

CONTENTS/YEAR PLAN

TERM 1

TOPIC: Development of Self in Society (3 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Developing self-awareness and self-esteem; building confidence in self and others; recognising factors like the media that influence self awareness.	1
Lesson 2	Exploring the influence of the media on self-image and ways to combat its negative impact. Becoming critically aware of the factors that influence your way of thinking about yourself.	2
Lesson 3	Developing an awareness of the value of participation in exercise programmes and the link between physical and mental health. The collection and interpretation of data related to attitudes towards physical fitness.	3
TOPIC: Careers and Career Choices (3 hours)		
Lessons/hours	Outline of lessons	Page
Lessons 1-2	Discuss life domains and how they impact on personal career choices; knowledge of self and how abilities and strengths can lead to career choices.	5
Lesson 3	Discussion of terminology used in career selection; socio-economic factors to consider when selecting a job; impact of subject choice on career path.	7
TOPIC: Democracy and Human Rights (4 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Understanding concepts and terms related to discrimination. Types of discrimination in various contexts. Exploring examples of biased behaviour and how it affects the people involved.	11
Lesson 2	Focus on human rights, the Bill of Rights and the rights of children. Investigate current initiatives to challenge and expose prejudice and discrimination.	14
Lessons 3-4	Explore the nature and source of bias locally and globally. Discuss how prejudices become entrenched in our society.	16
TOPIC: Physical Education (10 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Learners formulate their own definition of 'physical fitness' and discuss safety issues that should be considered.	23
Lessons 2-3	Explore various ways in which fitness can be achieved; design fitness programmes to suit various body types: ectomorph, mesomorph or endomorph.	24
Lessons 4-10	Learners implement a training programme to suit their body type and monitor their levels of fitness.	26

TERM 2

TOPIC: Study Skills (3 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Identify individual learner styles and show learners how they can use this knowledge to create solutions to their study problems.	29
Lesson 2	Explore a study method that includes reading, skimming, and note-taking; allow the learners to apply their new knowledge.	30
Lesson 3	Refining note-taking; discuss the impact of assessment and planning on a successful year.	32
TOPIC: Social and Environmental Responsibility (4 hours)		
Lessons/hours	Outline of lessons	Page
Lessons 1-2	Explore the concepts of social justice and citizenship. Learners consider contemporary social issues that impact negatively on local and global communities and discuss their harmful effects on personal and community health. Learners are encouraged to make informed decisions and find solutions to social issues.	35
Lessons 3-4	Learners plan and carry out a community project which reflects their ability to make informed decisions and take responsible actions. They understand the need to be involved in community development.	37
TOPIC: Physical Education (7 hours)		
Lessons/hours	Outline of lessons	Page
Lessons 1-3	Learners explore and participate in lessons which promote movement, teamwork, communication and a spirit of cohesion.	39
Lessons 4-7	Learners define, study and participate in various indigenous games. Safety issues are discussed.	41



TERM 3

TOPIC: Development of Self in Society (5 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Explore life roles and their evolving nature which shifts responsibilities. Adapting to changing roles; awareness of their impact on relationships.	45
Lesson 2	Physical changes associated with developing towards adult-hood. Coping with these changes and related adolescent problems.	48
Lesson 3	Focus on understanding emotional and social changes and how emotions and values influence our development.	53
Lesson 4	Give learners the opportunity to focus on the importance of friends and their communication with them. Encourage learners to think about the qualities needed for good friendship and give them an opportunity to take a critical look at themselves and the type of friends they are to others.	55
Lesson 5	Develop decision-making skills and critical thinking in order to promote the making of healthy life decisions.	56
TOPIC: Careers and Career Choices (5 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Explore various facets of self and determine how personality and talents impact on the world of work and career selection.	57
Lesson 2	Define the different economic sectors and allow learners to gather information about the various careers offered in these sectors.	58
Lesson 3	Learners explore different work environments and associated jobs in order to make an informed decision about their career choice.	59
Lessons 4-5	Learners research different career opportunities in the world of recreation, fitness and sport; learners report back on their findings which should include details of salary scales and opportunities for promotion and the possible transfer of skills.	60
TOPIC: Physical Education (10 hours)		
Lessons/hours	Outline of lessons	Page
Lessons 1-5	Learners explore and participate in a range of activities that promote relaxation and aim to reduce their stress levels.	61
Lessons 6-10	Learners learn about a new recreational activity and then instruct the rest of the class so that everyone can take part in it. Learners learn more about other activities through shared learning.	66



TERM 4

TOPIC: Careers and Career Choices (3 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Understanding the need for lifelong learning in order for the ongoing development of self; different kinds of learning.	71
Lessons 2-3	Awareness of factors that influence the job market; reading the market for current trends and an understanding of how future trends may result in changing patterns in career choices. The structure of education in South Africa; learners should appreciate the various ways in which they can obtain qualifications.	73
TOPIC: Democracy and Human Rights (3 hours)		
Lessons/hours	Outline of lessons	Page
Lessons 1-2	Understanding major religions in South Africa and how they should contribute to a harmonious society.	75
Lesson 3	Critical evaluation of bias and stereotyping in sport coverage. Awareness of unfair practices in sport.	78
TOPIC: Physical Education (6 hours)		
Lessons/hours	Outline of lessons	Page
Lesson 1	Defining 'sport', and 'traditional' and 'non traditional' sports.	81
Lesson 2	Learning about sports from other parts of the world.	83
Lessons 3-6	Learners are instructed in two new sports and then participate in these sports.	84

