



LIFE ORIENTATION

SCHOOL-BASED ASSESSMENT

GRADE 11 LEARNER GUIDELINE

TERM 1: SOURCE-BASED (RESEARCH AND SUPERVISED ACTIVITIES)

goal setting with teens

Ask these 3 questions:



2026

NAME OF LEARNER	
NAME OF SCHOOL	
GRADE 11	

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COVER PAGE TASK: SOURCE-BASED TASK

NAME OF LEARNER	
GRADE 11	
NAME OF SCHOOL	

Tasks	Teacher's Mark		HOD / School Moderator		District Moderator		Provincial Moderator	
	Mark	Initial	Mark	Initial	Mark	Initial	Mark	Initial
Resource-based Task [40]								
Supervised activity [50]								

OVERALL FEEDBACK TO THE LEARNER:

MODERATION	NAME	SIGNATURE	DATE
Teacher / Marker			
Departmental Head/			
School Moderator			
District Moderator			
UMalusi / DBE Moderator			

DECLARATION OF OWNERSHIP OF LEARNER COLLECTION OF EVIDENCE

NAME	
SCHOOL	
CENTRE NUMBER	
DISTRICT	

Declaration by the Teacher:

I declare that all the work done in this learner collection of evidence is the sole work of this learner.

Signed: _____

Date: _____

Declaration by the Learner:

I declare that all the work done in this collection of evidence is my own work.

Signed: _____

Date: _____



PROGRAM OF ASSESSMENT

TERM	TASK	ACTIVITIES	MARK	Weighting	Total
1	Source-Based Task	Research/ resource activity	40	20%	100
		Supervised activity	50		
	Physical Education Task (PET)	PET 1	10	10%	
2	Mid-Year	Test	100	20%	100
3	Project	Project	90	20%	100
	Physical Education Task (PET)	PET 3	10	10%	
4	Examination	Final examination	100	20%	100
FINAL MARK					400

TASK 1: SOURCE-BASED TASK

SOURCE BASED TASK GRADE 11	
TOPICS	❖ Development of self in society ❖ Careers and career choices ❖ Democracy and Human Rights
CRITICAL QUESTION /ISSUE	❖ To create awareness about the importance of goal setting and building positive and sustainable relationships ❖ Establish and align your life with your values and prioritize what is important in your life, relationships, and understanding careers. ❖ To assess the role of sport as a nation-building event in a democratic country.
SUB-TOPICS	❖ Goals and goal setting. ❖ Research about careers, financial assistance, and career institutions ❖ Democracy and human rights ❖ Role of sports in nation-building.
PURPOSE	❖ Know and understand the importance of goal setting and the impact of media on personal values. ❖ To sensitize learners about the importance of values in relationships ❖ Create an awareness of pursuing a career and the financial assistance available to pursue a career in South African institutions. ❖ Know and understand principles of democracy. ❖ To create an awareness of how they can participate in nation-building
FORM OF ASSESSMENT	RESEARCH SOURCE-BASED & SUPERVISED TASK
MARKS	Task 1 (Resource-based research) 40 Task 2 (Supervised activity) 50 TOTAL: 90
PET	Participation in activities that promote physical Fitness
Date of submission	Activity 1 (Source-based work): 9 – 13 Feb 26 Activity 2 Supervised resource task: 9 – 13 March

NOTE TO LEARNER:

1. This task consists of **TWO activities**. They are all compulsory.
2. Answer questions in full sentences except for questions that require one-word answers.
3. Number the answers correctly according to the numbering system used in this task.
4. The mark allocation per question is an indication of the length of your answer.
5. Marks will be awarded depending on the level of answers. Example: for a FOUR-mark question, you could obtain 4, 3, 2, 1, or 0, subject to the quality of your answers
6. The answers must be **neatly written**.

ACTIVITY 1: RELATIONSHIPS, VALUES, GOALS, AND MEDIA

Read the case study below and answer the questions that follow. Answer all questions in full sentences.

Finding Balance: Personal Goals and Relationships in the Digital Age

Karren is a young, passionate learner who is principled and lives in accordance with her values. She is passionate about being a medical doctor because she believes in helping people. She has set her personal goals to improve her grades in mathematics and science to qualify for her MBChB.

Recently, she began dating a classmate named Sipho. While she enjoys spending time with him, she sometimes finds it difficult to balance her relationships with her schoolwork and personal goals. Sipho often wants her to hang out after school, which clashes with the study schedule.

Karen also spends a lot of time on social media. She follows several influencers who post about fashion, lifestyle, and achievements. She sometimes feels pressured to look a certain way or to spend her time in ways that don't align with her own values and goals. Karren values time and responsibility, but at times she finds it challenging to stick to these values when peers or online influencers suggest otherwise. She notices that she sometimes compromises her values to fit in or avoid conflict.

Glossary:

An influencer is a person who has built a large or highly engaged online following and can shape the opinions, behaviors, or purchasing decisions of their audience.

MBChB: Bachelor of Medicine and Bachelor of Surgery - The standard and formal term used for undergraduate medicine courses in South Africa

Anonymous

1.1. Goals, relationships, and communication

- | | | |
|-------|---|----------------|
| 1.1.1 | Explain what a personal goal is. | 1x2 (2) |
| 1.1.2 | Differentiate between short and long-term goals. | 2x1 (2) |
| 1.1.3 | Explain why it is important for individuals to maintain personal goals while being in a romantic relationship. | 2x2 (4) |
| 1.1.4 | In your own words, how would you explain the meaning of healthy relationship. | 2x2 (4) |
| 1.1.5 | Discuss the importance of effective communication in building strong relationships, and what skills are important. | 2x3 (6) |
| | | [18] |

1.2. Values and media

Influence of media on personal values

The use of media, particularly social media, cannot be separated from the needs of the community, in this case, teenagers. The use of media in young people generates both positive and negative behavioral changes and has a significant influence on their personal values.

Young people are speedily shifting from electronic media like television and radio to social media platforms because they are the fastest and cheapest access to information and knowledge of what is happening around the world. Social media is one platform used by young people to discuss burning issues that have been overlooked in the past; however, there have been lots of questions regarding its impact on society, especially on the youth.

Many teenagers feel social media influences their thinking about appearance, lifestyle, and what it means to be successful. Many reported feeling pressure to copy trends promoted by influencers and celebrities.

Adapted from :<https://doi.org/10.1145/3378904.3378917>

https://www.academia.edu/download/55309862/Impact_of_Socia_media_on_youth.pdf

- 1.2.1 **Explain** your understanding of the concept value and mention two values you consider most important to you as a young person. **2+2 (4)**
- 1.2.21 **Describe** how societal and cultural beliefs can shape the personal values that young people develop in their relationships. **2x2 (4)**
- 1.2.3 **Evaluate** how personal values positively influence the choices you make when setting goals. **2x3 (6)**
- 1.2.4 **Critically** evaluate how the values promoted by social media influence learners' responses to cyberbullying within their friendships and relationships **2x4 (8)**
- [22]**

TOTAL ACTIVITY [40]

