

2026 Annual Teaching Plan

(Updated 10 June 2026)

Grade 11

All the below content is completely aligned with the 2026 ATPs for Grade 11.

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 2026 ATPs – these would need adapting.

TOPIC	TERM 1	GRADE 11
WEEK 1 - 3		
Development of the self in society		3 hours
Goals and goal-setting Plan and achieve life goals: Define the following concepts: • Goals • Goal-setting Identify the types of goals: • Short-term • Medium-term • Long-term Steps in planning and goal-setting, problem-solving skills, perseverance and persistence Evaluate the importance of prioritising life goals, e.g. family, parenting, marriage, career choices and relationships Analyse the relationship between personal values, choices and goal setting		
Relationships Relationships and their influence on own well-being • Explain how relationships can influence and are influenced by on own well-being • Discuss the different types of relationships with different people/ groups and their changing nature		
Relationships • Identify the factors that contribute to relationships that are detrimental to well-being: - Rights and responsibilities in relationships - Societal and cultural views that influence and/or affect relationships - Qualities required in different relationships - Individuality in relationships - Critically analyse the impact of the media on values and beliefs about relationships		
Teenactiv resources		

Lesson Preparation:

- Goals and Relationships Lesson Preparation (2026) – **English** or **Afrikaans**
- Lesson 1 – PowerPoint p14
- Lesson 1 – Worksheet p3
- Lesson 1 – Worksheet MEMO p3
- Lesson 1 – Robot Challenges p8
- Lesson 2 – PowerPoint p14
- Lesson 2 – Worksheet p4
- Lesson 2 – Worksheet MEMO p5
- Lesson 3 – PowerPoint p15
- Lesson 3 – Worksheet p3
- Lesson 3 – Worksheet MEMO p4
- Content Summary p9

Physical education

Participate in activities that promote current personal level of PHYSICAL FITNESS and HEALTH

- Understand safety issues relating to participation in PHYSICAL FITNESS ACTIVITIES
- Participation and movement performance in programmes that improve current personal level of PHYSICAL FITNESS and HEALTH
- Examples of PHYSICAL FITNESS activities:

Teenactiv resources

Lesson Preparation:

- Fitness Experiment Lesson Preparation (2017) p12 – **English**
- General Warm Up Routine Article p5
- Safety Issues and First Aid in Sport p6
- Improving you Flexibility Article p3
- Fitness Tests for various aspects of Fitness p2
- Testing Guidelines – Methods for Testing p7
- Testing Guidelines – Rubrics and Norms p6

WEEK 4 – 6
Careers and career choices

3 hours

Admission requirements

- Research the requirements for admission to additional and higher education courses that you may be interested in:

National Senior Certificate (NSC) requirements for:

- Certificate
- Diploma
- Degree

Research additional and higher education options:

- Admission point score for institutions of higher learning
- Admission requirements for specific programmes or courses

Calculate Admission Point Score (APS) for the specific programmes/ courses based on your Grade 10 results

- Develop a career portfolio
- Use the Khetha Booklet to complete the relevant activities

Admission requirements

Explore requirements for admission to additional and higher education courses at:

- Universities of Technology
- Technical and Vocational Education and Training (TVET) colleges

Explain the purpose of the National Benchmark Tests (NBTs)

Financial assistance

Explore options for financial assistance:

- Bursaries (Example: NSFAS, Funza Lushaka, and other)
- Study loans
- Scholarships
- Learner-ships
- Sector Education and Training Authorities (SETAs)

Outline the obligations in terms of financial arrangements

Teenactiv resources

Lesson Preparation:

- Admission and Funding Lesson Preparation (2026) - **English** or **Afrikaans**
- Lesson 1 – PowerPoint p18
- Lesson 1 – Worksheet p2
- Lesson 1 – Worksheet MEMO p2
- Lesson 2 – PowerPoint p14
- Lesson 2 – Worksheet p5
- Lesson 2 – Worksheet MEMO p5
- Lesson 3 – PowerPoint p14
- Lesson 3 – Worksheet p2
- Lesson 3 – Worksheet MEMO p4
- Content Summary p11
- 6x YouTube Videos

WEEK 7 – 11

Democracy and human rights

5 hours

Principles, processes and procedures for democratic participation

Investigate the principles, processes and procedures for democratic participation:

- Public participation in democratic structures and petition processes
- Governance
- Law-making process
- Rule of Law: definition, importance and benefits
- Transparency
- Representation
- Accountability

Principles, processes and procedures for democratic participation

Research the democratic structures:

- National
- Provincial
- Local government

Explain principles and functions of structures in addressing the interests of civil society:

- Constitutions

- Elections
- Representation of constituencies
- Mandates
- Lobbying
- Advocacy

Role of sport in nation building

How sport can support or detract from nation building

Participant and spectator behaviour in sport: incidences that may trigger certain behaviour

Role of sport in nation building

The impact of particular behaviours on participants, spectators, teams, opposition, the referee, community, society and nation at large

Role of sport in nation building

Exposure to positive behaviour programmes, e.g. respect for authority, opponents and spectators

Critically debate in class sport can support or detract from nation building

Teenactiv resources

Lesson Preparation:

- Democratic Participation & Sport Lesson Preparation (2026) - [English](#) or [Afrikaans](#)
- Lesson 1 – PowerPoint p17
- Lesson 1 – Worksheet p4
- Lesson 1 – Worksheet MEMO p5
- Lesson 2 – PowerPoint p17
- Lesson 2 – Worksheet p2
- Lesson 2 – Worksheet MEMO p3
- Lesson 3 – PowerPoint p9
- Lesson 3 – Worksheet p4
- Lesson 3 – Worksheet MEMO p4
- Lesson 4 – PowerPoint p10
- Lesson 4 – Worksheet p3
- Lesson 4 – Worksheet MEMO p4
- Lesson 5 – PowerPoint p7
- Lesson 5 – Worksheet p3
- Lesson 5 – Worksheet MEMO p3
- Content Summary p12
- 6x YouTube Videos

Formal assessment:

- | | |
|----------------------------------|---|
| 1. Source-Based Task | It is compulsory to cover the given topics in the term indicated. The sequence of the topics within the term is however, not fixed. |
| 2. Physical Education Task (PET) | |

Task:

- Grade 11 DSS, DHR & CCC Source Based Task (2026) p10 - [English](#) or [Afrikaans](#)
- Grade 11 DSS, DHR & CCC Source Based Task Marking Guideline (2026) p14
- Grade 11 DSS, DHR & CCC Source Based Task (2025) p14 - [English](#) or [Afrikaans](#)

- Grade 11 DSS, DHR & CCC Source Based Task Marking Guideline (2025) p19
- Grade 11 DSS & CCC Source Based Task (2024) p10 - English or Afrikaans
- Grade 11 DSS & CCC Source Based Task MEMO (2024) p20
- Grade 11 DSS, DHR & CCC Source Based Task (2023) p8 - English or Afrikaans
- Grade 11 DSS, DHR & CCC Source Based Task MEMO (2023) p14
- Grade 11 DSS, DHR & CCC Source Based Task (2022) p9 - English or Afrikaans
- Grade 11 DSS, DHR & CCC Source Based Task MEMO (2022) p15
- Grade 11 DHR Written Task (2021) – Individual p8 - English or Afrikaans
- Grade 11 DHR Written Task (2021) – Group p10
- Grade 11 DHR Written Task MEMO (2021) p11

online centre for students health & fitness

TOPIC	TERM 2	GRADE 11
WEEK 1 - 4		
Development of self in society	4 hours	
Unequal power relations Research incidences of gender-based violence (GBV) in SA and the world Differentiate between the forms of violence e.g. • Domestic • Sexual • Rape • Physical • Emotional mental • Femicide • Sexual harassment		
Unequal power relations Critically discuss how the factors below contribute towards GBV, e.g. - Unequal power relations - Power balance and power struggles between genders - Abuse of power - Social norms about the roles and responsibilities of each gender - Patriarchy - Sexist views - Gender stereotypes - Prejudice - Bigotry - Race - Sexual orientation (LGBTQI+)		
Unequal power relations Discuss the negative effects of GBV on the health and well-being of the: individual, family and society Refer specifically to: - Physical trauma - Psychological trauma - Emotional trauma Explore how GBV contributes towards: • Broken family structures • Increased social ills • Inability to build trusting social relationships • Burden on health		
Unequal power relations Explore strategies to address unequal power relations and power inequality between genders Evaluate the efforts of the campaigns below to reduce and prevent gender-based violence: - Awareness campaigns, e.g. 16 Days of Activism against Violence Against Women and Child Abuse - Educational programmes such as CSE, free social and legal support		

Teenactiv resources

Lesson Preparation:

- Gender-Based Violence Lesson Preparation (2024) – [English](#) or [Afrikaans](#)
- Lesson 1 – PowerPoint p14
- Lesson 1 – Worksheet p2
- Lesson 1 – Worksheet MEMO p2
- Lesson 1 – Statistics Fact Sheet p1
- Lesson 2 – PowerPoint p15
- Lesson 2 – Worksheet p4
- Lesson 2 – Worksheet MEMO p5
- Lesson 3 – PowerPoint p8
- Lesson 3 – Worksheet p3
- Lesson 3 – Worksheet MEMO p6
- Lesson 4 – PowerPoint p8
- Lesson 4 – Worksheet p4
- Lesson 4 – Worksheet MEMO p6
- Content Summary p15
- 3 x YouTube Videos

Physical education

- Participate in activities that promote own UMPIRING, ADMINISTRATIVE, ORGANISATIONAL and LEADERSHIP SKILLS in self-designed and structured COMMUNITY and/or PLAYGROUND and/or INDIGENOUS GAMES that promote physical activity
- Understand safety issues relating to participation in activities that promote own UMPIRING, ADMINISTRATIVE, ORGANISATIONAL and LEADERSHIP SKILLS in self-designed and structured COMMUNITY and/or PLAYGROUND and/or INDIGENOUS GAMES that promote physical activity
- Participation and movement performance in activities that promote skills in UMPIRING, ADMINISTRATIVE, ORGANISATIONAL and LEADERSHIP SKILLS in self-designed and structured COMMUNITY and/or PLAYGROUND and/or INDIGENOUS GAMES that promote physical activity

Teenactiv resources

Lesson Preparation:

- Self-Taught Class Game Lesson Preparation (2017) p7 – [English](#)
- Leadership Roles and Responsibilities in Recreational Activities Article p3
- General Warm Up Routine Article – p5
- Safety Issues and First Aid in Sport Article p6
- 1x YouTube Video

Lesson Preparation:

- Umpiring & Leadership in a Self-Designed Sport Lesson Preparation (2017) p7 – [English](#)
- 3x YouTube Videos

WEEK 5 - 8	
Social and environmental responsibility	4 hours
Environmental issues that cause ill-health • The use of harmful substances in food production • Inhumane farming methods: impact of degradation on society and the environment: environmental hazards such as: - Soil erosion - Pollution - Radiation - Floods - Fires Environmental issues that cause ill-health Impact of depletion of resources such as: - Fishing stocks - Firewood - Land Dealing with environmental factors that cause ill-health on a personal level: - Attitudes - Safety - First aid skills - Coping with disasters Environmental issues that cause ill-health Climate change: Causes, impact on development, mitigation and adaptation • Human activities that contribute to global warming • Effect on: - Eco-systems - Oceans - Humans - Weather patterns • Ways to reduce/ mitigate adapt to global warming: responsible consumption habits, recycling, sustainable use of natural resources, sustainable transportation Environmental issues that cause ill-health Responsible citizenship: Identify and participate in a community service that address a contemporary environmental issue indicating how this may harm certain sectors of society more than others Teenactiv resources Lesson Preparation: - Environmental Issues Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p17 - Lesson 1 – Group Activity p10 - Lesson 1 – Group Activity MEMO p10 - Lesson 1 – Worksheet p1 - Lesson 1 – Worksheet MEMO p1 - Lesson 2 – PowerPoint p10	

- Lesson 2 – Worksheet p2
- Lesson 2 - Worksheet MEMO p2
- Lesson 3 – PowerPoint p8
- Lesson 3 – Worksheet p5
- Lesson 3 – Worksheet MEMO p7
- Lesson 4 – PowerPoint p7
- Lesson 4 – Worksheet p3
- Lesson 4 – Worksheet MEMO p3
- Content Summary p13
- 6x YouTube Videos

WEEK 9 - 11

CONTROLLED TEST

Teenactiv resources

2026

Grade 11 Section A T1&2 Controlled Test Questions (2026) p10 - [English](#) or [Afrikaans](#)

Grade 11 Section A T1&2 Controlled Test MEMO (2026) p12

Grade 11 Integrated Topics Section B&C T1&2 Controlled Test (2026) p10 - [English](#) or [Afrikaans](#)

Grade 11 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2026) p24

2025

Grade 11 Section A T1&2 Controlled Test Questions (2025) p10 - [English](#) or [Afrikaans](#)

Grade 11 Section A T1&2 Controlled Test MEMO (2025) p12

Grade 11 Integrated Topics Section B&C T1&2 Controlled Test (2025) p8 - [English](#) or [Afrikaans](#)

Grade 11 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2025) p16

2024

Grade 11 Section A T1&2 Controlled Test Questions (2024) p9 - [English](#) or [Afrikaans](#)

Grade 11 Section A T1&2 Controlled Test MEMO (2024) p12

Grade 11 Integrated Topics Section B&C T1&2 Exam Questions (2024) p9 - [English](#) or [Afrikaans](#)

Grade 11 Integrated Topics Section B&C T1&2 Exam MEMO (2024) p18

2023

Grade 11 Section A T1&2 Controlled Test Questions (2023) p7 - [English](#) or [Afrikaans](#)

Grade 11 Section A T1&2 Controlled Test MEMO (2023) p13

Grade 11 Integrated Topics T1&2 Controlled Test Questions (2023) p7 - [English](#) or [Afrikaans](#)

Grade 11 Integrated Topics T1&2 Controlled Test MEMO (2023) p20

2022

Grade 11 DSS T1&2 Controlled Test Questions (2022) p9 - [English](#) or [Afrikaans](#)

Grade 11 DSS T1&2 Controlled Test Questions MEMO (2022) p21

Grade 11 CCC T1&2 Controlled Test Questions (2022) p9 - **English** or **Afrikaans**

Grade 11 CCC T1&2 Controlled Test MEMO (2022) p21

Grade 11 DHR & SER T1&2 Controlled Test Questions (2022) p9 - **English** or **Afrikaans**

Grade 11 DHR & SER T1&2 Controlled Test MEMO (2022) p21

Grade 11 Integrated Topics T1&2 Controlled Test Questions (2022) p7 - **English** or **Afrikaans**

Grade 11 Integrated Topics T1&2 Controlled Test MEMO (2022) p19

2021

Grade 11 DSS T1&2 Controlled Test Questions & MEMO (2021) p21 - **English** or **Afrikaans**

Grade 11 CCC & SS T1&2 Controlled Test Questions & MEMO (2021) p22 - **English** or **Afrikaans**

Grade 11 DHR & SER T1&2 Controlled Test Questions & MEMO 2021 p23 - **English** or **Afrikaans**

2020

Grade 11 DSS T1&2 Exam Questions & MEMO (2020) p19 - **English**

Grade 11 CCC T1&2 Exam Questions & MEMO (2020) p16 - **English**

Grade 11 DHR & SER T1&2 Exam Questions & MEMO (2020) p18 - **English**

Formal assessment:

1. Mid-year examination
2. No assessment for PET

It is compulsory to cover the given topics in the term indicated. The sequence of the topics within the term is however, not fixed.

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TOPIC	TERM 3	GRADE 11
WEEK 1 – 6		
Development of the self in society	6 hours	
Healthy and balanced lifestyle choices Healthy and balanced lifestyle choices: - Maintaining physical, psychological, social, emotional and spiritual health - Healthy nutrition and being physically active Healthy and balanced lifestyle choices Factors that impact negatively on lifestyle choices: - Lack of knowledge - Poor decision-making skills - Unsafe attitudes and behaviours - Unsafe environments - Emotional factors - Peer pressure Socio-economic aspects: Poor literacy, low income, poverty, and unfavourable social environments		
Risky behaviour and situations Substance use and abuse, unsafe sexual behaviour, risk of pregnancy, teenage suicides; poor hygiene and dietary habits, unsafe road use		
Risky behaviour and situations Impact of unsafe practices on self and others: Physically, emotionally, spiritually and socially		
Risky behaviour and situations Individual responsibility for making informed decisions and choices: Prioritising personal safety, seeking support and advice to change		
Factors that impact positively on lifestyle choices Positive role models, e.g. - Parents, peers and others - Personal values - Belief system - Religion - Social skills - Positive cultural influences - Economic conditions		
Teenactiv resources		
Lesson Preparation: - Healthy Lifestyle Lesson Preparation (2026) – English or Afrikaans - Lesson 1 – PowerPoint p13 - Lesson 1 – Worksheet p5 - Lesson 1 – Worksheet MEMO p5 - Lesson 2 – PowerPoint p18 - Lesson 2 – Worksheet p2 - Lesson 2 – Worksheet MEMO p2		

- Lesson 2 – Group Challenge p7
- Lesson 3 – PowerPoint p7
- Lesson 3 – Worksheet p2
- Lesson 3 – Worksheet MEMO p5
- Lesson 3 – Group Activity p10
- Lesson 4 – PowerPoint p10
- Lesson 4 – Worksheet p3
- Lesson 4 – Worksheet MEMO p5
- Lesson 5 – PowerPoint p10
- Lesson 5 – Worksheet p3
- Lesson 5 – Worksheet MEMO p3
- Lesson 5 – Would You Rather Game (PDF) p3
- Lesson 5 – Poster p1
- Lesson 6 – PowerPoint p8
- Lesson 6 – Worksheet p3
- Lesson 6 – Worksheet MEMO p3
- Lesson 6 – Group Activity p6
- Content Summary p12
- 5x YouTube Videos

Physical education

- Participate in activities that promote LEADERSHIP ROLES in self-designed or structured RECREATIONAL and RELAXATION group activity
- Understand safety issues relating to participation in programmes that promote LEADERSHIP ROLES in self-designed or structured RECREATIONAL and RELAXATION group activity
- Participation and movement performance in programmes that promote LEADERSHIP ROLES in self-designed or structured RECREATIONAL and RELAXATION group activity
- Examples of programmes that promote LEADERSHIP ROLES in self-designed or structured RECREATIONAL and RELAXATION group activity

Teenactiv resources

Lesson Preparation:

- Orienteering Lesson Preparation (2017) p12 - [English](#)
- Orienteering Teacher Notes - Preparing an Orienteering p11
- Lesson 1 – Legend p1
- Lesson 2 – Rubric, Puzzle & Map Example p4
- Lesson 2 – Colour Coded Control Card p4
- Lesson 3 – Rubric for Evaluation p1
- Lesson 4 – Group Assessment p2
- Lesson 4 – Peer Assessment of Group Members p1
- 4x YouTube Videos

Lesson Preparation:

- Dance Lesson Preparation (2017) p8 - [English](#)
- Three Dances - Waka Waka, Gangnam Style & Dougie p4
- Type of Dances & Different Dancing Styles p8
- Safety in Recreation – Dancing, Ballet, Artistic Gymnastics (2013) Article p5
- Qualities of a Leader & Leadership Roles Article p3

- General Warm up Routine Article p5 - Leadership Roles & Responsibilities in Recreational Activities (2011) Article p3 - Safety Issues and First Aid in Sport Article p6 - 3x YouTube Videos	
WEEK 7 - 11	
Careers and career choices	5 hours
Competencies, abilities and ethics that will assist in securing a job and developing a career • Studying advertisements • Writing an application letter • Completing application forms (hard copies and online)	
Competencies, abilities and ethics that will assist in securing a job and developing a career Writing and building a curriculum vitae (CV): - All forms of experience gained - Obtain testimonials - Evidence of job shadowing - Informal and/or part-time jobs - Managing projects - Administration skills	
Competencies, abilities and ethics that will assist in securing a job and developing a career Interview skills: Personal appearance, conduct and preparation for typical questions Work ethics: Responsibility and accountability	
Competencies, abilities and ethics that will assist in securing a job and developing a career • Personal expectations and knowledge about self in relation to the demands of the world of work and socio-economic conditions: - Acquire knowledge about jobs that require skilled, semi-skilled, unskilled and physical labour	
Competencies, abilities and ethics that will assist in securing a job and developing a career Additional and higher education studies required for different careers: • Further certificates and diplomas • Honours degrees • Masters degrees • Doctoral degrees	
Teenactiv resources	
Lesson Preparation: - Competencies, Abilities and Ethics Lesson Preparation (2026) – English or Afrikaans - Lesson 1 – PowerPoint p9 - Lesson 1 – Worksheet p2 - Lesson 1 – Worksheet MEMO p3 - Lesson 2 – PowerPoint p13 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p5 - Lesson 2 – Poster p1 - Lesson 3 – PowerPoint p9	

- Lesson 3 – Worksheet p3
- Lesson 3 – Worksheet MEMO p4
- Lesson 4 – PowerPoint p10
- Lesson 4 – Worksheet p4
- Lesson 4 – Worksheet MEMO p6
- Lesson 5 – PowerPoint p9
- Lesson 5 – Worksheet p3
- Lesson 5 – Worksheet MEMO p4
- Lesson 5 – Poster p1
- Content Summary p9
- 1x YouTube Video

Formal assessment:

- | | |
|----------------------------------|---|
| 1. Project | It is compulsory to cover the given topics in the term indicated. The sequence of the topics within the term is however, not fixed. |
| 2. Physical Education Task (PET) | |

Task:

- Grade 11 DSS CCC Project (2026) p13 – [English](#) or [Afrikaans](#)
- Grade 11 DSS CCC Project MEMO (2026) p22
- Grade 11 DSS CCC Project Practical Interview Component p9

- Grade 11 DSS CCC Project (2025) p14 – [English](#) or [Afrikaans](#)
- Grade 11 DSS CCC Project MEMO (2025) p19
- Grade 11 DSS CCC Project Practical Interview Component p7

- Grade 11 DSS CCC Project (2024) p13 – [English](#) or [Afrikaans](#)
- Grade 11 DSS CCC Project MEMO (2024) p19
- Grade 11 DSS CCC Project Practical Interview Component p7

- Grade 11 DSS CCC Project (2023) p12 – [English](#) or [Afrikaans](#)
- Grade 11 DSS CCC Project MEMO (2023) p17
- Grade 11 DSS CCC Project Practical Interview Component p1

- Grade 11 DSS Project (2022) – Group p19 – [English](#) or [Afrikaans](#)
- Grade 11 Project Learner Guidelines (2022) p4
- Grade 11 Project Explainer PowerPoint (2022) p17

- Grade 11 DSS Project (2021) – Individual p6 – [English](#) or [Afrikaans](#)
- Grade 11 DSS Project (2021) – Group p8
- Grade 11 DSS Project MEMO (2021) p7

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TOPIC	TERM 4	GRADE 11
WEEK 1 -2		
Democracy and human rights	2 hours	
Elaborate on the contributions of South Africa's diverse religions and belief systems to a harmonious society and own belief system: - Clarify own values and beliefs Identify and critically analyse various moral and spiritual issues and dilemmas: for example - Right-to-life - Euthanasia - White lies or other Continue ... - Cultural practices and traditions Respect differing opinions		
Teenactiv resources		
Lesson Preparation: - Belief Systems & Harmonious Society Lesson Preparation (2024) – English or Afrikaans - Lesson 1 – PowerPoint p12 - Lesson 1 – Worksheet p3 - Lesson 1 - Worksheet MEMO p3 - Lesson 1 – ReligionsInfo Sheet (PDF) p7 - Lesson 1 – Religions Info Sheet p7 - Lesson 1 – Religions Activity p3 - Lesson 1 – Religions Labels p4 - Lesson 2 – PowerPoint p6 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p8 - Lesson 2 – Case Studies p8 - Content Summary p5 - 1 x YouTube Video		
WEEK 3 - 6		
Study Skills	4 hours	
Study skills Revise and implement a study plan by including and applying: - Time management skills - Study skills: examine how learning takes place and reflect on effectiveness		
Study skills • Study styles as preferred way of approaching tasks • Study strategy to approach a specific task in the light of perceived demands		
Study skills • Examination writing skills • Apply goal-setting skills: Personal development goals regarding study, health and fitness		

Study skills
Revision and consolidation
Teenactiv resources
Lesson Preparation: - Study Skills Lesson Preparation (2023) – English or Afrikaans - Lesson 1 – PowerPoint p10 - Lesson 1 – Worksheet p2 - Lesson 1 – Worksheet MEMO p2 - Lesson 2 – PowerPoint p32 - Lesson 2 – VARK Questionnaire Answer Sheet p1 - Lesson 2 – Worksheet p1 - Lesson 2 – Worksheet MEMO p1 - Lesson 3 – PowerPoint p12 - Lesson 3 – Worksheet p2 - Lesson 3 – Worksheet MEMO p1 - Lesson 4 – PowerPoint p15 - Lesson 4 – Worksheet p1 - Lesson 4 – Worksheet MEMO p3 - Content Summary p7 - 6x YouTube Videos
WEEK 7 - 10
FINAL EXAMINATIONS
Teenactiv resources
2025 Grade 11 Section A T3&4 Examination Paper (2025) p10 – English or Afrikaans Grade 11 Section A T3&4 Examination Paper MEMO (2025) p12 Grade 11 Integrated Topics Section B&C T3&4 Examination Paper (2025) p9 – English or Afrikaans Grade 11 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2025) p17 2024 Grade 11 Section A T3&4 Examination Paper (2024) p10 – English or Afrikaans Grade 11 Section A T3&4 Examination Paper MEMO (2024) p13 Grade 11 Integrated Topics Section B&C T1-4 Examination Paper (2024) p7 – English or Afrikaans Grade 11 Integrated Topics Section B&C T1-4 Examination Paper MEMO (2024) p13 2023 Grade 11 Section A T3&4 Examination Paper (2023) p7 – English or Afrikaans Grade 11 Section A T3&4 Examination Paper MEMO (2023) p9 Grade 11 Integrated Topics Section B&C T1-4 Examination Paper (2023) p8 – English or Afrikaans Grade 11 Integrated Topics Section B&C T1-4 Examination Paper MEMO (2023) p19 2022 Grade 11 DSS T3 Controlled Test Questions (2022) p8 – English or Afrikaans

Grade 11 DSS T3 Controlled Test Questions MEMO (2022) p23

Grade 11 CCC T3 Controlled Test Questions (2022) p8 – English or Afrikaans

Grade 11 CCC T3 Controlled Test Questions MEMO (2022) p21

Grade 11 DHR SS T3&4 Controlled Test Questions (2022) p8 – English or Afrikaans

Grade 11 DHR SS T3&4 Controlled Test Questions MEMO (2022) p21

Grade 11 Integrated Topics T3&4 Controlled Test Questions (2022) p7 – English or Afrikaans

Grade 11 Integrated Topics T3&4 Controlled Test MEMO (2022) p19

2021

Grade 11 DSS T3 Controlled Test Questions & MEMO (2021) p26 – English or Afrikaans

Grade 11 CCC T3 Controlled Test Questions & MEMO (2021) p25 – English or Afrikaans

Grade 11 DHR T4 Controlled Test Questions & MEMO (2021) p24 – English or Afrikaans

2020

Grade 11 DSS T3&4 Year End Exam Questions & MEMO (2020) p23 – English

Grade 11 CCC T3&4 Exam Questions & MEMO (2020) p26 – English

Grade 11 DHR SER T2&4 Exam Questions & MEMO (2020) p22 – English

Formal assessment:

1. Final Examinations
2. No assessment for PET

It is compulsory to cover the given topics in the term indicated. The sequence of the topics within the term is however, not fixed.