be used by Grade 12 learners to help each other prepare for the examinations. (4)
(2x2)

5.5 Assess the importance of effective communication between the teachers and parents regarding learner performance. (2x2) (2)

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5.6 Suggest TWO study styles that learners could use when preparing for their examinations, in each answer also indicate how a learner can identify and effectively use their preferred style. (2x3) (6)

[20]

TOTAL SECTION B: 80

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SECTION C

DESCRIPTIVE PARAGRAPH TYPE QUESTIONS

ACTIVITY6: WEEK 9- CAREERS AND CAREER CHOICES

Your responses must consist of **paragraphs**. Marks will ONLY be allocated for responses written in full sentences.

Read the extract below and answer the questions that follow.

UNEMPLOYMENT

CHALLENGES AND OPPORTUNITIES OF SCHOOL TO WORK TRANSITION

Young people aged 15 – 24 develop the relevant skills for work, such as the broad set of qualifications, knowledge, competencies, attitudes, and values that are needed to secure, maintain, and thrive in employment, and adapt to the evolving economy.

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[Adapted from : https://www.ilo.org/resource/news/challenges-and-opportunities-school-work-transition. Accessed on 25 July 2025]

Write paragraphs on **unemployment**

Use the following as a guideline.

- Briefly State four challenges that contribute to high unemployment rate in South Africa. (4x1) (4)
- Discuss in detail the emotional impact of unemployment experienced by young people after completing their studies.. (2x4) (8)
- Examine practical strategies that young people can implement to enhance their employability and navigate the challenges of competitive job market (2x4) (8)

[20]

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ACTIVITY 7: WEEK 3 - DEVELOPMENT OF THE SELF IN THE SOCIETY

Read the extract below and answer the questions that follow.

CONFLICT RESOLUTION

"THE VIOLENT BEHAVIOUR IN SCHOOLS IS UNBEARABLE AND IT IS HIGH TIME SOMETHING DRASTIC TO BE DONE ABOUT IT"

Tensions escalate between Grade 11 and 12 learners after a sport match, name – calling, social media bullying, and physical fight occur. The school's RCL (Representative Council of learners) proposes a peer mediation programme, but some teachers dismiss it, saying "They must just listen to authority."

Source: unknown

Write paragraphs on conflict resolution

Use the following as guideline.

- Briefly state four psychological impacts of conflict among learners (4x1) (4)
- Evaluate the effectiveness of conflict avoidance in maintaining short – term peace in personal relationships (2x4) (8)
- Assess the effectiveness of using collaboration as a long-term strategy for resolving conflicts. (2x4) (8)

[20]

TOTAL SECTION C:40

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TERM 2

SECTION A

ACTIVITY 1 : MULTIPLE CHOICE QUESTIONS

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A-D) next to the question numbers (1.1.1 to 1.1.40) in the ANSWER BOOK, e.g. 1.1.6 D.

1.1.1 The factor that is most important when evaluating the impact of a human rights campaign is …

A. how popular the social media posts of the campaign were
B. how many celebrities supported or joined the campaign
C. whether it reduced discrimination or raised awareness
D. how large the campaign's overall budget was

1.1.2 The action that would be a violation of the Bill of Rights in South Africa ...

A. Hiring new employees based only on skills and merit
B. Denying a learner admission because of their race
C. Holding a private religious ceremony or gathering
D. Organising a protest with a government permit approved

1.1.3 You witness a classmate being mocked due to their sexual orientation. According to the Bill of Rights and ethical citizenship, your response should be to …

A. walk away quietly and avoid getting involved
B. join in the mocking to avoid being targeted too
C. tell a teacher and stand by your classmate's rights
D. record the incident and post it online for awareness

1.1.4 The "#HeForShe" movement aims to involve men in advocating for gender equality. A valid outcome to consider when evaluating this campaign would be …

A. whether women outnumber men in the workforce
B. the number of times the hashtag was shared
C. the shift in men's attitudes toward women's rights
D. the types of clothing worn during rallies

1.1.5 The following best describes how a learner can evaluate the long-term impact of their social media footprint.

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A. Reviewing old posts to see if they match values and future goals
B. Deleting all past accounts to remove old digital information for safety
C. Using only anonymous usernames on all social platforms to be safe
D. Copying friends' posts to maintain a popular online image

1.1.6 The scenario that best demonstrates the abuse of social media leading to a violation of someone's rights is a…

A. learner sharing a classmate's personal photos without permission
B. learner live streaming a school debate
C. student promoting their business online
D. group chat about homework assignments

1.1.7 The action that best demonstrates cyber wellness and being cyber savvy includes…

A. using a single password for all social media accounts to remember easily
B. clicking unknown links to access free giveaways to share with others
C. reporting cyberbully and adjusting privacy settings on all platforms
D. just forwarding shocking news without first verifying the source

1.1.8 A classmate creates a fake profile to humiliate another learner online; the most responsible action you could take would be to …

A. stay out of it completely to avoid getting involved
B. share the profile online to warn other classmates
C. report the profile and speak to a trusted adult about it
D. publicly call out the bully in a social media comment

1.1.9 The lack of democratic representation in media reporting covers ..
A. Reporting equally on political parties and civil protests across society
B. Covering only elite business news and ignoring poor communities
C. Hosting debates with speakers from diverse racial backgrounds
D. Allowing public callers to share views on national radio shows

1.1.10 An editor's bias compromises democratic principles in a media outlet could be…
A. publishing cartoons that reflect political opinions only
B. promoting one party and discrediting all other viewpoints
C. fixing incorrect headlines to improve public understanding
D. helping readers analyse issues and think more critically

1.1.11 A media house gives extensive coverage to celebrity scandals but dedicates minimal space to voter education. The most likely consequence of this editorial decision is …
A. greater awareness and interest in political issues overall
B. higher entertainment ratings with less focus on key issues
C. fair and balanced reporting on all public interest matters
D. lower civic interest and weak understanding of voting right

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1.1.12 Media practice best supports equal access to democratic information across different social groups through…
A. broadcasting news only in urban areas using high-speed internet
B. publishing national news exclusively in English
C. using community radio and multilingual reporting to reach rural and urban audiences
D. charging high subscription fees for political new

1.1.13 When coverage mostly focuses on international elite athletes while ignoring local development programs, it shows that the media …
A. supports balanced reporting by showing the best talent
B. reflects commercial interests over community upliftment
C. helps viewers focus only on global sporting standards
D. reduces bias by ignoring underperforming local athletes

1.1.14 The media trend that reflects biased coverage that may limit nation-building ..
A. Featuring athletes from diverse races, backgrounds, and genders equally
B. Focusing only on male athletes from popular sports such as rugby and football
C. Giving airtime to both winning and losing teams after each sports event
D. Sharing inspiring stories of athletes who have overcome major challenges

1.1.15 An effective media strategy to promote social cohesion through coverage of recreational activities would be …
A. broadcasting only national-level sporting tournaments on television & YouTube
B. ignoring informal local sports to focus on elite competitive events only
C. featuring township tournaments and fun runs on mainstream media platforms
D. covering school sports events from top-performing urban institutions only

1.1.16 Media coverage of sports personalities can help strengthen nation building by …
A. emphasizing teamwork, unity, and collaboration across different communities
B. highlighting personal success stories that inspire national pride and identity
C. showcasing their community involvement and impact beyond the sports field
D. promoting values of perseverance, respect, and inclusivity through their stories

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1.1.17 This action best demonstrates how cultural worldviews may limit participation in physical activity, particularly for women ..
A. Encouraging both boys and girls to take part equally in school sports activities
B. Viewing female participation in physical activity as improper in certain cultures
C. Promoting gender-neutral physical education classes in all public schools
D. Hosting inclusive sports events that involve families and elderly community members

1.1.18 Traditional gender ideologies influence the visibility of women's sport in the media when …
A. women's sporting events are given equal media attention as those of men
B. it is assumed men perform better, so women's sports are shown less often
C. media prioritizes men's sports, limiting exposure to women's achievements
D. it is believed female athletes choose not to appear in the public spotlight

1.1.19 Acknowledging different beliefs about physical activity across cultures contribute to nation building by …
A. enforcing one national approach without considering cultural differences
B. allowing dominant groups to decide which forms of recreation are accepted
C. creating inclusive programs that value diversity and promote social unity
D. excluding activities that do not match mainstream Western sporting practice

1.1.20 The action that best demonstrates the national government fulfilling its responsibility to promote a safe and healthy society …
A. updating national labour policies to improve workplace safety and fairness
B. constructing proper sanitation facilities in underdeveloped rural communities
C. repairing damaged public roads to ensure safer transport and accessibility
D. organising local fundraising events to support school infrastructure projects

1.1.21 An example of a provincial government's responsibility that supports healthy living …
A. developing national safety strategies to reduce crime across the country
B. providing basic health care services and emergency medical assistance locally
C. approving land development applications for industrial and mining purposes
D. designing national education policies and school curriculum regulations

1.1.22 A local municipality can contribute to both safety and health in a community by …
A. drafting and implementing the national Constitution for all South Africans
B. supplying clean water, managing waste, and maintaining public street lighting
C. making decisions about international relations and national foreign policy
D. managing and directing the operations of the national police department

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1.1.23 The statement that best reflects the relationship between the three levels of government in delivering health and safety outcomes …
A. each level works independently with no overlap
B. local government handles all public services alone
C. all levels must coordinate—national sets policy, provinces manage delivery, locals implement services
D. the national government controls everything and delegates nothing

1.1.24 The best reflection of a community's role in supporting government efforts to maintain a clean and healthy environment is …
A. waiting for the municipality to manage and clean all public areas alone
B. posting complaints online about government service delivery failures
C. organising local clean-up drives and reporting illegal dumping activities
D. overlooking environmental pollution happening in informal settlements nearby

1.1.25 A community can contribute effectively to the improvement of public services such as water and sanitation by …
A. damaging public infrastructure to express dissatisfaction with services
B. paying service fees regularly and reporting faults to the municipality
C. withholding payment for water services in protest of rising costs
D. depending fully on non-government groups to deliver basic services

1.1.26 A community initiative that best promotes safe and healthy living while supporting local government objectives is …
A. starting a neighbourhood watch and community garden
B. blocking ambulances to protest slow service delivery
C. hosting parties that run late into the night to raise funds
D. refusing to use local clinics due to mistrust in healthcare

1.1.27 The most responsible way for a community to respond when local government fails to deliver basic health services …
A. organising peaceful protests and engaging local ward councillors
B. damaging public property to get attention from local authorities
C. ignoring the issue until national elections to change the party
D. creating social media rumours to discredit politicians

1.1.28 A government initiative that best reflects a national-level educational programme aimed at promoting healthy living is a …
A. local NGO hosting a single fitness event attracting the young people
B. national school nutrition programme teaching healthy eating habits
C. sports club inviting only elite athletes for private training sessions
D. municipal park charging high fees to access clean water for residents

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1.1.29 The following represents a provincial intervention to support safe and healthy environments …
A. implementing and monitoring national financial and banking regulations
B. constructing transport routes to support international trade agreements
C. deploying mobile health services in underserved and rural communities
D. managing and adjusting the national currency and foreign exchange system

1.1.30 The action that best promotes sustainable, safe, and healthy communities ..
A. National government passes laws while communities remain inactive and passive
B. Local municipalities supply clean water, but residents use it irresponsibly
C. Provincial health campaigns are supported by active community participation
D. Government implements programmes without reviewing their long-term impact

1.1.31 The personal mission statement that best reflects alignment with a learner's belief system and environmental responsibility ..
A. "I strive for wealth and fame, even if it means compromising my core values."
B. "I will follow a fashion career, even if it leads to environmental pollution."
C. "I aim to run an ethical business that supports sustainability and my community."
D. "I will follow others' expectations to avoid criticism and gain social approval."

1.1.32 A learner's personal vision can influence their everyday actions and decisions by …
A. leading them to overlook immediate opportunities for short-term success
B. guiding their daily choices to stay focused on long-term personal goals
C. restricting their ability to make spontaneous or unplanned decisions
D. motivating them to act mainly to gain approval and acceptance from others

1.1.33 A learner that is best demonstrating an integrated approach to physical well-being, lifestyle, and career planning ..
A. Learner A eats poorly from stress but attends regular counselling sessions
B. Learner B dreams of being a doctor but often skips school without reason
C. Learner C follows a balanced routine and explores health-related careers
D. Learner D chooses a career for money, not interest, purpose, or values

1.1.34 The long-term benefit of having a well-defined personal mission and vision ..
A. It ensures lifelong success, wealth, and recognition without fail
B. It removes the need to adjust plans or adapt to new circumstances
C. It offers clear direction, strong motivation, and resilience in hardship
D. It prevents the need to face uncertainty or make tough life decisions

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1.1.35 The following best demonstrates a learner taking responsibility for their digital footprint ..
A. Changing profile pictures often to follow trends and gain popularity
B. Deleting all online accounts to avoid any form of digital engagement
C. Using private profiles to keep personal views hidden from the public
D. Reviewing and removing old posts that could affect future opportunities

1.1.36 The behaviour that best illustrates an abuse of social media that could lead to real-world consequences ..
A. Sharing accurate health updates from official government websites
B. Posting entertaining content that protects everyone's privacy rights
C. Uploading original creative work to a personal online blog platform
D. Spreading harmful rumours online without checking the facts first

1.1.37 This action reflects a cyber-savvy learner promoting cyber wellness in the community ..
A. Avoiding online hate speech completely to prevent any conflict or drama
B. Teaching privacy practices and reporting harmful content to authorities
C. Creating fake accounts to secretly view and monitor other users online
D. Clicking on eye-catching links without checking if they are safe or real

1.1.38 A learner is being cyberbullied on a class WhatsApp group. The most responsible course of action for a bystander who wants to promote a safe online environment would be to …
A. stay silent to avoid being targeted but offer private support to the victim
B. capture screenshots and forward them to others to spread awareness
C. report the bullying to a trusted adult and guide the victim to seek help
D. respond with insults to the bully in the group to defend the classmate

1.1.39 This skill reflects critical engagement with media ..
A. Cross-checking facts before sharing a post
B. Judging information based on emotional impact
C. Accepting celebrity opinions and acting on them
D. Following trending hashtags without context

1.1.40 The consequence that may follow when a media outlet publishes false information about youth drug abuse is ...
A. public panic and mistrust of youth
B. a shift toward peer mentorship
C. greater school investment in sports
D. improved youth access to rehab

[40]

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1.2. Give ONE word/term for the following descriptions. Write only the word next to the question number (1.2.1. – 1.2.4)

1.2.1. To examine to supress or delete anything considered objectionable. (1)

1.2.2. A planned series of projects, events and actions to fight, change or promote issues of discrimination and human rights. (1)

1.2.3. A document that affirms the democratic values of human rights, equality and freedom. (1)

1.2.4. Interfering with a person's right, hurting, disrespecting or acting against their right. (1)

1.3. Answer the following questions by writing the answer next to the question numbers (1.3.1. to 1.3.3.) in the answer book. Write your answers in full sentences.

1.2.1. Define the term *sportsmanship.* (1x2) (2)

1.2.2. Explain ONE way in which sport can play in promoting cultural exchange and understanding. (1x2) (2)

1.2.3. Discuss ONE economic benefit of hosting major sporting events. (1x2) (2)

TOTAL SECTION A: 50 MARKS

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SECTION B

ACTIVITY 2: WEEK 1 DEMOCRACY AND HUMAN RIGHTS

Read the extract below and answer the questions that follow.

Discrimination and Violation of Human Rights

The African Development Bank's Gender Data Index 2019 implies that violence against women is close to 40% across Africa, which is some of the highest globally. Brand South Africa is collaborating with the Africa80, a South African based Non-Profit Organisation with a continental reach in over 30 countries, to promote GBV awareness and provide empowerment tools and prevention through a series of media campaigns.

Importantly, the collaboration will showcase what South Africa is doing to deal with GBV and extract practical insights from African experts to improve GBV support and prevention. It will further provide training to organisations or initiatives on the ground that are working towards combating this issue. Over the years, there has been a negative narrative around GBV, with South Africa usually being at the helm of this pandemic. This platform will be an opportunity to highlight some milestones made by the country to highlight and educate on this continental crisis, where many countries on the continent do not report nor publish any case studies.

Whilst the battle for gender equity has seen some progress in recent years, gender-based violence (GBV) continues to be a major human rights issue around the world and will require global attention for many years to come.

[Adapted from https://brandsouthafrica.com Accessed: 25 July 2025]

2.1	Define the term *human rights violation.*	(1x2) (2)
2.2	Provide TWO negative impacts of human rights violations on the youth.	(2x1) (2)
2.3	Explain how creating awareness about abuse can prevent human rights violations in society.	(1x2) (2)
2.4	Discuss TWO ways in which the participation of the youth in anti-human rights violation campaigns could positively influence their values and sense of responsibility towards the youth in society.	(2x2) (4)
2.5	How could reducing human rights violations benefit the youth in our communities.	(2x2) (4)
2.6	Suggest TWO ways in which media could positively contribute to the outcome of the anti-human rights violation campaign.	(2x3) (6)

[20]

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ACTIVITY 3: WEEK 9 SOCIAL AND ENVIRONMENTAL RESPONSIBILITY

Read the extract below and answer the questions that follow.

Responsibility of different levels of Government

Intervention programmes

While severe weather conditions have hit most provinces in the country, it caused significant damage in the province. The province was hit by devastating floods this past week, which saw 90 people lose their lives, and over 2,600 residents were left homeless. In the province, a total of 140 households were hit by storms and flooding, with 58 homes destroyed and 137 others partially damaged. About 962 people were directly impacted, with 31 families displaced. The floods caused widespread destruction to homes, government facilities, roads, hospitals, and schools.

The province was severely hit by floods in April 2022, which led to over 400 deaths and R17 billion worth of damage. In 2024, floods hit the province again, causing another R3 billion in damages, followed by snowstorms later in the year. In addition to the damage caused by the storms themselves, victims are also subject to criminality, where groups are seeking to take advantage of the vulnerable.

Police Minister has flagged threats and intimidation directed at organisations that are trying to give assistance to flood-affected communities. Members of a so-called "water mafia", linked to service providers contracted by municipalities, have reportedly threatened aid givers as they distributed clean drinking water to residents impacted by the floods. Under a national state of disaster, the SAPS and other national resources can be directed to deal with these matters.

[Adapted from https://businesstech.co.za. Accessed 25 July 2025]

3.1	Define the term *intervention*.	(1x2) (2)
3.2	Describe TWO intervention programmes that could be implemented to assist communities suffering from disasters.	(2x1) (2)
3.3	Explain ONE negative effect that floods may have on the emotional health of the victims.	(1x2) (4)
3.4	Discuss TWO ways in which improved service delivery could have reduced the effects of such disasters within the local communities.	(2x2) (4)
3.5	How could the victims of floods benefit from community service.	(2x2) (4)
3.6	Suggest TWO ways in which you may contribute to the promotion of a sustainable, safe and healthy living environment.	(2x3) (6)

[20]

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ACTIVITY 4: WEEK 3 DEMOCRACY AND HUMAN RIGHTS

Read the extract below and answer the questions that follow.

The Role of the Media

Meta to unmask operators behind teen revenge porn channels in South Africa

WhatsApp and Instagram owner, Meta, has agreed to release the information of those behind accounts that posted revenge porn of minors across its platforms in South Africa. The social media giant was responding to a July 14 application by digital rights law firm, Digital Law Company, asking the court to hold Meta in contempt for failing to provide that information. The Gauteng High Court, in response to the application, ordered Meta to shut down those channels across its platforms, permanently disable them, and provide information of the account holders.

South Africa has two key laws that criminalise the distribution of intimate content without consent. In the Films and Publications Amendment Act (2019), offenders face up to four years in prison or R300,000 fine for knowingly sharing private sexual content with intent to harm. The Cybercrimes Act (2021), criminalises the creation, publication, and re-sharing of intimate content, even by minors. Despite these laws, enforcement is difficult. Encrypted platforms like WhatsApp obscure private content and hide admin identities making tracing abuse nearly impossible.

[Adapted from https://techcabal.com Accessed 22 July 2025]

4.1	Explain the term *cyberbullying*	(1x2) (2)
4.2	Describe TWO negative effects that cyberbullying can cause on a teenager	(2x1) (2)
4.3	Explain why sharing intimate images of minors online is violation of privacy.	(1x2) (2)
4.4	Recommend TWO ways in which parents can reduce the use of social media.	(2x2) (4)
4.5	Discuss TWO psychological impacts on victims of cyberbullying.	(2x2) (4)
4.6	Suggest TWO ways learners can protect themselves and others on social media.	(2x3) (6)
		[20]

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ACTIVITY 5: WEEK 10 SOCIAL AND ENVIRONMENTAL RESPONSIBILITY

Read the extract below and answer the questions that follow.

Safe and Healthy Living Environment

South Africa's local government system is teetering on the edge of collapse.

With municipalities failing, service delivery crumbling and public trust eroding, the long-awaited review of the White Paper on Local Government raises a critical question is reform still possible? The recent evaluation of the white paper on Local Government fuelled renewed deliberations regarding the prospects of municipal governance. The white paper, first released in 1998, sought to transform it into a developmental system, capable of delivering services and fostering participatory democracy. Yet, two decades later, there is still a chasm between policy expectations and the realities faced by people.

Local municipalities should be the tier of government closest to the people, but they are the furthest. They are supposed to ensure people receive fundamental necessities such as water, electricity and sanitation services. Chronic problems here include deep financial mismanagement and a weak institutional setup. In addition, corruption and political meddling have rendered numerous local authority's incapable. The recent audit reports show financial management, and a high percentage of municipalities are not attending to the issue of governance.

The participation of residents, which is recommended in the white paper, has taken a downward turn. Local people seem to be far removed from local decision-making processes and more and more find it impossible to operate in ward committees and other bodies where participation is invited. So, it is not surprising that protests on the poor delivery of services have emerged as one of the features of life in South Africa.

The consultation on the white paper review presents an opportunity to address these persistent problems. Several key areas demand urgent attention:

[Adapted from https://mg.co.za. Accessed 26 July 2025]

5.1 Identify TWO examples of community services provided by municipalities. (2x1) (2)

5.2 Explain how local government can promote safe housing in informal settlements. (1x2) (2)

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5.3 Explain TWO ways the three spheres of government can collaborate to reduce crime in communities. (1x2) (2)

5.4 How can the community help prevent illegal dumping of waste in residential areas? (2x2) (4)

5.5 Discuss why it is important for a community to take ownership of public facilities, like parks and clinics. (2x2) (4)

5.6 Assess TWO ways a community can promote clean water access in rural areas. (2x3) (6)

[20]

TOTAL SECTION B: 80 MARKS

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SECTION C

DESCRIPTIVE PARAGRAPH TYPE QUESTIONS

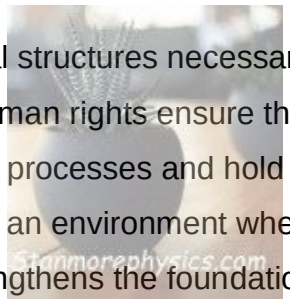
ACTIVITY 6: WEEK 1 DEMOCRACY AND HUMAN RIGHTS

Your responses must consist of paragraphs. Marks will ONLY be allocated for responses written in full sentences.

Read the extract below and answer the questions that follow.

DISCRIMINATION AND VIOLATION OF HUMAN RIGHTS

A RIGHT DELAYED IS A RIGHT DENIED



Democracy provides the political and legal structures necessary for the protection and realization of human rights. These human rights ensure that individuals can voice their opinions, participate in political processes and hold their government accountable. A strong democracy creates an environment where human rights can flourish and respect for human rights strengthens the foundation of a democratic society.

[Adopted from: http://www.idea.int Accessed: 25 July 2025]

Write paragraphs on dealing with **discrimination and human rights violations**:

Use the following as a guideline:

- Briefly state FOUR strategies which can be used to address discrimination and human rights violations. (4x1) (4)
- Critically discuss how individuals evaluate their position on democracy and human rights violations; consider the Bill of Right. (2x4) (8)
- Evaluate TWO outcomes of campaigns and events addressing issues of democracy and human rights. (2x4) (8)

[20]

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ACTIVITY 7: WEEK 10-11 SOCIAL AND ENVIRONMENTAL RESPONSIBILITY

Read the extract below and answer the questions that follow.

RESPONSIBILITY OF DIFFERENT LEVELS OF GOVERNMENT

THE CHOICES WE MAKE ARE ULTIMATELY OUR OWN RESPONSIBILITY

Social and environmental responsibility refers to the ethical obligation of individual's organizations and governments to contribution positively to society and environment. This includes reducing environment harm supporting communities ensuring fair labour practices and promoting sustainable development.

[Adopted from: https://www.edw.org Accessed: 25 July 2025]

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Write paragraphs on **responsibility of different levels of government**.

Use the following as a guideline:

- Briefly state FOUR community services that promote safe and healthy living environments (4x1) (4)
- Critically discuss the community's responsibility in ensuring environments and services that promote safe and healthy living. (2x4) (8)
- Evaluate the impact that relate to projects, campaigns and activities that address social and environmental issues. (2x4) (8)

[20]

TOTAL SECTION C: 40 MARKS

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TERM 3

SECTION A

ACTIVITY 1 : MULTIPLE CHOICE QUESTIONS

1.1 Various options are provided as possible answers to the following questions. Choose the correct answer and write only the letter (A-D) next to the question numbers.

1.1.1 The key components of a safe working environment and how employers ensure that their workplace is safe for employees is by…

A providing personal protective equipment as physical safety measures are the only things that matter.

B conducting regular risk assessment providing training and enforcing safety protocols.

C using advanced technology to eliminate human error and make the workplace safe.

D rigidly following rules without room for adaptation ensuring a safe working environment.

1.1.2 One of the physical effects of long-term participation in Physical Education is to…

A improve bone density.

B decrease muscle mass.

C reduce cardiovascular health.

D decrease flexibility.

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1.1.3 An example of a disaster is…

A an office fire that is quickly extinguished.

B a hurricane that devastates a coastal city.

C routine power outrage in the city.

D a planned maintenance shutdown.

1.1.4 Tuberculosis (TB) spreads through…

A sharing food or drinks.

B contact with a person's skin.

C airborne transmission.

D touching contaminated surfaces.

1.1.5 The act that promotes equal opportunities in the workplace by eliminating unfair discrimination in any employment policy or practise is the…

A Labour Relations Act (LRA) 66 of 1995

B Basic Condition of Employment Act (BCEA) 75 of 1997

C Occupation Health and Safety Act (OHSA) 85 of 1993

D Employment Equity Act (EEA) 55 of 1998

1.1.6 The primary purpose of doing warm-up activities before exercising is to…

A prepare the body and reduce injury risk.

B build muscle mass and increase size.

C increase flexibility and improve sleep quality.

D burn more calories and boost immune.

1.1.7 Ill-health means a…

A stage of rapid growth and development.

B condition of being free from disease or injury.

C state of physical, mental and social well-being.

D condition of poor physical, mental or emotional health.

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1.1.8 The following nutrients is often consumed in excess in a poor diet.

A Fibre.

B Protein.

C Fats

D Vitamins.

1.1.9 It is important for employees to understand their contract of employment so that they can…

A ignore the terms and conditions

B understand their rights and responsibilities.

C break the contract when needed.

D negotiate a higher salary and more benefits.

1.1.10 A common trend in modern workplace is…

A increased emphasis on manual labour.

B reduced focus on teamwork and collaboration.

C decrease emphasis on lifelong learning.

D growing importance of technology and digital skills.

1.1.11 The term for the feeling of happiness and relaxation that occurs after physical activity is referred to an/a…

A endorphin rush.

B serotonin boost.

C adrenaline rush.

D dopamine surge.

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1.1.12 A behaviour that helps to live a meaningful life includes…

A focusing solely on material wealth.

B comparing oneself to others constantly.

C practising gratitude and mindfulness.

D avoiding relationships and social interaction.

1.1.13 People who practise unsafe sexual behaviour are at risk of contracting HIV and …

A mental health disorders exclusively.

B sexually transmitted infections(STI).

C cardiovascular disease.

D viral infections only.

1.1.14 The primary purpose of the Labour Relations Act is to…

A promote employer interests and manage public relations campaigns.

B regulate employment contracts, ensure proper use and accountability of funds.

C promote fair labour practices, orderly collective bargaining, and labour peace.

D eliminate unfair discrimination and promote equal opportunities for all.

1.1.15 The following could promote long-term engagement in Physical Activity:

A Finding an enjoyable activity.

B Participating in indigenous games.

C Exercising alone by tracking progress.

D Having a rigid exercise schedule.

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1.1.16 Factors that contribute to lifestyle diseases are…

A genetics, diet, physical activity, stress.

B smoking, poor diet, alcohol poor sleep.

C climate change, education, occupation.

D viruses, bacteria, parasites, fungi, toxins.

1.1.17 The term used for the process of learning social norms and behaviours through interaction with others is called…

A socialization

B assimilation

C accommodation

D cultural diffusion

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1.1.18 The best strategy when answering a multiple-choice question in an examination is to…

A read all options, then read the question before you start answering.

B spend equal time on each question regardless of difficulty.

C choose the longest answer between the provided options.

D eliminate obviously incorrect options and make an educated guess.

1.1.19 A common psychological factor contributing to ill-health is…

A genetic predisposition

B environmental toxins

C poor diet nutrition.

D stress and anxiety.

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1.1.20 Cultural beliefs may negatively influence health-seeking behaviours by…

A promoting evidence-based medicine.

B increasing adherence to medication.

C leading to delayed treatment.

D encouraging medical treatment.

1.1.21 The following is a common risk factor for many types of cancer.

A Regular exercise.

B Balanced diet.

C Adequate sleep.

D Tobacco use.

1.1.22 Trade unions can be described as a …

A labour organisation that represents group of employers who regulate industry standards.

B labour organisation that represents worker's interests and negotiates with employers in the workplace.

C government agency that enforces labour laws, setting company profit targets and managing budget.

D company that provides training for workers, hiring, promoting and disciplining employees.

1.1.23 One main way in which work can give meaning to life is by…

A providing financial stability, emotional stability and security.

B allowing individuals to pursue their passions and interests.

C giving individuals a sense of purpose and contribution to society.

D eliminating the need for personal relationships and being social.

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1.1.24 The result of a lack of exercise can be…

A improved cardiovascular health.

B increased energy levels.

C increased risk of chronic diseases.

D enhanced mental clarity.

1.1.25 The role of prior knowledge and experience in learning and the impact it has on learning outcomes could be that it…

A has a slight impact on learning, making no difference.

B facilitates learning by providing a foundation for new information.

C hinders learning by creating biases and misconceptions.

D is only relevant for certain subjects especially those with more theory.

1.1.26 The benefit of getting adequate sleep is…

A increased risk of chronic diseases.

B improved concentration and mood.

C reduced productivity and focus.

D a weakened immune system.

1.1.27 Social support networks can impact ill-health by…

A providing emotional comfort.

B exacerbating symptoms.

C increasing stress and anxiety.

D not having any impact.

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1.1.28 An effective way to promote long-term adherence to lifestyle changes is…

A setting unrealistic goals.

B providing ongoing support.

C focusing solely on short term results.

D ignoring individual preference.

1.1.29 The purpose of cancer screening is to:

A Diagnose.

B Monitor.

C Detect.

D Prevent.

1.1.30 The following is a benefit of promoting equity and redress:

A Increased conflict and division.

B Reduced opportunities for dominant groups.

C Ensuring only high-income groups benefit.

D Improved outcomes for marginalised groups.

1.1.31 The role of health care providers in developing an action plan for managing lifestyle diseases is to…

A provide support in developing a personalised plan.

B dictate treatment without patient input.

C ignore patient preferences and goals.

D focus solely on medication management.

1.1.32 A job contract protects employees from unfair treatment or discrimination in the workplace by…

A providing employees with unlimited benefits and compensation.

B including provision for equal treatment and anti-discrimination.

C reducing employer liability, dictating how the company operates.

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D ignoring employee rights and regulating workplace relationships.

1.1.33 Physical Activity can be adapted for individuals with disability by…

A modifying exercise to accommodate limitations.

B avoiding physical activity all together.

C focusing on high-intensity exercise.

D ignoring individual needs and abilities.

1.1.34 Some effective strategy for managing time and staying organised while studying is…

A creating a study schedule and sticking to it.

B procrastinating and studying at the last minute.

C multitasking and studying while doing other activities.

D prioritizing leisure activities over studying.

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1.1.35 The benefits of incorporating endurance exercises into a workout routine is …

A increased muscle mass.

B improved flexibility.

C cardiovascular fitness.

D improved balance.

1.1.36 The principle of equity in the context of social justice is…

A treating everyone the same regardless of their needs.

B providing different levels of support based on individual needs.

C ignoring historical injustices and focusing on circumstances.

D prioritizing the needs of the majority over the minority.

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1.1.37 The recommended daily amount of physical activity for children and adolescent is at least…

A 30 minutes.

B 60 minutes.

C 90 minutes.

D 120 minutes.

1.1.38 The importance of regular health screening in preventing chronic diseases is that it/it's …

A increase anxiety and stress.

B unnecessary and a waste of time.

C can help to detect health issues early.

D important for individuals with chronic diseases.

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1.1.39 The purpose of a background check in the recruitment process is to…

A verify a candidate's education and experience.

B assess a candidate's personality traits.

C determine a candidate's salary expectations.

D evaluate a candidate's technical skills.

1.1.40 Treatment for hypertension as a lifestyle disease includes taking prescribed medication and…

A increased sodium intake.

B stress management techniques.

C reduced physical activity.

D healthy lifestyle changes.

(40x1)(40)

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1.2 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question numbers (1.2.1 to 1.2.4)

1.2.1 The shared beliefs, norms, and standards of behaviour that a society considers appropriate for individuals and groups. (1)

1.2.2 A formal agreement between an employer and an employee that outlines the terms and conditions of employment (1)

1.2.3 Planned actions designed to address a problem or bring about positive change in a specific situation. (1)

1.2.4 The customs, rituals, beliefs, and behaviours that are characteristic of a particular group and passed down from generation to generation. (1)

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1.3 Answer the following questions by writing the answer next to the question number (1.3.1 to 1.3.3)

1.3.1 Define the term *hypertension* (1×2) (2)

1.3.2 Describe how early detection can assist in cancer treatment (1×2) (2)

1.3.3 Explain ONE way in which health care workers could help prevent fatalities/deaths caused by cardiovascular diseases. (1×2) (2)

SECTION A: 50

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SECTION B

ACTIVITY 2 WEEK 4: CAREERS AND CAREER CHOICES

Read the extract below and answer the questions that follow:

LABOUR LAWS

PROTECTING THE EMPLOYER/EMPLOYEE

Conflicts in the workplace can sometimes occur due to differing perspectives between employers and employees. These disagreements may stem from a range of issues that affect daily operations and working relationships. In response to such challenges, employees often seek collective support to ensure their voices are heard and their concerns addressed fairly. Organisations exist to assist in resolving these challenges through formal processes that aim to achieve fair outcomes for all involved. These structures provide a platform where both employers and employees can present their concerns in a neutral setting. Institutions like the Commission for Conciliation, Mediation and Arbitration (CCMA) also play a crucial role in addressing conflicts by helping parties resolve disputes through structured, legal processes.

Employers also have a responsibility to maintain a harmonious work environment and can take proactive steps to reduce the likelihood of conflict. When differences do arise, there are structured approaches that can help resolve matters efficiently and respectfully, often avoiding more serious disruptions. Choosing collaborative methods to handle disagreements can result in more sustainable solutions and healthier long-term relationships. Strengthening the relationship between employers and employees contributes to overall workplace stability and can lead to improved performance and cooperation across all levels of the organisation.

[Adapted from www.labour.gov.za. Accessed on 23 July 2025.]

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2.1 State TWO possible factors that may lead to disagreement between employers and employees in the workplace. (2 x 1) (2)

2.2 Describe ONE benefit for a worker who joins a trade union. (1 x 2) (2)

2.3 Explain the functions of the Commission for Conciliation, Mediation and Arbitration (CCMA). (1 x 2) (2)

2.4 Discuss TWO practical ways in which employers could help to prevent strikes in the workplace. (2 x 2) (4)

2.5 Assess TWO advantages for an employer who settles argument and disputes through negotiation and conciliation. (2 x 2) (4)

2.6 How could employer-employee relations be improved in the workplace? In EACH answer, also indicate how this may be beneficial to the relationship. (2 x 3) (6)

[20]

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ACTIVITY 3 WEEK 4: CAREERS AND CAREER CHOICES

Read the scenario below and answer the questions that follow.

RECRUITMENT PROCESSES

TRENDS AND PRACTICES

Finding employment in the modern world involves more than just submitting a CV. With the growing use of digital platforms in the hiring process, individuals need to be aware of how online tools and resources can influence their job search journey. Being informed about industry developments and market shifts can help one navigate career options more effectively. At the same time, the content people share on digital platforms can shape how they are viewed by potential employers, making it essential to be mindful of one's online presence.

The process of seeking employment can bring about various emotional challenges, especially when progress is slow, or opportunities are limited. During such times, support from family and close networks can make a meaningful difference. Strong relationships at home may offer not only encouragement but also help young people handle the emotional strain that often accompanies job searching. Maintaining a positive outlook and drawing strength from a supportive environment is essential during this phase of life

[Adapted from www.peoplehum.com.Accessed on 23 July 2025.]

3.1	Define the term *e-recruitment.*	(1 x 2) (2)
3.2	Describe how jobseekers could easily secure employment opportunities using online resources.	(1 x 2) (2)
3.3	Discuss how understanding general trends in the job market could help you make a better career choice.	(1 x 2) (2)
3.4	Discuss TWO ways in which inappropriate social media posts could have detrimental consequences for job seekers.	(2 x 2) (4)

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3.5 Assess TWO factors that could be emotionally challenging during a job search. (2 x 2) (4)

3.6 How could having a healthy relationship with one's family help an unemployed youth? In EACH answer, also indicate how it could help one manage their stress. (2 x 3) (6)

[20]

ACTIVITY 4 WEEK 4: CAREERS AND CAREER CHOICES

Read the scenario below and answer the questions that follow.

WORK ETHICS AND SOCIETAL EXPECTATION

DEVELOPING A PROFESSIONAL CULTURE.

Developing a strong work ethics in the workplace begins with understanding the importance of personal and professional values. Employees who demonstrate integrity, responsibility, and a consistent commitment to their tasks often position themselves for growth opportunities. When starting a new job, being reliable and goal-oriented not only builds trust but also enhances one's reputation. It is equally vital for individuals to prepare thoroughly for interviews by gathering relevant insights about the organization, which reflects both initiative and genuine interest in the role.

Productivity and purpose in the workplace are closely linked to one's attitude and efforts. For young employees, maintaining focus, managing time effectively, and contributing to shared goals can enhance overall team performance. Moreover, work often provides structure, a sense of identity, and fulfilment that contributes to personal well-being. In collaborative environments, teamwork fosters idea sharing and mutual support, which can help less experienced workers gain confidence and develop essential interpersonal skills. This collective effort creates a space where everyone, especially those early in their careers, can thrive and learn

[Adapted from www.saica.org.za. Accessed on 23 July 2025.]

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4.1	Define the term *work ethics.*	(1 x 2) (2)
4.2	Describe how newly appointed employees could use their work ethics to develop professionally.	(1 x 2) (2)
4.3	Why is researching about the company important before an interview.	(1 x 2) (2)
4.4	Discuss TWO ways in which you as a young employee could ensure productivity in the workplace.	(2 x 2) (4)
4.5	Discuss TWO ways in which work could give meaning to life.	(2 x 2) (4)
4.6	Assess TWO advantages of teamwork in the workplace. In each answer, also indicate the benefits for a young worker.	(3 x 2) (6)
		[20]

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ACTIVITY 5 WEEK 1: DEVELOPMENT OF SELF IN SOCIETY

Read the scenario below and answer the questions that follow**.**

HUMAN FACTORS THAT CAUSE ILL-HEALTH

HIV/AIDS

Lebo is a 17-year-old high school learner who started dating someone older from outside her school. At first, they did not use protection because she believed she could trust him. Over time, she began noticing changes in her health but was too afraid to tell anyone due to the fear of being judged. She never attended any of the school's sexual health talks and didn't know how or where to get tested. As a result, her untreated condition worsened, and she unknowingly placed herself and others at risk of infection.

Fortunately, after speaking to a trusted Life Orientation teacher, Lebo was referred to a local youth clinic where she received free testing, counselling, and treatment. She also joined a peer support group where she learned about safe sexual practices and the importance of protection. This experience helped her rebuild her self-esteem, take control of her health, and become an advocate for awareness among her friends. While her unsafe sexual behaviour had serious consequences, access to education and support allowed her to recover and make informed, healthier choices.

[Adapted from https://health/diseases/4251-hiv-aids. Accessed on 25 July 2025.]

5.1 State TWO human factors that may contribute to ill-health and accidents in a community. (2 x 1) (2)

5.2 Describe the role of a Life Orientation teacher in supporting learners facing sexual health challenges. (1 x 2) (2)

5.3 Explain how peer support programmes can help learners recover from risky sexual experiences and build self-esteem. (1 x 2) (2)

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5.4 Discuss the impact of unsafe sexual behaviour on the spread of sexually transmitted infections (STIs), including HIV and AIDS.

(2 x 2) (4)

5.5 Assess the impact of early access to sexual health education on a learner's ability to make safe and informed choices.

(2 x 2) (4)

5.6 Recommend two realistic intervention strategies that community health services could implement to reduce risky sexual behaviour among teenagers. In EACH answer, justify how it would contribute to informed decision-making and the prevention of sexually transmitted infections.

(2 x 2) (4)

[20]

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SECTION B: 80

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SECTION C

DESCRIPTIVE PARAGRAPH TYPE QUESTIONS

Your responses must consist of descriptive paragraphs. Marks will ONLY be allocated for responses written in full sentences.

ACTIVITY 6 WEEK 5 CAREERS AND CAREER CHOICES

Read the extract below and answer the questions that follow.

EQUITY AND REDRESS

STRIVING FOR FAIRNESS IN THE WORKPLACE

In South Africa, it is still difficult to achieve fairness and equality, especially in jobs. Because of past injustices and ongoing inequality, creating a truly fair workplace takes strong effort to remove barriers and give everyone equal chances.

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[Adapted from: https://www.labournet.com/, Accessed on 23 July 2025]

Write descriptive paragraphs on the ***principle of equity and redress.***

Use the following as guideline:

- Briefly state FOUR reasons for redress in the workplace (4 x 1) (4)
- Discuss in detail TWO ways in which employment equity policies aim to eliminate barriers to equal opportunity in the workplace. (2 x 4) (8)
- Examine TWO challenges that prevent full implementation of employment equity in the South African workplace. (2 x 4) (8)

[20]

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ACTIVITY 7 WEEK 1 & 2 DEVELOPMENT OF THE SELF IN SOCIETY

Read the extract below and answer the questions that follow.

LIFESTYLE DISEASES

UNHEALTHY CHOICES

The Department of Health has raised the alarm over the escalating prevalence of non-communicable diseases (NCDs) in the country, a concern echoed nationwide. Recent data reveals that these diseases are increasing at an alarming rate, particularly among urban residents whose lifestyles often contribute to these health risks.

[Adapted https://www.gauteng.gov.za/News. accessed 23 July 2025]

Write descriptive paragraphs on ***lifestyle diseases***

Use the following guideline:

- State FOUR habits that could possibly contribute to lifestyle diseases (4 x 1) (4)
- Discuss in detail the impact of socioeconomic factors on an individual's ability to maintain a healthy lifestyle. (2 x 4) (8)
- Recommend two strategies on how the provincial government could assist citizens to participate in long term engagement in physical activities. In EACH answer, also indicate how this could help to prevent lifestyle diseases. (2 x 4) (8)

[20]

SECTION C: 40

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