



Department of Education
North West Province
REPUBLIC OF SOUTH AFRICA

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

This marking guideline consists of 11 pages

NOTE TO THE TEACHER

- Learners will respond to the questions based on their own socio-economic backgrounds.
- Give learners feedback on how they were to answer questions.
- Complete Marks obtained for each activity on the cover page.
- Teachers must pay special; attention to the way marks have been allocated, For example in some instances:
2 marks imply a fact ✓ and a qualifier ✓
3 marks imply a fact, ✓ a qualifier ✓ and a result/outcome. ✓
4 marks imply a fact, ✓ an elaboration, ✓ a qualifier ✓ and a result/outcome ✓

ACTIVITY 1**DEVELOPMENT OF THE SELF IN SOCIETY****1.1 Define the following terms following****1.1.1 Self- management**

Self- management means the art to manage one's actions such as behaviours thoughts and emotions/ taking responsibility of your own actions in order to achieve desired goals. (✓)

1.1.2 Time management

Time management means the ability to plan and organise activities based on the time given/usage of time in an effective manner/ responsible manner.(✓)
(Award ONE mark ✓ for a well- defined response)

(2x1) (2)**1.2 State FOUR possible negative effects of an inability to prioritize life goals as a grade 11 learner.**

Marks should be awarded as follows:

ONE mark (✓) for each response.

- Development of stress (✓)
- Increased overwhelming situations (✓)
- Emotional instability (✓)
- Poor performance (✓)
- Missing deadlines (✓)
- Missing important opportunities (✓)
- Procrastination (✓)

Any of the FOUR responses for ONE mark each

(4x1) (4)**1.3 Differentiate between perseverance and persistence when executing a plan to achieve life goals.**

Perseverance means being able/being determined/a firm action and decisive action to keep on trying/putting effort/committed to do or complete a particular activity,(✓) whereas persistence means not giving up/continuing to do or complete an action against all odds. (✓)

(2x1) (2)**1.4 Describe in TWO ways how relationships can be influenced by your own well- being.**

Marks should be awarded as follows

TWO marks (✓✓) for a well-explained response

Possible responses...

- If you have good emotional and mental well-being, (✓) you are more likely to have good and sound communication skills which will yield respect to other people and make an indication/make an impact on how well you manage conflicts which will strengthen relationships. (✓)
 - Struggling with a poor well-being emanating from stressful situations having to deal with traumatic experiences, low self-esteem, unresolved anger (✓) can lead to misunderstandings. (✓)
 - Poor well-being can create a lot of tension in a relationship, (✓) resulting in continual fights and distance relationships. (✓)
 - If you are stressed, anxious or physically unwell, you become irritable (✓) and withdraw from others, causing a conflict. (✓)
- Any TWO of the above responses for TWO marks each. **(2x2) (4)**

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

Marks should be awarded as follows:

TWO marks (✓✓) for THREE well-explained responses

Changing relationships can result in...

- Identity formation (✓) the grade 11 learner is normally a teenager at a critical stage of an emerging adulthood stage, beliefs, and values are often developing different from those of parents at home. (✓)
 - The need for independence (✓) teenagers will often feel the need to make their own decisions about life issues such as career choice. (✓)
 - Academic pressure (✓) the desire and the life goals often put pressure in wanting to achieve and break away from parental niche. (✓)
 - Social media effect (✓) this often puts a strain in their lives in the sense that there is growing need to explore the different aspects of life through the social platforms. (✓)
 - Peer influence (✓) friends/peers often take a pivotal role their opinions value a lot to them. (✓)
 - Exposure to perspectives (✓) that indicate privacy/the need for privacy (✓)
- Any THREE responses for TWO marks each **(3x2) (6)**

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

Marks should be awarded as follows

TWO marks (✓✓) for TWO well-explained responses

Possible answers...

- Enhance focus on tasks (✓) setting goals will ensure that as a learner you put effort and focus on the tasks that will yield positive outcomes to help you meet the desired outcomes. (✓)

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- Provide direction (✓) this often makes one to be in control knowing fully well the path one intends to follow to success. (✓)
- Motivates/inspire (✓) goal setting support the idea of being in control and provides personal satisfaction. (✓)
- Ensures accountability (✓) you become the driver of your own vehicle through constant personal feedback (✓)
- Any TWO responses for TWO marks each **(2x2) (4)**

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

Marks should be awarded as follows:

NOTE: To be awarded the full FOUR marks, learners must give a statement,(✓) elaborate on the statement (✓) qualify (✓) and give an outcome (✓)

Values can be affected through...

- Compromised social relationships (✓) the precious moments that are normally shared and esteemed and taken as memories are often devalued,(✓) due to the neglect of having to share time with those around you as a teenager.(✓) and create distance with those around you.(✓)
- Failure in showing empathy and sympathy(✓) when having communication in others around you (✓) compromising welfare/support (✓) social media often relates to non-verbal cues that would not convey the underlying messages of how you feel /how to express yourself to those around you leading to decrease in empathetic engagement.(✓)
- Encouragement of individualism rather than the inclusivity (✓) the caring that is expected in relationships becomes absent.(✓) teenagers tend to find comfort in self (✓) forget those around them resulting in strained relationships.(✓)
- Platforms that are educational and supportive (✓) may instil in teenagers the ability to sustain relationships (✓) through constant communication channels and improve their way of interacting with others. (✓)
- Any of the TWO responses for FOUR marks each **(2x4) (8)**

(30)

ACTIVITY 2**CAREERS AND CAREER CHOICE****2.1 List FOUR options of financial services that students can access**

- Bursary
- NSFAS
- Learnership
- Study loan
- Scholarship
- Award ONE mark ✓ for each response **(4x1) (4)**

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

- Merseta – Manufacturing, Engineering and Related Services SETA
- Agriseta – Agricultural Sector Education and Training Authority
- Bankseta – Banking Sector Education and Training Authority
- CETA – Construction Education and Education Authority
- TETA- Transport Education and Training and Training Authority
- HWseta – Health and Welfare SETA
- MQA – Mining Qualification Authority
- EWSETA – Energy and Water SETA
- FASSETA – Finance and Accounting SETA
- INSETA – Insurance SETA
- LGSETA – Local Government SETA
- MICT SETA – Media Information and Communication SETA
- PSETA – Public Service SETA
- SASSETA – Safety and Security SETA
- W&SETA Wholesale and Retail SETA
- FOODBEV SETA Food and Beverages SETA
- Any FOUR of the responses for ONE mark ✓ each **(4x1) (4)**

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

Marks should be awarded as follows

TWO marks (✓✓) for THREE well-explained responses

- No- requirement of pay back (✓) bursaries will not require you to pay back after completing, (✓)
- Financial relief, (✓) the covering of tuition, accommodation will often reduce the financial burden that comes with studying at an institution of higher learning (✓)

- a good academic performance (✓) will increase the chances of students benefiting from other institutions thus creating financial success. (✓)

(2x3) (6)

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

Marks should be awarded as follows

TWO marks (✓✓) for THREE well-explained responses

- it is obligated to...
- financial need provision (✓) it is expected to cover the needs of students from low income families (✓)
- cover all the needs,(✓) no exclusion should be entertained, learners accommodation, tuition should be covered. (✓)
- Expected to accountability and excellent delivery (✓) not based on social injustice (✓)

- Award TWO marks for THREE responses

(3x2) (6)

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

Marks should be awarded as follows

FOUR marks (✓✓✓✓) for TWO well-explained responses

NOTE: To be awarded the full FOUR marks, learners must give a statement,(✓) elaborate on the statement (✓) qualify (✓) and give an outcome (✓)

- Specialised technical skills (✓) through the curriculum that is more practical,(✓) learners are able to develop the hands –on skills (✓) that makes them to be successful in the world of work (✓)
- Increases the chances of being employable (✓) it's an experiential training of a curriculum (✓) that provides experience (✓)that is often needed for the world of work. (✓)
- Promotes youth entrepreneurship (✓) learners are better equipped (✓) to be able to venture into entrepreneurship (✓) and put them in a better exposure (✓)
- Offer an affordable path to career readiness. (✓) the fees are normally affordable (✓) and can cater for everyone. (✓) from all levels and sphere of life. (✓)
- Any TWO responses for FOUR marks each

(2x4) (8)

(28)

ACTIVITY 3**PHYSICAL EDUCATION****3.1 List THREE examples of fitness activities.**

- Brisk walk (✓)
- Touch-toe exercise(✓)
- Skip and clap(✓)
- Sprint jog(✓)
- Side to side run(✓)
- Knee high march(✓)
- Trunk rotate(✓)
- Any THREE responses for ONE mark ✓each **(3x1) (3)**

3.2 State THREE reasons for doing warm up activities during Physical Education lessons.

Marks should be awarded as follows:

ONE mark (✓) for each of the THREE responses

This is necessary for...

- Preparing the body muscles for physical activity.(✓)
- Building the muscle flexibility and joints mobility. (✓)
- Reduce muscle stiffness and decreasing unnecessary injuries.(✓)
- Increases heart rate gradually
- Improves blood circulation to muscles
- Enhances performances
- Any THREE for ONE mark each **(3x1) (3)**

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

Marks should be awarded as follows:

TWO marks (✓✓) for TWO well –explained response

This include...

- Lack of space.(✓)people who find themselves in crowded areas for example illegal settlements may experience barriers to areas that can be used for physical activities. (✓)
- Safety factors (✓) areas that may pose threat eg. Not well lit streets, heavy traffic areas may hinder people from free exercising. (✓)
- Absence of resources (✓)the areas without the necessary resources may kill the interests of people.(✓)

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- Social factors (✓)in some communities participation in physical activities may be hampered due to the following high rate of criminal activities such as mugging, random shootings in gang-related matters.(✓)
- Pollution / unfavourable weather conditions(✓) places with unstable changing weather patterns such as fog, heavy rains/floods may discourage people from participating. (✓)
- Any TWO of the above responses for TWO marks each **(2x2) (4)**

(10)

ACTIVITY 4**DEMOCRACY AND HUMAN RIGHTS****4.1 Define the following terms****4.1.1 Petition**

- A written document where people express their concerns and views and normally signed by all parties. (✓)

4.1.2 Rule of law

A document /law that emphasises the equality/all people to follow the law in the country irrespective of who you are. (✓)

4.1.3 Legislature

People assigned with the power to make or amends laws in a country.(✓)

4.1.4 Constitution

Rules /principles by which a country or state is governed.(✓) **(4x1) (4)**

4.2 Outline THREE responsibilities of the local government

Marks should be awarded as follows:

ONE mark for each of the THREE responsibilities

This include...

- To make sure that there is delivery of services such as water. electricity, sanitation, and refuse or rubbish removal.(✓)
- Ensure that there is local economic development. (✓)
- Encourage communities to participate in local organisations and activities that aimed at improving communities.(✓)
- Make and carry out by laws.(✓)
- Plan accordingly the budget that will be able to sustain the communities.(✓)
- Any THREE responses for ONE mark ✓each. **(3x1) (3)**

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

Marks should be awarded as follows:

TWO marks (✓✓) for a well-explained response

They could...

- Face serious health impacts.(✓) When there is lack of clean water and sanitation the community can face constant outbreaks of waterborne diseases such as cholera and typhoid.(✓)
- Have an inaccessibility to infrastructure (✓) such as local clinics and hospitals can result in the communities being prone to high death rate due to deteriorating health conditions when there is no proper medication for chronic situations.(✓)

Marking Guideline

- Have compromised safety or poor infrastructure/poorly maintained structures.(✓) Communities may find themselves more likely to face challenges of natural disasters like storms, floods when drainage system, bridges are not properly maintained.(✓)
- Face challenges of communities losing trust in their leaders.(✓) This may result in skilled and talented community members leaving the community where they have an interest of serving, and seek greener pastures. (✓)
- Experience economical decrease and poverty,(✓) local business may experience a decline in their economic activities ending up in loss and resulting in high unemployment rate. (✓)
- Any TWO well-explained responses for TWO marks ✓✓each **(2x2) (4)**

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

Marks should be awarded as follows:

THREE marks (✓✓✓) for a well-explained response

NOTE: To be awarded the full THREE marks learners must give a Statement (✓)Elaborate (✓)Qualify it (✓)

They...

- Encourage participation in democratic levels (✓) citizens change from being spectators/ having no interest in matters around them (✓) and get to be involved in matters that affect them directly.(✓)
- Enjoy improvement of service delivery(✓) coming to know the right channel/ where any challenging or reported matter should be directed to (✓) ensure the effectiveness and functionality which will speed up the process and bring solution to the matters.(✓)
- Will witness improved accountability,(✓) if citizens understand the role of their representatives they can hold them accountable (✓) and hence preventing/curbing the issues of corruption.(✓)
- Will share a sound relationship that will exist between the citizens and the representatives (✓) that strengthens the smooth flow /dissemination of information (✓) and better channels of feedback./ collaboration (✓)
- Any ONE of the above responses for THREE marks each **(1x3) (3)**

4.5 Recommend in 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

Marks should be awarded as follows:

FOUR marks(✓✓✓✓) for each well-explained response

NOTE; To be awarded the full FOUR marks learners must give a Statement (✓)Elaborate (✓)Qualify (✓)Give an outcome (✓)

They could...

- Run awareness campaigns community education (✓) that will help the community to understand the importance of conserving water (✓) and ensuring that there is enough water for everyone(✓) this will promote fair and responsible usage of water (✓) and thus promote equal access to water for all.
- Establish reasons behind constant breaking pipes and leaks (✓) where monitors are assigned for different municipality wards(✓) their duty will be to make a detailed report,(✓) ensure continual feedback to the community (✓) and hence ensuring that community members do not stay for longer periods without water. (✓)
- Introduce and enforce water restrictions (✓) during water shortage and sets limits for example no watering of gardens (✓) this will benefit all members (✓) and ensure fair distribution of water.(✓)
- Encourage the installation of water- saving services (✓) this will lower water bills (✓) and also help with the conservation of water (✓) promoting water sustainability.(✓)
- Any TWO responses for FOUR marks each.

(2x4) (8)

(22)

TOTAL (90)