

GRADE 11 LIFE ORIENTATION

EXAMINATION SCOPE – 2026

SECTION A: PHYSICAL FITNESS (10 MARKS)

- Definition of physical fitness (Meaning and explanation).
- Components of physical fitness: Cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition.
- Examples of physical activities that improve cardiovascular fitness (e.g., running, jogging, cycling, swimming, skipping rope, aerobic dancing, team sports).
- Multiple-choice questions based on physical fitness concepts.

SECTION B: CAREERS AND CAREER CHOICES (20 MARKS)

- Advantages of obtaining a matric certificate (access to higher education, better employment opportunities, higher earning potential, lifelong learning).
- Socio-economic factors influencing career or study choices (family income, education level of family, community influence, social status, transport and distance).
- Important factors to consider when choosing a career (interests, finances, employment opportunities, values and life goals, skills and subject performance).
- Forms of financial assistance: Bursaries, Loans, Scholarships, NSFAS.
- Misconceptions about TVET colleges and their impact (perceptions about quality, employability, salaries, stigma). Learners must evaluate and explain impacts.

SECTION C: DEMOCRACY AND HUMAN RIGHTS (20 MARKS)

- Definition and importance of nation-building in South Africa.
- Democratic values and principles (respect, equality, fairness, cooperation, tolerance, responsibility).
- How sports and unity campaigns promote human rights.
- Ways teamwork in sports strengthens relationships (trust, communication, cooperation, empathy).
- Evaluation of negative spectator behaviour and its impact on teamwork, unity, democratic values, and nation-building.

TOTAL: 50 MARKS