



education

Department:
Education
North West Provincial Government
REPUBLIC OF SOUTH AFRICA

LIFE ORIENTATION GRADE 11

PROVINCIAL ASSESSMENT TASK 1, TERM 1

SUBJECT	LIFE ORIENTATION
GRADE	11
TYPE OF TASK	SOURCE BASED TASK
TOPICS	• Development of the self in society • Physical Education • Careers and career choices • Democracy and human rights
PURPOSE	To encourage learners to: • apply various life skills to provide evidence of an ability to plan and achieve life goals. • assess different types of relationships whilst maintaining their individuality in those relationships. • to assess different types of relationships. • explain the purposes of NBTs and SETA. • explore options of financial assistance. • explore on the admission requirements to additional and higher education courses of interest. • investigate the principles, processes and procedures for democratic participation. • participation in physical fitness activities and understanding the importance thereof.
FORMS OF ASSESSMENT	• Activity 1- 4
TERMS	• Goals, goal setting, relationships, financial assistance, NBTs, SETA, TVET, APS, Certificate, Diploma, bachelor's degree, Rule of law, Transparency, Accountability, Mandates, Lobbying, Advocacy, Fitness.
MARKS	• Activity 1 = 26 • Activity 2 = 17 • Activity 3 = 25 • Activity 4 = 22 • Total = 90
DURATION	3 weeks
DATE OF SUBMISSION	14 March 2025

SOURCE BASED TASK, 2025

NAME OF LEARNER	
GRADE	11
NAME OF SCHOOL	

ACTIVITIES						
	MARKS	TEACHER	DH	DISTRICT/LEO	PROVINCE	OTHER
ACTIVITY 1	26					
ACTIVITY 2	17					
ACTIVITY 3	25					
ACTIVITY 4	22					
TOTAL	90					

FEEDBACK TO LEARNER:

MODERATION

MODERATOR	NAME	SIGNATURE	DATE
DH			
DISTRICT/LEO			
PROVINCE			
OTHER			

(COVER PAGE TO BE PROVIDED FOR EACH LEARNER)

INSTRUCTIONS AND INFORMATION

1. This Source Based Task must be submitted on: 14 March 2025
2. The Source Based Task consists of 7 pages.
3. The task should be well structured, by including the following aspects:
 - A completed cover page with learner and task details (provided by the teacher)
 - Answers should be in accordance with the numbering in the question paper.
 - Each activity should be answered on a new page.
 - Acknowledge sources used.
 - The task must be bound/stapled.
4. Read and understand all the terms/concepts in the question paper and be able to answer questions with relevance.
5. The teacher will explain the task in detail and facilitate the process in class time i.e. each learner should complete the task independently under supervised conditions.

ACTIVITY 1

DEVELOPMENT OF THE SELF IN SOCIETY

Study the source below and answer the questions that follow.

“The trouble with not having a goal is that you can spend your life running up and down the field and never score. ” – Bill Copeland

Write your answers in paragraphs.

1.1 Define the following terms:

1.1.1 Persistence (1x1) (1)

1.1.2 Life goals (1x1) (1)

1.1.3 Goal setting (1x1) (1)

1.1.4 Individuality (1x1) (1)

1.1.5 Perseverance (1x1) (1)

1.2 Identify the THREE types of goals. (3x1) (3)

1.3 Explain ONE benefit of achieving your short-term goal. (1x2) (2)

1.4 Discuss THREE factors that contribute to relationships that are detrimental to well-being. (3x2) (6)

1.5 Analyse TWO factors in a relationship that will have a positive effect to your well-being. (2x3) (6)

1.6 Critically discuss the impact of media on values and beliefs about relationships. (1x4) (4)

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ACTIVITY 2

PHYSICAL EDUCATION

Study the picture below and answer the questions that follow.



Physical Education and Training: <https://www.shutterstock.com>

Write your answers in paragraphs.

- 2.1 List THREE benefits of engaging in physical activities. (3x1) (3)
- 2.2 Mention any FIVE safety precautions to be considered when engaging in physical activities. (5x1) (5)
- 2.3 Explain ONE factor that may lead to young people not participating in physical activities. (1x2) (2)
- 2.4 Discuss TWO ways in which communities can encourage the youth to participate in sport. (2x2) (4)
- 2.5 Suggest ONE way in which unruly behaviour during sporting activities can be avoided, (1x3) (3)

[17]

ACTIVITY 3

CAREERS AND CAREER CHOICES

Study the source below and answer the questions that follow.

Career decisions are among the most important decisions individuals make in their lifetime due to the vital role they play in individuals' social, economic, and emotional well-being'. Such decisions are challenging for most people, and many find them stressful, potentially leading to career indecision. (Bimrose & Mulvey, 2015; Gati Tal, 2008; Lent & Brown, 202)

Write your answers in paragraphs.

- 3.1 Mention the THREE requirements through which one can pass the NSC (1X3) (3)
- 3.2 Explain the following:
 - 3.2.1 National Benchmark Test (NBT) (1x2) (2)
 - 3.2.2 Sector Education and Training Authority (SETA) (1x2) (2)
 - 3.2.3 Admission Point Score (APS) (1x2) (2)
- 3.3 Discuss THREE factors you should consider when applying to an institution of higher learning. (3x2) (6)
- 3.4 Explore TWO options for financial assistance for studies at institutions of higher education. (2x3) (6)
- 3.5 Recommend TWO ways a learner could follow or pursue a career other than through university education. (2x2) (4)

[25]

ACTIVITY 4

DEMOCRACY AND HUMAN RIGHTS

Study the extract below and answer the questions that follow.

“Democracy cannot be defined without human rights, therefore the relationship between democracy and human rights is intricate, symbiotic and mutually constitutive.

A rights-based approach to democracy grounded in the rule of law is considered increasingly the most consistent safeguard against human rights abuses.”

(Democracy and Human Rights UN Publications)

Write your answers in paragraphs.

- 4.1 List the THREE levels of government. (3x1) (3)
- 4.2 Mention FIVE factors the that may lead to unruly and chaotic behaviour eventually disrupting games. (5x1) (5)
- 4.3 Explain what is meant by the following:
 - 4.3.1 Lobbying (1x2) (2)
 - 4.3.2 Advocacy (1x2) (2)
 - 4.3.3 Mandates (1x2) (2)
- 4.4 Discuss TWO ways on how sport can contribute to nation building. (2x2) (4)
- 4.5 Recommend TWO strategies that can be used to prevent injury of participants during games. (2x2) (4)

[22]

GRANT TOTAL 90