

IEB Annual Teaching Plan

(Updated 10 June 2026)

Grade 10

Lessons developed prior to 2023, are available in the 'Older Lessons' category (located on the Teenactiv website under a particular term).

All Lessons, Projects, Tasks and Controlled Tests that are available in Afrikaans - have been indicated.

Physical education lessons were developed prior to 2021 – these would need adapting.

DISCURSIVE ESSAYS
Grade 10 IEB Discursive Essays - Grade 10 SER.1-2 Mini Discursive Essay – Environmental Degradation (2026) p6 - English - Grade 10 SER.1-2 Mini Discursive Essay – Social Media Ban (2026) p7 - English - Grade 10 CCC.1-2 Discursive Essay - Socio-Economic Status (2025) p4 - English - Grade 10 SER.1-2 Discursive Essay - Black Economic Empowerment (2025) p4 - English - Grade 10 DSS.6 Mini Discursive Essay – Online Dating (2024) p4 – English - Grade 10 DSS.7 Discursive Essay – Vaping (2024) p7 – English - Grade 10 DHR.6 DSS.2 Discursive Essay – Biases and Unfair Practices in Sport (2023) p8 – English - Grade 10 DSS.1 Discursive Essay – Adolescents and Risky Behaviour (2023) p13 – English - Grade 10 DSS.1-2 Discursive Essay – Toxic Masculinity (2022) p3 – English - Grade 10 SER.1-2 Discursive Essay – Social Justice & Poverty (2022) p7 – English - Grade 10 DSS.1 Discursive Essay – Personal Branding (2021) p2 – English - Grade 10 DSS.3 Discursive Essay – Physical Education (2021) p6 – English
IEB TASKS
Grade 10 IEB Tasks - Grade 10 DHR.1-2 Written Task (2022) p9 – English - Grade 10 DHR.1-2 Written Task MEMO (2022) p6 - Grade 10 DHR.1-2 Written Task Analysis Grid (2022) p1 - Grade 10 SER.1-2 Written Task (2022) p8 – English - Grade 10 SER.1-2 Written Task MEMO (2022) p5 - Grade 10 SER.1-2 Written Task Analysis Grid (2022) p1 - Grade 10 DSS.1 Written & Oral Task (2021) incl Covid p9 – English - Grade 10 DSS.1 Written & Oral Task MEMO (2021) p6 - Grade 10 DSS.1 Assessment Grid p1

TOPIC
Development of the self in society (DSS.1-3)
1. Self awareness, self esteem and self-development 2. Power, power relations and gender roles 3. Value of participation in exercise programmes
Teenactiv resources
Lesson Preparation: - Self-development & Gender Lesson Preparation (2026) – English or Afrikaans - Lesson 1 – PowerPoint p20 - Lesson 1 – Worksheet p4 - Lesson 1 – Worksheet MEMO p4 - Lesson 1 – Fishbowl Discussion Topics p3 - Lesson 1 – Introduction Activity p3 - Lesson 1 – Just Me Emoji p1 - Lesson 2 – PowerPoint p15 - Lesson 2 – Worksheet p4 - Lesson 2 – Worksheet MEMO p5 - Lesson 2 – Introduction Pictures p4 - Lesson 3 – PowerPoint p15 - Lesson 3 – Worksheet p2 - Lesson 3 – Worksheet MEMO p3 - Lesson 3 - Group Activities p4 - Lesson 3 – Group Activities MEMO p6 - Lesson 3 – Poster p1 - Content Summary p13 - 1x YouTube Video
Development of the self in society (DSS.4-7)
4. Life roles: nature and responsibilities 5. Changes towards adulthood 6. Decision-making regarding sexuality 7. Recreational and emotional health
Teenactiv resources
Lesson Preparation: - Life Roles and Changes Lesson Preparation (2023) – English or Afrikaans - Lesson 1 - PowerPoint p6 - Lesson 1 - Worksheet p3 - Lesson 1 - Worksheet MEMO p4 - Lesson 1 - Poster p1 - Lesson 2 - PowerPoint p5 - Lesson 2 – Worksheet p5 - Lesson 2 - Worksheet MEMO p5 - Lesson 3 - PowerPoint p5 - Lesson 3 - Worksheet p5 - Lesson 3 - Worksheet MEMO p5 - Lesson 4 - PowerPoint p7 - Lesson 4 - Worksheet p3

- Lesson 4 - Worksheet MEMO p3
- Lesson 4 - Poster p1
- Lesson 5 - PowerPoint p6
- Lesson 5 - Worksheet p4
- Lesson 5 - Worksheet MEMO p6
- Lesson 6 - PowerPoint p4
- Lesson 6 - Worksheet p2
- Lesson 6 - Worksheet MEMO p2
- Lesson 6 - Group Role Play p5
- Lesson 7 - PowerPoint p7
- Lesson 7 - Worksheet p4
- Lesson 7 - Worksheet MEMO p4
- Lesson 7 - Group Activity p5
- Lesson 7 - Group Activity MEMO p5
- Content Summary p10
- 4x YouTube Videos

TOPIC

Social and environmental responsibility (SER.1-2)

1. Contemporary social issues that impact negatively on local and global communities:
2. Social skills and responsibilities to participate in civic life

Teenactiv resources

Lesson Preparation:

- Social and Environmental Responsibilities Lesson Preparation (2023) – **English** or **Afrikaans**
- Lesson 1 – PowerPoint p7
- Lesson 1 – Worksheet p2
- Lesson 1 – Worksheet MEMO p2
- Lesson 1 – Case Study 1-5 p5
- Lesson 1 – Case Study 1-5 Mindmap p5
- Lesson 2 – PowerPoint p5
- Lesson 2 – Worksheet p2
- Lesson 2 – Worksheet MEMO p2
- Lesson 3 – PowerPoint p7
- Lesson 3 – Worksheet p7
- Lesson 3 – Worksheet MEMO p2
- Lesson 4 – PowerPoint p8
- Lesson 4 – Worksheet p3
- Lesson 4 – Worksheet MEMO p2
- Lesson 5 – PowerPoint p4
- Lesson 5 – Worksheet p3
- Lesson 5 – Worksheet MEMO p6
- 3x YouTube Videos

TOPIC

Democracy and human rights (DHR.1-2)

1. Diversity, discrimination, human rights and violations
2. National and international instruments and conventions

Teenactiv resources

Lesson Preparation:

- Discrimination & Transformation Lesson Preparation (2024) – [English](#) or [Afrikaans](#)
- Lesson 1 – PowerPoint p11
- Lesson 1 – Worksheet p4
- Lesson 1 – Worksheet MEMO p5
- Lesson 2 – PowerPoint p10
- Lesson 2 – Worksheet p4
- Lesson 2 – Worksheet MEMO p5
- Lesson 2 – Group Activity Articles p4
- Lesson 2 – Group Activity Articles MEMO p8
- Lesson 3 – PowerPoint p10
- Lesson 3 – Worksheet p7
- Lesson 3 – Worksheet MEMO p6
- Lesson 4 – PowerPoint p8
- Lesson 4 – Worksheet p3
- Lesson 4 - Worksheet MEMO p3
- Lesson 5 – PowerPoint p4
- Lesson 5 – Worksheet p4
- Lesson 5 – Worksheet MEMO p5
- Content Summary p5
- 6x YouTube Videos

Democracy and human rights (DHR.3-6)

3. Major Religions
4. Ethical traditions and/or religious laws of major religions in South Africa
5. Indigenous belief systems in South Africa
6. Biases and unfair practices in sport

Teenactiv resources

Lesson Preparation:

- Multi Religious Society & Sport Coverage Lesson Preparation (2024) – [English](#) or [Afrikaans](#)
- Lesson 1 – PowerPoint p9
- Lesson 1 – Worksheet p2
- Lesson 1 – Worksheet MEMO p2
- Lesson 1 – Poster p1
- Lesson 1 – Religions Info Sheet p7
- Lesson 2 – PowerPoint p6
- Lesson 2 – Worksheet p3 p
- Lesson 2 – Worksheet MEMO p4
- Lesson 3 – PowerPoint p9
- Lesson 3 – Worksheet p2
- Lesson 3 – Worksheet MEMO p4
- Lesson 3 – Poster p1
- Content Summary p8
- 1x YouTube Video

TOPIC
Careers and career choices (CCC.1-2)
1. Subjects, career fields and study choices: decision-making skills
2. Socio-economic factors
Teenactiv resources
Lesson Preparation: - Self-Knowledge and Economic Factors Lesson Preparation (2026) – English or Afrikaans - Lesson 1 – PowerPoint p13 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p4 - Lesson 2 – PowerPoint p20 - Lesson 2 – Worksheet p2 - Lesson 2 – Worksheet MEMO p3 - Lesson 3 – PowerPoint p16 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO p5 - Content Summary p12 - 2x YouTube Videos
Careers and career choices (CCC.3-4)
3. Diversity in jobs:
4. Opportunities within career fields
Teenactiv resources
Lesson Preparation: - Work Settings & Sectors Lesson Preparation (2023) – English or Afrikaans - Lesson 1 - PowerPoint p9 - Lesson 1 - Worksheet p5 - Lesson 1 - Worksheet MEMO p5 - Lesson 2 - PowerPoint p9 - Lesson 2 - Worksheet p5 - Lesson 2 - Worksheet MEMO p6 - Lesson 2 – Job Adverts p4 - Lesson 3 - PowerPoint p6 - Lesson 3 - Worksheet p14 - Lesson 3 - Worksheet MEMO p14 - Content Summary p8 - 5x YouTube Videos
Careers and career choices (CCC.5-6)
5. Trends and demands in the job market
6. The need for lifelong learning
Teenactiv resources
Lesson Preparation: - Trends, Demands & Lifelong Learning Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p6 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p5

- Lesson 1 – Group Statistics p6 - Lesson 1 – Group Statistics MEMO p12 - Lesson 2 – PowerPoint p6 - Lesson 2 – Worksheet p5 - Lesson 2 – Worksheet MEMO p5 - Lesson 3 – PowerPoint p7 - Lesson 3 – Worksheet p2 - Lesson 3 - Worksheet MEMO p2 - Lesson 3 – My Life Cards p1 - Content Summary p6 - 1x YouTube Video
TOPIC
Study skills (SS.1-3)
1. Study skills and study methods 2. Process of assessment: internal and external 3. Annual study plan
Teenactiv resources
Lesson Preparation: - Study Skills Lesson Preparation (2023) – English or Afrikaans - Lesson 1 – PowerPoint p23 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p3 - Lesson 2 – PowerPoint p15 - Lesson 2 – Worksheet p2 - Lesson 2 – Worksheet MEMO p2 - Content Summary p7 - 5x YouTube Videos
TOPIC
Physical Education (PE.1&5)
1. Physical fitness: programmes to promote well-being 5. Safety issues
Teenactiv resources
Lesson Preparation: - Developing your Speed Lesson Preparation (2018) p16 – English
Lesson Preparation: - Physical Fitness Teacher Booklet Lesson Preparation (2017) p10 - English - Physical Fitness Learner Booklet p30
Physical education (PE.2&5)
2. Skills in playground and/or community and/or indigenous games 5. Safety issues
Teenactiv resources
Lesson Preparation: - Indigenous Games Lesson Preparation (2017) - English

- Dibeke (2011) p4 - Diketo (2010) p3 - lintonga (2011) p3 - Jukskei (2010) p4 - Kho-Kho (2011) p3 - Indigenous Games of South Africa (2008) p3
Physical education (PE.3)
3. Environmentally responsible outdoor recreational group or individual activities
Teenactiv resources
Lesson Preparation: - My Boot Camp Lesson Preparation (2017) p7 – English - My Boot Camp Record Sheet – Option 1 Time p3 - My Boot Camp Record Sheet – Option 2 Repetitions p4 - My Boot Camp Learner Booklet p13 - My Boot Camp – Stickers and Station Posters p22 - Creative Ways to Gym at Home p7
Physical education (PE.4&5)
4. Skills in traditional and/or non-traditional sports
5. Safety issues
Teenactiv resources
Lesson Preparation: - Trad and Non Traditional Sports Lesson Preparation (2016) – English - Court Sports, Court Fun (2015) - Ball and Racket Games (2015) - Teamwork – Part 1 Trust and Enthusiasm (2015) p4 - Teamwork – Part 2 Ambition and Motivation (2015) p3 - Safety Issues and First Aid in Sport p6
EXAMINATIONS
Teenactiv resources
DSS.1-3, DHR.1-2, SER.1-2, CCC.1-2 & SS.1-3: 2026 Grade 10 Section A T1&2 Controlled Test (2026) p10 – English or Afrikaans Grade 10 Section A T1&2 Controlled Test MEMO (2026) p12 Grade 10 Integrated Topics Section B&C T1&2 Controlled Test (2026) p9 – English or Afrikaans Grade 10 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2026) p25 2025 Grade 10 Section A T1&2 Controlled Test (2025) p10 – English or Afrikaans Grade 10 Section A T1&2 Controlled Test MEMO (2025) p13 Grade 10 Integrated Topics Section B&C T1&2 Controlled Test (2025) p7 – English or Afrikaans Grade 10 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2025) p16

2024

Grade 10 Section A T1&2 Controlled Test (2024) p11 – [English](#) or [Afrikaans](#)

Grade 10 Section A T1&2 Controlled Test MEMO (2024) p20

Grade 10 Integrated Topics Section B&C T1&2 Controlled Test (2024) p11 – [English](#) or [Afrikaans](#)

Grade 10 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2024) p27

2023

Grade 10 Section A Controlled Test (2023) – [English](#) or [Afrikaans](#)

Grade 10 Section A Controlled Test MEMO (2023) p13

Grade 10 Integrated Topics Controlled Test (2023) p7 – [English](#) or [Afrikaans](#)

Grade 10 Integrated Topics Controlled Test MEMO (2023) p20

2022

Grade 10 DSS.1-3 Controlled Test (2022) p9 – [English](#) or [Afrikaans](#)

Grade 10 DSS.1-3 Controlled Test MEMO (2022) p21

Grade 10 DHR.1-2 & SER.1-2 Controlled Test (2022) p9 – [English](#) or [Afrikaans](#)

Grade 10 DHR.1-2 & SER.1-2 Controlled Test MEMO (2022) p21

Grade 10 Integrated Topics Controlled Test (2022) p7 – [English](#) or [Afrikaans](#)

Grade 10 Integrated Topics Controlled Test MEMO (2022) p19

(DSS.1-3, DHR.1-2, SER.1-2, CCC.1-2 & SS.1-3)

2021

Grade 10 DSS.1-3 Controlled Test & MEMO (2021) p19 – [English](#) or [Afrikaans](#)

Grade 10 CCC.1-2 & SS.1-3 Controlled Test & MEMO (2021) p20 – [English](#) or [Afrikaans](#)

Grade 10 DHR.1-2 & SER.1-2 Controlled Test & MEMO 2021 p21 – [English](#) or [Afrikaans](#)

Grade 10 Integrated Topics Controlled Test & MEMO (2021) p17 – [English](#) or [Afrikaans](#)

(DSS.1-3, DHR.1-2, SER.1-2, CCC.1-2 & SS.1-3)

2020

Grade 10 DSS.1-3 Exam Questions & MEMO (2020) p21 – [English](#)

Grade 10 CCC.1-2 Exam Questions & MEMO (2020) p23 – [English](#)

Grade 10 SER.1-2 Exam Questions & MEMO (2020) p24 – [English](#)

Grade 10 DHR.1-2 Exam Questions & MEMO (2020) p22 – [English](#)

EXAMINATIONS

DSS.4-7, CCC.3-6, DHR.3-6

2025

Grade 10 Section A T3&4 Examination Paper (2025) p5 – [English](#) or [Afrikaans](#)

Grade 10 Section A T3&4 Examination Paper MEMO (2025) p13

Grade 10 Integrated Topics Section B&C T3&4 Examination Paper (2025) p11 – [English](#) or [Afrikaans](#)

Grade 10 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2025) p22

2024

Grade 10 Section A T3&4 Examination Paper (2024) p13 – [English](#) or [Afrikaans](#)
 Grade 10 Section A T3&4 Examination Paper MEMO (2024) p24

Grade 10 Integrated Topics Section B&C T3&4 Examination Paper (2024) p7 – [English](#) or [Afrikaans](#)
 Grade 10 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2024) p17

2023

Grade 10 Section A T3&4 Examination Paper (2023) p7 – [English](#) or [Afrikaans](#)
 Grade 10 Section A T3&4 Examination Paper MEMO (2023) p9

Grade 10 Integrated Topics Section B&C T1-4 Examination Paper (2023) p8 – [English](#) or [Afrikaans](#)
 Grade 10 Integrated Topics Section B&C T1-4 Examination Paper MEMO (2023) p19

2022

Grade 10 DSS.4-7 Controlled Test Questions 2022 p8 – [English](#) or [Afrikaans](#)
 Grade 10 DSS.4-7 Controlled Test MEMO 2022 p22

Grade 10 CCC.3-6 Controlled Test Questions & Memo 2022 p21 – [English](#) or [Afrikaans](#)
 Grade 10 Integrated (Section B&C) Controlled Test Questions & Memo 2022 p24 – [English](#) or [Afrikaans](#)

2021

Grade 10 DSS.4-7 Exam Questions & Memo 2021 p25 – [English](#) or [Afrikaans](#)
 Grade 10 DHR.3-6 Exam Questions & Memo 2021 p24 – [English](#) or [Afrikaans](#)
 Grade 10 CCC.3-6 Exam Questions & Memo 2021 p24 – [English](#) or [Afrikaans](#)

2020

Grade 10 DSS.1-7 Exam Questions & Memo 2020 p20 - *incl COVID-19* – [English](#) or [Afrikaans](#)
 Grade 10 DHR.1-6 & & SER.1-2 Exam Questions & Memo 2020 p20 - *incl COVID-19* – [English](#) or [Afrikaans](#)
 Grade 10 CCC.1-6 Exam Questions & Memo 2020 p21 - *incl COVID-19* – [English](#) or [Afrikaans](#)

 Grade 10 DSS .4-7 Exam Questions & Memo 2019 p21 – [English](#)
 Grade 10 DHR.3-6 Exam Questions & Memo 2019 p19 – [English](#)
 Grade 10 CCC.3-6 Exam Questions & Memo 2019 p20 – [English](#)

OPTIONAL EXTRA FORMS OF FORMAL ASSESSMENT (DBE schools)

Formal Assessment: Term 1 SOURCE BASED TASK

Task:

- Grade 10 DSS, DHR & CCC Source Based Task (2026) p10 – [English](#) or [Afrikaans](#)
- Grade 10 DSS, DHR & CCC Source Based Task MEMO (2026) p15

- Grade 10 DSS, DHR & CCC Source Based Task (2025) p11 – [English](#) or [Afrikaans](#)
- Grade 10 DSS, DHR & CCC Source Based Task MEMO (2025) p16

- Grade 10 DSS, DHR & CCC Source Based Task (2024) p10 – [English](#) or [Afrikaans](#)

- Grade 10 DSS, DHR & CCC Source Based Task MEMO (2024) p15
- Grade 10 DSS, DHR & CCC Source Based Task (2023) p8 – English or Afrikaans
- Grade 10 DSS, DHR & CCC Source Based Task MEMO (2023) p13
- Grade 10 DSS & DHR Source Based Task (2022) p9 – English or Afrikaans
- Grade 10 DSS & DHR Source Based Task MEMO (2022) p13
- Grade 10 DSS & DHR Written Task (2021) – Individual p8 – English or Afrikaans
- Grade 10 DSS & DHR Written Task (2021) – Group p10
- Grade 10 DSS & DHR Written Task (2021) MEMO p12

Formal Assessment: Term 3 PROJECT TASK

Task:

- Grade 10 DSS Project (2026) p12 – English or Afrikaans
- Grade 10 DSS Project MEMO (2026) p22
- Grade 10 DSS Project Practical Interview Component p9
- Grade 10 DSS Project (2025) p12 – English or Afrikaans
- Grade 10 DSS Project MEMO (2025) p20
- Grade 10 DSS Project Practical Interview Component p7
- Grade 10 DSS Project (2024) p11 – English or Afrikaans
- Grade 10 DSS Project MEMO (2024) p20
- Grade 10 DSS Project Practical Interview Component p7
- Grade 10 DSS CCC Project (2023) p12 – English or Afrikaans
- Grade 10 DSS CCC Project MEMO (2023) p18
- Grade 10 DSS CCC Project Practical Interview Component p1
- Grade 10 DSS CCC Project Individual (2022) p8 – English or Afrikaans
- Grade 10 DSS CCC Project MEMO (2022) p18
- Grade 10 DSS Project Individual (2021) p6 – English or Afrikaans
- Grade 10 DSS Project Group (2021) p8
- Grade 10 DSS Project MEMO (2021) p7