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#Jenny



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

#Rio



Cool! I'am really happy

#Markus Jensen



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

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



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

#Diego Butler



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

LIFE ORIENTATION GRADES 10-12	
TOPIC	TERM 2 GRADE 12
WEEKS 1 - 4	Recommended resources
Development of the welfare society	4 hours Textbook, newspaper articles, Bill of Rights
• Human factors that cause ill-health, accidents, crises and disasters: psychological, social, religious, cultural practices and different knowledge perceptions	
• Lifestyle diseases as a result of poverty and gender imbalances: cancer, hypertension, diseases of the heart and circulatory system, tuberculosis, sexually transmitted infections including HIV and AIDS	
• Contributing factors: eating habits, lack of exercise, smoking, substance abuse and unsafe sexual behaviour	
• Intervention strategies: prevention and control, early detection, treatment, care and support	
• Contribution to participate in physical activities for long-term engagement: develop an action plan	
• Long-term effects of participation: physical, mental, social and emotional	
• Utilised benefits and diseases of lifestyle	
Physical education	4 hours Textbook, resources on relaxation and recreational activities
• Participation in programmes that promote long-term engagement in relaxation and recreational activities	
• Participation and movement performance in programmes that promote long-term engagement in relaxation and recreational activities	
• Safety issues relating to participation in relaxation and recreational activities	
WEEKS 5 - 7	
Careers and career choices	2 hours Textbook, resources on careers
• Core elements of a job contract: worker rights and obligations, conditions of service	
• Labour laws: Labour Relations Act, Employment Equity Act and Basic Conditions of Employment Act	
• Principles of equity and redress	
• Recruitment process: general trends and practices	
• Trade unions and organised labour	
• Work ethics and societal expectations	
• The value of work: how work gives meaning to life	
Physical education	2 hours Textbook, resources on relaxation, recreation and recreational activities
• Participation in programmes that promote long-term engagement in relaxation and recreational activities	
• Participation and movement performance in programmes that promote long-term engagement in relaxation and recreational activities	
WEEKS 8 - 10	
EXAMINATIONS	
Formal assessment:	It is compulsory to cover the given topics in the form indicated.
1. Final examination	The importance of the topics within the term is however, not stated.
2. PET	

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