IEB Annual Teaching Plan

(Updated 22 September 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 (2026) – English or Afrikaans - Lesson 1 – PowerPoint p11 - Lesson 1 – Worksheet p1 - Lesson 1 – Worksheet MEMO p2 - Lesson 1 – Group Activity p4 - Lesson 1 – Group Activity MEMO p4 - Lesson 2 – PowerPoint p12 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p4 - Lesson 2 – Poster p1 - Lesson 3 – PowerPoint p7 - Lesson 3 – Worksheet p4 - Lesson 3 – Worksheet MEMO p9

- Lesson 3 – Scenarios p1
- Lesson 4 – PowerPoint p9
- Lesson 4 – Worksheet p2
- Lesson 4 – Worksheet MEMO p3
- Lesson 4 – Group Role Play p4
- Lesson 4 – Game Cards p5
- Lesson 5 – PowerPoint p20
- Lesson 5 – Worksheet p2
- Lesson 5 – Worksheet MEMO p3
- Lesson 5 – Skill Cards p2
- Lesson 6 – PowerPoint p12
- Lesson 6 – Worksheet p3
- Lesson 6 – Worksheet MEMO p4
- Lesson 6 – Scenarios p5
- Lesson 7 – PowerPoint p11
- Lesson 7 – Worksheet p3
- Lesson 7 – Worksheet MEMO p3
- Lesson 7 – Group Activity p6
- Content Summary p14
- 2x 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
- Iintonga (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
2026
Grade 10 Section A T3&4 Examination Paper (2026) p11 – English or Afrikaans
Grade 10 Section A T3&4 Examination Paper MEMO (2026) p14

Grade 10 Integrated Topics Section B&C T3&4 Examination Paper (2026) p11 – English or Afrikaans
Grade 10 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2026) p31

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