2026 Annual Teaching Plan

(Updated 22 September 2026)

Grade 12

All the below content is completely aligned with the 2026 ATPs for Grade 12.

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 12**
WEEK 1 -5		
Development of the self in society		5 hours
Stress • Apply a range of life skills required to adapt to change as part of ongoing healthy lifestyle choices: Stressors, change and quality of life: Identify and define stress, and stressors: Physical, emotional, social and environmental factors (abuse, vocation, life crises, personality and social pressure) **Assess levels of stress:** Signs and symptoms of stress, positive and negative stress - Evaluate own ability to prevent stress - Stress management: Coping mechanisms and/or management techniques, develop and implement own strategy **Conflict resolution skills:** Distinguish between interpersonal conflict and intrapersonal conflict Conflict resolution: - Conflict avoidance - Competing - Compromising - Accommodating - Collaboration **Relationships:** Discuss the importance of initiating, building and sustaining positive relationships: - Importance of communication - Understanding others - Communicating feelings		

- Beliefs and attitudes

Factors that influence effective communication: Personality, attitudes and values, acceptance of responsibilities, appropriate expression of views and feelings, respect the feelings of others

Adapting to growth and change:

- Change in circumstances (personal, social, work)
- Transition between school and post-school destination
- Research and locate accommodation and travel arrangements, and determine possible challenges
- Discuss the positive and negative aspects of change

Teenactiv resources

Lesson Preparation:

- Stress & Adapting Lesson Preparation (2024) p21 – English or Afrikaans
- Lesson 1 – PowerPoint p9
- Lesson 1 – Worksheet p3
- Lesson 1 – Worksheet MEMO p5
- Lesson 1 – Group Activity p8
- Lesson 1 – Group Activity MEMO p8
- Lesson 1 – Poster Template p1
- Lesson 2 – PowerPoint p5
- Lesson 2 – Worksheet p6
- Lesson 2 – Worksheet MEMO p6
- Lesson 3 – Conflict Charades Cards p1
- 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 p5
- Lesson 5 - PowerPoint p7
- Lesson 5 – Worksheet p3
- Lesson 5 – Worksheet MEMO p3
- Content Summary p5
- 2x YouTube Videos

Physical education

- Participation in programmes that promote achievement of personal fitness and health goals
- Participation and movement performance in programmes that promote achievement of personal fitness and health goals
- Safety issues relating to fitness exercises
- Participation and movement performance in programmes that promote achievement of personal fitness and health goals

Teenactiv resources

Lesson Preparation:

- CrossFit Lesson Preparation (2017) p11 – English
- CrossFit Learner Booklet p15
- CrossFit Article
- 2x YouTube Videos

WEEK 6	
Study skills	1 hour
Study skills • Develop a study plan to ensure obtaining of the National Senior Certificate (NSC) Revise own study skills, strategies, styles, time management and examination writing skills (read the question, plan the response, answer the questions, etc.)	
Teenactiv resources	
Lesson Preparation: - Study Plan and Revise Study Skills Lesson Preparation (2024) p5 – English or Afrikaans - Lesson 1 – PowerPoint p7 - Lesson 1 – Worksheet p4 - Lesson 1 – Worksheet MEMO p5 - Lesson 1 – Sqwabble Cards p1 - Content Summary p3 - 1x YouTube Video	
WEEK 7 – 11	
Career and career choices	5 hours
Skills for final action: Job or course and financial aid applications: • Research and locate appropriate work or study opportunities from various sources (online and other) • Research admission requirements for degree, diploma or higher certificate for the intended field of study • Research and locate appropriate funding opportunities from various sources (online and other) **Develop a career portfolio:** Use the Khetha Booklet to complete the relevant activities - Discuss the purpose of National Benchmark Tests (NBT) - Apply to write the NBT **Unemployment** • Discuss reasons for and impact of unemployment: social, economic, psychological • Explore innovative solutions to counteract unemployment: volunteering, part-time jobs, community work, informal jobs **Entrepreneurship as an innovative strategy to counteract unemployment:** • Characteristics of an entrepreneur • Finding a niche in the job market • Benefits and challenges of entrepreneurship **Entrepreneurship** • Explore opportunities in the following ventures: - Small businesses - Social entrepreneurship - E-businesses - Innovative entrepreneurship - Cultural entrepreneurship	

• Financial viability of entrepreneurship and other employment options including awareness of South African Revenue Service (SARS) tax obligations

Fraud and corruption

• Related concepts:
- embezzlement
- cronyism
- nepotism
- bribery

• Causes of fraud and corruption
• The impact of corruption and fraud on the:
- individual
- company
- community and
- country

• Strategies to prevent fraud and corruption

Teenactiv resources

Lesson Preparation:

- Admission & Employment Options Lesson Preparation (2024) p24 – English or Afrikaans
- Lesson 1 – PowerPoint p13
- Lesson 1 – Worksheet p6
- Lesson 1 – Worksheet MEMO p6
- Gr12 Khetha Career Booklet Extract p51-85 p34
- Lesson 2 – PowerPoint p7
- Lesson 2 – Worksheet p4
- Lesson 2 – Worksheet MEMO p6
- Lesson 3 – PowerPoint p9
- Lesson 3 – Worksheet p6
- Lesson 3 – Worksheet MEMO p8
- Lesson 3 – Brainstorm Template p1
- Lesson 4 – PowerPoint p7
- Lesson 4 – Worksheet p2
- Lesson 4 – Worksheet MEMO p4
- Lesson 5 – PowerPoint p8
- Lesson 5 – Worksheet p5
- Lesson 5 – Worksheet MEMO p6
- Content Summary p8
- 2x YouTube Video

Formal assessment:

1. Source-Based Task 2. Physical Education Task (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.

Teenactiv resources
Task: - Grade 12 DSS, SS & CCC Source Based Task (2026) p11 – English or Afrikaans - Grade 12 DSS, SS & CCC Source Based Task MEMO (2026) p14 - Grade 12 DSS, SS & CCC Source Based Task (2025) p11 – English or Afrikaans - Grade 12 DSS, SS & CCC Source Based Task MEMO (2025) p17 - Grade 12 DSS, SS & CCC Source Based Task (2024) p10 – English or Afrikaans - Grade 12 DSS, SS & CCC Source Based Task MEMO (2024) p17 - Grade 12 DSS, SS & CCC Source Based Task (2023) p9 – English or Afrikaans - Grade 12 DSS, SS & CCC Source Based Task MEMO (2023) p16 - Grade 12 DSS & CCC Source Based Task (2022) p9 – English or Afrikaans - Grade 12 DSS & CCC Source Based Task MEMO (2022) p15 - Grade 12 DSS & CCC Written Task (2021) p6 – English or Afrikaans - Grade 12 DSS & CCC Written Task MEMO (2021) p10

TOPIC	TERM 2	GRADE 12
WEEK 1 -7		
Democracy and human rights		7 hours

Discrimination and violation of human rights

- Evaluate own position when dealing with discrimination and human rights violations, taking into account the Bill of Rights.
- Select and assess a project, campaign or event which addresses discrimination and human rights violations.
- Evaluation regarding outcomes of campaigns and events.

The media

• Analyse and debate the role of the media in a democratic society
• Distinguish between print and electronic media

The media

Social media and social media platforms:
• Social media footprint
• Dangers of use and abuse of social media
• Cyber wellness
• Cyber safety
• Cyber bullying
• Being cyber savvy

The media

Discuss the extent to which media reporting reflects a democratic society:
- Topics covered
- Positions taken by editors
- Space allocated to topics
- Geographical distribution (accessibility of information to different groups in society)

The media

• Freedom of expression and limitations
• Critical analysis of media campaigns regarding discrimination and human rights violations

Sports and nation building

Critically discuss the coverage of sport, sports personalities and recreational activities by the media

Sports and nation building

Evaluate the Ideologies, beliefs and worldviews on recreational and physical activity across cultures and genders

Teenactiv resources

Lesson Preparation:

- Democracy, Human Rights and the Media Lesson Preparation (2025) – English or Afrikaans
- Lesson 1 – PowerPoint p5
- Lesson 1 – Worksheet p4
- Lesson 1 – Worksheet MEMO p6
- Lesson 1 – Kolisi Foundation Annual-Report-2022-2023 (Pages 12-15) p2
- Lesson 2 – PowerPoint p6
- Lesson 2 – Worksheet p2
- Lesson 2 – Worksheet MEMO p3
- Lesson 3 – PowerPoint p6
- Lesson 3 – Worksheet p5
- Lesson 3 – Worksheet MEMO p8
- Lesson 3 – Poster p1
- Lesson 4 – PowerPoint p5
- Lesson 4 – Worksheet p4
- Lesson 4 – Worksheet MEMO p4
- Lesson 5 – PowerPoint p5
- Lesson 5 – Worksheet p3
- Lesson 5 – Worksheet MEMO p4
- Lesson 5 – Pledge p1
- Lesson 6 – PowerPoint p6
- Lesson 6 – Worksheet p4
- Lesson 6 - Worksheet MEMO p5
- Lesson 7 – PowerPoint p13
- Lesson 7 – Worksheet p4
- Lesson 7 – Worksheet MEMO p8
- Lesson 7 – Case Studies p7
- Content Summary p13
- 9x YouTube Videos

Physical education

- Participation in programmes that promote long-term engagement in community and/or playground and/or indigenous games or traditional and/or non-traditional sports that promote physical activity
- Participation and movement performance in programmes that promote long-term engagement in community and/or playground and/or indigenous games or traditional and/or non-traditional sports that promote physical activity
- Safety issues relating to participation in community and/or playground and/or indigenous games or traditional and/or non-traditional sports that promote physical activity
- Participation and movement performance in programmes that promote long-term engagement in community and/or playground and/or indigenous games or traditional and/or non-traditional sports that promote physical activity

Teenactiv resources

Lesson Preparation:

- Long term Sport - Ultimate Frisbee Lesson Preparation (2017) p11 – English
- Grade 12 T2 PE Class List Record Spreadsheet
- 1x YouTube Video

WEEK 8 - 11	
Social and environmental responsibility	4 hours

Responsibility of different levels of government
Elaborate on the responsibilities of various levels of government to:
• Create and amend laws, regulations, rules
• Provide community services to promote safe and healthy living environments

Responsibility of different levels of government
Critically discuss the community's responsibility to ensure environments and services that promote safe and healthy living

Responsibility of different levels of government
Elaborate on educational and intervention programmes that address environments and services that promote safe and healthy living
- Evaluate impact studies that relate to projects that address social and environmental issues

Formulate a personal mission and vision statement for life based on:
• Personal views, values, belief system, religion, ideologies, lifestyle (physical and emotional well-being),
environmental responsibility, goals for studies and career choices
• Impact of vision on: own actions behaviour in life

Teenactiv resources

Lesson Preparation:

- Government Responsibility and Mission Statement Lesson Preparation (2025) – English or Afrikaans
- Lesson 1 – PowerPoint p11
- Lesson 1 – Worksheet p3
- Lesson 1 – Worksheet MEMO p6
- Lesson 1 – Activity 3 Case Studies p6
- Lesson 2 – PowerPoint p10
- Lesson 2 – Worksheet p6
- Lesson 2 – Worksheet MEMO p6
- Lesson 3 – PowerPoint p9
- Lesson 3 – Worksheet p10
- Lesson 3 – Worksheet MEMO p14
- Lesson 3 – Activity 2 Case Studies p7
- Lesson 3 – Activity 2 Case Studies MEMO p11
- Lesson 4 – PowerPoint p9
- Lesson 4 – Worksheet p7
- Lesson 4 – Worksheet MEMO p7
- Content Summary p11

CONTROLLED TESTS

Teenactiv resources

2026

Grade 12 Section A T1&2 Controlled Test (2026) 10 – English or Afrikaans
Grade 12 Section A T1&2 Controlled Test MEMO (2026) p12

Grade 12 Integrated Topics Section B&C T1&2 Controlled Test (2026) p12 – English or Afrikaans
Grade 12 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2026) p22

2025

Grade 12 Section A T1&2 Controlled Test (2025) 10 – English or Afrikaans
Grade 12 Section A T1&2 Controlled Test MEMO (2025) p12

Grade 12 Integrated Topics Section B&C T1&2 Controlled Test (2025) p8 – English or Afrikaans
Grade 12 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2025) p18

2024

Grade 12 Section A T1&2 DSS SS CCC Controlled Test (2024) p12 – English or Afrikaans
Grade 12 Section A T1&2 DSS SS CCC Controlled Test MEMO (2024) p24

Grade 12 Section A T1&2 DHR SER Controlled Test (2024) p10 – English or Afrikaans
Grade 12 Section A T1&2 DHR SER Controlled Test MEMO (2024) p23

Grade 12 Integrated Topics Section B&C T1&2 Controlled Test (2024) p8 – English or Afrikaans
Grade 12 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2024) p20

2023

Grade 12 Section A T1&2 Controlled Test (2023) p7 – English or Afrikaans
Grade 12 Section A T1&2 Controlled Test MEMO (2023) p9

Grade 12 Integrated Topics T1&2 Controlled Test (2023) p7 – English or Afrikaans
Grade 12 Integrated Topics T1&2 Controlled Test MEMO (2023) p20

2022

Grade 12 DSS & SS T1&2 Controlled Test (2022) p8 – English or Afrikaans
Grade 12 DSS & SS T1&2 Controlled Test MEMO (2022) p19

Grade 12 CCC & SER T1&2 Controlled Test (2022) p8 – English or Afrikaans
Grade 12 CCC & SER T1&2 Controlled Test MEMO (2022) p18

Grade 12 DHR T1&2 Controlled Test (2022) p8 – English or Afrikaans
Grade 12 DHR T1&2 Controlled Test MEMO (2022) p19

Grade 12 Integrated Topics T1&2 Controlled Test (2022) p6 – English or Afrikaans
Grade 12 Integrated Topics T1&2 Controlled Test MEMO (2022) p18

2021
Grade 12 DSS & SS T1&2 Controlled Test & MEMO (2021) p 21 – English or Afrikaans
Grade 12 CCC & SER T1&2 Controlled Test & MEMO (2021) p20 – English or Afrikaans
Grade 12 DHR T1&2 Controlled Test & MEMO (2021) p21 – English or Afrikaans

2020
Grade 12 DSS & SS T1&2 Exam Questions & MEMO 2020 p21 – English
Grade 12 CCC T1&2 Exam Questions & MEMO 2020 p21 – English
Grade 12 SER DHR T1&2 Exam Questions & MEMO 2020 p19 – English
Grade 12 PE T1&2 Exam Questions & MEMO 2020 p3 – English

Formal assessment:

1. Project 2. 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.

Project:

- Grade 12 DHR & SER Project (2025) - Individual p13 – English or Afrikaans
- Grade 12 DHR & SER Project (2025) - MEMO p19
- Grade 12 DHR & SER Project (2025) Practical Interview Component p7

- Grade 12 DHR & SER Project (2024) - Individual p14 – English or Afrikaans
- Grade 12 DHR & SER Project (2024) - MEMO p17
- Grade 12 DHR & SER Project (2024) Practical Interview Component p4

- Grade 12 DHR & SER Project (2023) - Individual p10 – English or Afrikaans
- Grade 12 DHR & SER Project MEMO (2023) p19
- Grade 12 DHR & SER Project Practical Interview Component p1

- Grade 12 DHR & SER Project (2022) - Individual p8 – English or Afrikaans
- Grade 12 DHR & SER Project MEMO (2022) p21

- Grade 12 DHR & SER Project (2021) – Individual p10 – English or Afrikaans
- Grade 12 DHR & SER Project (2021) – Group p11
- Grade 12 DHR & SER Project MEMO (2021) p12

TOPIC	TERM 3	GRADE 12
WEEK 1 -2		
Development of the self in society		2 hours
• Investigate **human factors that cause ill-health, accidents, crises and disasters:** Psychological, social, religious, cultural practices and different knowledge perspectives • Factors that contribute to lifestyle diseases: Identify, define and discuss: - Poor eating habits, lack of exercise, smoking, substance abuse and unsafe sexual behaviour - Life style diseases that result from the factors listed above: Cancer, tuberculosis, hypertension, diseases of the heart and circulatory system, sexually transmitted infections (STIs), HIV and AIDS **Human factors that cause ill-health, accidents, crises and disasters:** Recommend intervention strategies to deal with lifestyle diseases - Discuss the prevention and control of life, early detection, treatment, care and support for people suffering from lifestyle diseases - Develop action plan for treatment, care and support for people suffering from lifestyle diseases - Critically discuss the need to Commit to participate in physical activities for long-term engagement to prevent lifestyle diseases - Discuss the benefits of long-term participation - Improves physical, mental, social and emotional well-being		
Teenactiv resources		
Lesson Preparation: - Factors Causing Ill Health Lesson Preparation (2024) – English or Afrikaans - Lesson 1 – PowerPoint p12 - Lesson 1 – Worksheet p2 - Lesson 1 - Worksheet MEMO p4 - Lesson 2 – PowerPoint p11 - Lesson 2 – Worksheet p2 - Lesson 2 - Worksheet MEMO p5 - Content Summary p7 - 4x YouTube Videos		
Physical education		
• Participation in programmes that promote long-term engagement in relaxation and recreational activities • Participation and movement performance in programmes that promote long-term engagement in relaxation and recreational activities • Safety issues relating to participation in relaxation and recreational activities • Participation and movement performance in programmes that promote long-term engagement in relaxation and recreational activities		
Teenactiv resources		
Lesson Preparation: - Long Term Recreational Activities Lesson Preparation (2017) p9 – English - General Warm-up Routine p5 - Safety Issues & First Aid in Sport p6 - 1x YouTube Video		

WEEK 3 - 6	
Careers and career choices	4 hours

The job contract:
- Investigate and report on the core elements of job contract
- Discuss worker rights and obligations
- Elaborate on the conditions of service
- How does the job contract provide protection to the employer/employees?

Labour laws:
Identify, define and discuss the:
- Labour Relations Act (LRA)
- Employment Equity Act (EEA)
- Basic Conditions of Employment Act (BCEA)

How do the labour laws provide protection to the employer/employees?

Equity and redress
- Elaborate on the principles of equity and redress
- Recruitment process: general trends and practices
- Discuss the functions of trade unions and organised labour

Work ethics
- Work ethics and societal expectations
- The value of work: How work gives meaning to life

Teenactiv resources

Lesson Preparation:

- Work, Laws, Unions and Rights Lesson Preparation (2024) – English or Afrikaans
- Lesson 1 – PowerPoint p11
- Lesson 1 - Worksheet p2
- Lesson 1 – Worksheet MEMO p2
- Lesson 2 – PowerPoint p17
- Lesson 2 – Worksheet p3
- Lesson 2 – Worksheet MEMO p3
- Lesson 2 – Labour Laws Game Cards p3
- Lesson 3 – PowerPoint p12
- Lesson 3 – Worksheet p2
- Lesson 3 – Worksheet MEMO p2
- Lesson 4 – PowerPoint p9
- Lesson 4 – Worksheet p2
- Lesson 4 – Worksheet MEMO p5
- Content Summary p9
- 3x YouTube Videos

WEEK 7 - 11	
EXAMINATIONS	
2026 Grade 12 DSS, CCC, DHR & SER Term 3 Examination Paper (2026) p10 – English or Afrikaans Grade 12 DSS, CCC, DHR & SER Term 3 Examination Paper MEMO (2026) p13 Grade 12 Section B&C Term 1-3 Integrated Examination Paper (2026) p6 – English or Afrikaans Grade 12 Section B&C Term 1-3 Integrated Examination Paper MEMO (2026) p20 **2025** Grade 12 DSS & CCC Term 3 Examination Paper (2025) p10 – English or Afrikaans Grade 12 DSS & CCC Term 3 Examination Paper MEMO (2025) p12 Grade 12 Section B&C Term 1-3 Integrated Examination Paper (2025) p7 – English or Afrikaans Grade 12 Section B&C Term 1-3 Integrated Examination Paper MEMO (2025) p19 **2024** Grade 12 DSS & CCC Term 3 Examination Paper (2024) p11 – English or Afrikaans Grade 12 DSS & CCC Term 3 Examination Paper MEMO (2024) p21 Grade 12 Section B&C Term 1-3 Integrated Examination Paper (2024) p8 – English or Afrikaans Grade 12 Section B&C Term 1-3 Integrated Examination Paper MEMO (2024) p16	
Formal assessment:	
1. Controlled Test 2. 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.