

Teaching plan for Life Orientation Grade 8

This teaching plan shows:

- the pacing of the topics for the course by term
- where to find the relevant content and activities in the Learner's Book
- when Formal Assessment takes place, cross-referenced to suitable activities in the Learner's Book.

This teaching plan follows the time allocations as set out in CAPS for Life Orientation.

It assumes two hours of teaching per week.

Content/topics	Learner's Book	Activities	Teaching time
Term 1	Module 1		
Development of the self in society: Self-concept formation	Unit 1, page 10	1–4	3 hours
Physical education: Physical fitness (1)	Unit 2, page 21	1–3	3 hours
Development of the self in society: Sexuality	Unit 3, page 24	1–5	3 hours
Physical education: Physical fitness (2)	Unit 4, page 34	1	3 hours
Development of the self in society: Relationships and friendships	Unit 5, page 36	1–4	3 hours
Physical education: Physical fitness (3)	Unit 6, page 44	1–2	3 hours
World of work: Different learning styles	Unit 7, page 46	1	1 hour
Physical education: Physical fitness (4)	Unit 8, page 49	1–3	1 hour
Formal Assessment			
Term 2	Module 2	Activities	Teaching time
World of work: Identify and apply your own learning styles	Unit 1, page 54	1–2	1 hour
Physical education: Participation in target games (1)	Unit 2, page 57	1	1 hour
World of Work: Career categories and the role of work in relation to South Africa's needs	Unit 3, page 59	1–3	4 hours

Content/topics	Learner's Book	Activities	Teaching time
Term 2	Module 2		
Physical education: Participation in target games (2)	Unit 4, page 69	1–3	4 hours
Health, social and environmental responsibility: Substance abuse	Unit 5, page 74	1–3	3 hours
Physical education: Participation in target games (3)	Unit 6, page 82	1–4	3 hours
Formal Assessment			
Term 3	Module 3	Activities	Teaching time
World of work: Relationship between performance in school subjects and interests and abilities	Unit 1, page 88	1–8	3 hours
Physical education: Improve movement techniques (1)	Unit 2, page 97	1–2	3 hours
Health, social and environmental responsibility: Environmental health issues	Unit 3, page 100	1–3	3 hours
Physical education: Improve movement techniques (2)	Unit 4, page 105	1–5	3 hours
Health, social and environmental responsibility: Making responsible decisions about HIV and Aids	Unit 5, page 108	1–4	2 hours
Physical education: Movement techniques (3)	Unit 6, page 115	1–3	2 hours
Constitutional rights and responsibilities: Nation building	Unit 7, page 117	1–6	2 hours
Physical education: Movement techniques (4)	Unit 8, page 126	1–3	2 hours
Formal Assessment			
Term 4	Module 4	Activities	Teaching time
Constitutional rights and responsibilities: Human rights	Unit 1, page 130	1–5	4 hours
Physical education: Outdoor recreational activities (1)	Unit 2, page 141	1	4 hours
Constitutional rights and responsibilities: Cultural diversity in South Africa	Unit 3, page 144	1–6	3 hours
Physical education: Outdoor recreational activities (2)	Unit 4, page 154	1–3	3 hours
Formal Assessment			