

LIFE ORIENTATION GRADE 11
PROVINCIAL ASSESSMENT TASK 1, TERM 1
SOURCE BASED TASK, 2026

NAME OF LEARNER	
GRADE	
NAME OF SCHOOL	

ACTIVITIES	MARKS	TEACHER	DH	DISTRICT/LEO	PROVINCE	OTHER
ACTIVITY 1	30					
ACTIVITY 2	28					
ACTIVITY 3	10					
ACTIVITY 4	22					
TOTAL	90					

FEEDBACK TO LEARNER:

MODERATION			
MODERATOR	NAME	SIGNATURE	DATE
DH			
DISTRICT/LEO			
PROVINCE			
OTHER			

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Activity 1

DEVELOPMENT OF THE SELF IN SOCIETY

1.1 Define the following terms:

1.1.1. Self- management: The ability to control one's emotions, thoughts, and behaviour driven by the motive of wanting to reach personal and professional objectives.

1.1.2. Time management: The system of planning and exercising conscious control over the amount of time spent on specific activities to increase productivity and effectiveness.

1.2 State FOUR possible negative effects of an inability to prioritize life goals as a Grade 11 learner.

- Poor Academic Performance: Without clear priorities, as a learner, you may feel lost, spend too much time on less important activities, and neglect studying, leading to low grades.
- Increased stress and anxiety: Trying to do many tasks without a clear plan can lead to feeling overwhelmed and stressed.
- Time wasted: Difficulty in deciding what to do first often leads to putting everything off until the last minute
- Lack of direction: Without setting priorities, a learner may feel uncertain about the future and struggle to make important decisions.

1.3. Differentiate between perseverance and persistence when executing a plan to achieve life goals.

Perseverance: Continuing a course of action, belief, or purpose in the face of difficulty or delay in achieving success.

Persistence: Staying firm and not giving up in a course of action in spite facing difficulty or opposition.

1.4. Describe in TWO ways how relationships can be influenced by your own well-being

- Positive well-being often leads to more positive interactions, better communication, and stronger, more supportive relationships.
- Negative well-being, such as high stress or mental health issues, can strain relationships, leading to conflict and lack of emotional availability.

1.5 Discuss THREE reasons for the changing nature of relationships between you as a grade 11 learner and adults at home.

- Increased independence: As a grade 11 learner, developing more independence, which can lead to shift from a parent-child dynamic to a more adult dynamic.
- Need for autonomy: The growing need for autonomy may cause friction as you seek more control over your decisions, leading to negotiations and adjustments in the relationship boundaries.
- Changing communication styles: Communication may evolve as you mature, moving towards more complex discussions and expectation of being treated with more respect and understanding by adults at home.

1.6 Explain in TWO ways how setting of goals will improve your own academic goals.

- Gives your clear direction: Goals show you exactly what you want to achieve in your studies. They break large ambitions into manageable tasks, which makes planning and prioritizing studies easier.
- Boosts motivation and responsibility: Setting specific academic goals motivates you to work towards them. Making you take charge of your progress and creating a sense of responsibility.

1.7 Critically discuss in TWO ways how the overuse of social media can affect your values on relationships as a teenager.

- Unrealistic Comparisons: Social media shows perfect-looking relationships. Teens compare their own relationships to these 'perfect' perfect pictures, and they may start to think real relationships are not good enough. This can make them value online 'ideal' relationships more than real, authentic ones.
- Cyberbullying and Pressure: Teens can be bullied or pressured online to act a certain way in relationships. This can cause worry and make them lose sight of what a healthy relationship really means, so their values about relationships become mixed up because of negative online experiences.

ACTIVITY 2

CAREERS AND CAREER CHOICES

2.1 List FOUR options of financial services that students can access.

- Bursaries
- Scholarships
- Student loans
- NSFAS (National Student Financial Aid Scheme)

2.2 Learner ship programmes are normally arranged by SETAs. Mention FOUR examples of SETAs you have studied.

- BANKSETA (Banking Sector Education and Training Authority)
- SASSETA (Safety and Security Sector Education and Training Authority)
- W&RSETA (Wholesale and Retail Sector Education and Training Authority)
- ETDPSSETA (Education, Training and Development Practices Sector Education and Training Authority)

2.3 Explain in THREE ways why a bursary will be considered as a better option for student success.

A bursary will be considered as a better option because it covers tuition and other essential study costs, it does not need to be repaid unlike a loan, and it often includes mentorship or support programs which can contribute to academic success.

2.4 Discuss any THREE obligations of NSFAS as one of the options for financial assistance.

Three obligations of NSFAS include processing applications for financial aid, disbursing funds to qualifying students for tuition and allowances, and recovering loans from former students once they are employed.

2.5 Examine TWO benefits of following, Technical and Vocational Training Education as an alternative.

It provides students with practical, job-specific skills that prepare them directly for employment, and it often involves shorter, more focused programs compared to traditional university degrees, allowing for quicker entry into the workforce.

ACTIVITY 3

PHYSICAL EDUCATION

3.1 List THREE examples of fitness activities.

Three examples of fitness activities are playing netball, playing football, and playing skipping rope.

3.2 State THREE reasons for doing warm up exercises before physical education activities.

Three reasons for warming up include preparing your muscles and tissues for physical exercises, to avoid avoid muscles strains and body pains, to activate your body for more hard core fitness activities.

3.3 Explain TWO environmental factors that may discourage young people from participating in Physical activities.

- Lack of safe space: The absence of parks, playgrounds, or sports facilities, coupled with crime or traffic safety in the neighbourhood, can make young people and their parents hesitant to engage in outdoor activities.
- Poor weather: Extreme weather such as heavy rain, snow, or excessive heat can make outdoor activities difficult.

ACTIVITY 4

DEMOCRACY AND HUMAN RIGHTS

4.1 Define the following terms

4.1.1 Petition: A written document that people sign to show that they want person or organisation to do or change something.

4.1.2 Rule of law:

4.1.3 Legislature: A group of people who have the power to make and change laws.

4.1.4 Constitution: The system of laws and basic principles that a state, a country or an organisation is governed by.

4.2 Outline THREE responsibilities of the local government.

- Provision of basic services such as water, sanitation, electricity and waste management.
- Maintenance of local infrastructure such as roads, public transport and community facilities.
- Promotion of local economic development and community welfare programs.

4.3 Discuss TWO ways on how communities could be negatively impacted when the local government fails to provide basic services.

Inadequate water or sanitation can cause disease and poor hygiene conditions, lack of services may lead to frustration, protests and reduced community development.

4.4 Analyse the importance of citizens knowing the role of public representatives for the improvement of their living conditions.

Citizens who understand public representatives' roles can hold them accountable, participate in decision making, and advocate for needs, leading to better service and improved living standards.

4.5 Recommend TWO ways the responsible measures in which local government could advocate for responsible usage of water, as a municipal service by citizens. In your answer, also indicate how that could benefit all members of the community.

- Public education campaigns: Run awareness programs on water conservation techniques.
- Incentive schemes: Offer rebates or discounts for households that implement water-saving measures.
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Grade 11 Focus Life Orientation

