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### Development of self in society:

**Term 1: Week 1-3**
- Concepts: self-concept formation and self-motivation
  - Factors that influence self-concept formation and self-motivation: media, environment, friends and peers, family, culture, religion and community
  - Positive self-talk: individuality and uniqueness; and personal achievements
    - Strategies and skills to extend personal potential

**Physical education:**
- Participation in physical activities that promote components of fitness
- Safety issues relating to fitness activities

**Term 1: Week 4-6**

**Development of self in society**
- Concept: sexuality
  - Understanding one’s sexuality: personal feelings that impact on sexuality
  - Influence of friend’s and peers on one’s sexuality
  - Family and community norms that impact on sexuality
  - Cultural values that impact on sexuality
  - Social pressures including media that impact on sexuality
  - Problem solving skills: identity and development

**Physical education:**
- Participation in physical activities that promote components of fitness
- Participation and movement performance in physical activities that promote components of fitness

**Term 1: Week 7-9**

**Development of self in society**
- Relationships and friendships: relationships at home, school and in the community
  - Appropriate ways to initiate a relationship
  - Appropriate ways to sustain a relationship
  - Problem-solving skills: appropriate behaviour in a relationship
  - Communication skills: ability to disagree in constructive ways and appropriate ways to end a relationship

**Physical education:**
- Participation in physical activities that promote components of fitness

**Term 1: Week 10**

**World of work**
- Different learning styles: visual, aural, kinaesthetic, reading and writing

**Physical education:**
- Participation in physical activities that promote components of fitness
- Participation and movement performance in physical activities that promote components of fitness
## World of work

### Term 2: Week 1
- Identify and apply own learning style

### Physical education:
- Participation in target games
- Safety issues relating to target games

### Term 2: Week 2-5

#### World of work
- Six career categories: investigative, enterprising, realistic, artistic, conventional and social
  - Interests and abilities related to each career category
  - Thinking and learning skills required by each career category
  - School subjects related to each career category
- The role of work in relation to needs in South Africa: social and economic needs
  - Identify needs in the community and country
  - How work can meet social and economic needs in South Africa

#### Physical education:
- Participation in target games
- Participation and movement performance in target games

### Term 2: Week 6-8

#### Health, social and environmental responsibility
- Social factors that contribute to substance abuse: societal including community and media
  - Appropriate behaviour to stop and avoid substance abuse: refusal and decision making skills
  - Long and short term consequences of substance abuse: link to crime, violence and educational outcomes
  - Rehabilitation options: where to find help, are and support

#### Physical education:
- Participation in target games
- Participation and movement performance in target games

### Term 2: Week 9-10

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### Constitutional rights and responsibilities

**Term 4: Week 1-4**

- **Concept: human rights violations**
  - Types of violations
  - Counter-strategies to violations of human rights
- **Concept: gender equity**
  - Gender equity issues in a variety of athletic and sport activities
  - Defining gender-based violence
  - Emotional, health and social impact of rape and gender-based violence
  - Prevention of violence against women: law on sexual offences
  - Sources of help for victims: safety for girls and women

### Physical education:

- Participation in an outdoor recreational activity
- Participation and movement performance in an outdoor recreational activity
- Safety issues relating to participation in recreational activities

**Term 4: Week 5-7**

- **Concept: cultural diversity in South Africa**
  - Diverse cultural norms and values in relation to personal and community issues
  - Influence of cultural norms and values on individual behaviour, attitude and choices: cultural expectations, practices and traditions
  - Understanding diverse cultures: recognition of diverse cultures to enrich South African society
  - Respect difference: culture, religion and gender
  - Celebrate similarity
  - Contributions of organisations from various religions to social development

### Physical education:

- Participation in an outdoor recreational activity
- Participation and movement performance in an outdoor recreational activity

**Term 4: Week 8-10**

### Examinations