



GRADE 11

LIFE ORIENTATION
SOURCE-BASED TASK
ACTIVITY 2
12 MARCH 2026

MARKS: 60
DURATION: 2H00

This question paper consists of 09 pages.

INSTRUCTIONS AND INFORMATION

- 1.1 Read ALL questions carefully before answering and follow instructions.
- 1.2 This task consists of TWO activities. Answer ALL the questions in both the activities.
- 1.3 This task is an individual work which must be completed in a controlled environment.**
- 1.4 The task must not be administered as a test.**
- 1.5 Learners are not allowed to plagiarise as they will be penalised.
- 1.6 The Cover page must include, name of school, name of learner, grade and name of task.
- 1.7 Number the answers correctly according to the numbering system used in this task.
- 1.8 The mark allocation per question is an indication of the length and depth of your answer.
- 1.9 Write neatly and legibly.

COVER PAGE TASK: GRADE 11 SOURCE BASED TASK

NAME OF LEARNER	
GRADE 11	
NAME OF SCHOOL	

Activity	Teacher's Mark		DH / School Moderator		District Moderator		Provincial Moderator	
	Mark	Initial	Mark	Initial	Mark	Initial	Mark	Initial
Activity 1: [30]								
Activity 2: [60]								

OVERALL FEEDBACK TO THE LEARNER:

MODERATION	NAME	SIGNATURE	DATE
Teacher / Marker			
DH/ School Moderator			
District Moderator			
Provincial Moderator			

TASK 1: SOURCE BASED TASK

NOTE TO LEARNER:

The Source Based Task consists of TWO activities which will be administered and finalized in class BUT **must not be administered as a test**. You will be given an opportunity to go and conduct research and bring your resources and information to class as advised by your teacher. You must complete the task on your own to demonstrate that you understand the content. **Plagiarism is strictly prohibited. Should your teacher notice that you were helping one another, or you have copied from your classmate, an irregularity shall be declared, and you will have to go through a disciplinary hearing and be given a letter of warning, based on the findings of the investigation by the Irregularity Team from your school up to the Provincial team. You will also receive “0” for relevant questions and section copied or plagiarized. A glossary is attached at the end of each source.**

ACTIVITY 2

2.1.

Various options are provided as possible with answers to the following questions. Choose the correct answer and write only the letter (A-D) next to the question numbers. [5]

2.1.1. Reaching your goals means:

- A. You have a clear idea of what you want, and you conform to popular beliefs.
- B. You are geared up, focused, and have mapped out the way forward.
- C. You have planned to get fit and improve your school marks, but have no idea where to start.
- D. You listen to what your friends recommend because they always have your back and your best interest at heart.

2.1.2. Which of the following is vital when rebuilding a damaged relationship?

- A. Communication
- B. Trust
- C. A only
- D. A and B

2.1.3. Which one of the following forms parts of the promotion requirements for NSC:

- A. Pass Home language with 40% or above
- B. Pass Mathematics with 40%.
- C. Pass all your subjects with 40%.
- D. Pass LO with 40%.

2.1.4. In the national government, the cabinet has executive powers, and its members consist of....

- A. Citizens elected from each province.
- B. Political parties in power.
- C. Members elected during the municipal elections.
- D. Members of parliament appointed by the president.

2.1.5. It refers to the ability of your muscles to keep working for a long time without getting tired.

- A. Cardiovascular Endurance
- B. Muscular strength
- C. Muscular Endurance
- D. Flexibility

2.2.



Answer the following questions in full sentences:

- 2.2.2. **What** does it mean to be physically fit? (1)
- 2.2.3. **Identify** TWO components of physical fitness. (2x1)(2)
- 2.2.4. **Give** TWO examples of a physical activity that improves cardiovascular fitness. (1x2) (2)
- [10]

2.3. Careers and career choices.

Study the picture below and answer the questions the follows.



- | | | |
|---------|---|-----------|
| 2.3.1. | What are the advantages of obtaining a matric certificate? | (2x1) (2) |
| 2.3.2. | Identify TWO available learning opportunities towards lifelong learning. | (2x1) (2) |
| 2.3 3. | Describe TWO potential challenges you may be faced with after grade 12. | (2x2) (4) |
| 2.3.4. | Describe three forms of financial assistance for a student in higher education institutions. | (3x2) (6) |
| 2. 3.5. | Evaluate two misconceptions that students face when attending TVET colleges. | (2x3) (6) |
| 2.3.6. | Discuss the key factors to consider when choosing higher education institution. | (3x2) (6) |
| | | [26] |

2.4. (Democracy and human rights

Sports, democracy, and unity in South Africa

South Africa is a democratic country founded on the principles of equality, human dignity, and human rights for all people. The constitution protects every citizen's right, including the right to participate in cultural and sporting activities, freedom of expression, and freedom from discrimination.

John is a grade 11 learner at Hoerskool Marblehall. His school has recently launched a campaign called Sports for Unity, aimed at encouraging learners from different backgrounds to participate in sporting activities together. The goal is to promote teamwork, respect, and social cohesion.

Sports in school are not only used to develop physical skills but also help strengthen the values needed in a democratic society because nation-building requires everyone to participate and uphold the human rights of others.

- 2.4.1. **Define** the concept of nation-building and explain its importance in South Africa (2x2)(4)
- 2.4.2. State TWO benefits of the Democratic government. (2x 1) (2)
- 2.4.3. **Identify** two democratic values/ principles shown when learners of different backgrounds play together. (2x1) (2)
- 2.4.4. Explain how the school's sports for unity campaign promotes human rights (1x2) (2)
- 2.4.5. Describe ways in which teamwork in sports can strengthen relationships among learners. (2x3) (6)
- 2.4.6. Evaluate how negative spectator behavior during sporting events can affect teamwork, unity, and the broader goals of nation-building in a democratic society. (2x4) (8)
- [24]

GRAND TOTAL: 60 MARKS

