2026 Annual Teaching Plan

(Updated 22 September 2026)

Grade 8

All the below content is completely aligned with the 2026 ATPs for Grade 8.

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 8
WEEK 1 – 3		
Development of the self in society		3 hours

Basic hygiene principles
Concepts: Self-concept and self-motivation
• Factors that influence self-concept formation and self-motivation:
  • Media
  • Environment
  • Friends and peers
  • Family
  • Culture
  • Religion
  • Community
• Positive self-talk: Individuality and uniqueness and personal achievements
• Strategies and skills to extend personal potential		

Teenactiv resources		
Lesson Preparation - Self-Concept and Self-Motivation Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p9 - Lesson 1 – Worksheet p1 - Lesson 1 – Worksheet MEMO p1 - Lesson 1 – Bingo Cards p1 - Lesson 2 – PowerPoint p7 - Lesson 2 – Worksheet p2 - Lesson 2 - Worksheet MEMO p2 - Lesson 3 – PowerPoint p6 - Lesson 3 – Worksheet p2 - Lesson 3 - Worksheet MEMO p4 - Content Summary p8 - 2x YouTube Videos		

Physical education
• Participation in physical activities that promote components of fitness • Safety issues relating to fitness • Participation and movement performance in physical activities that promote components of fitness
Teenactiv resources
Lesson Preparation: - Safety & Getting to Basics Lesson Preparation (2015) p7 – English
WEEK 4 – 6
Development of the self in society | 3 hours
Concepts: Sexuality • Understanding one's sexuality: Personal feelings that impact sexuality • The influence on friends and peers on one's sexuality • Family and community norms that impact sexuality • Social pressures, including media, that impact sexuality • Problem-solving skills: Identity formation and development
Teenactiv resources
Lesson Preparation - Sexuality Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p10 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p3 - Lesson 1 – Exit Ticket p1 - Lesson 1 - Email Poster p1 - Lesson 2 – PowerPoint p6 - Lesson 2 – Worksheet p2 - Lesson 2 - Worksheet MEMO p2 - Lesson 2 – Poster p1 - Lesson 3 – PowerPoint p8 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO p3 - Content Summary p6 - 2x YouTube Videos
WEEK 7 – 9
Development of the self in society | 3 hours
Relationships and friendships: Relationship at home, school and in the community • Appropriate ways to initiate a relationship • Appropriate ways to sustain a relationship • Problem-solving skills: Appropriate behaviour in a relationship • Communication skills: Ability to disagree in constructive

Teenactiv resources

Lesson Preparation:

- Relationships Lesson Preparation (2025) – English or Afrikaans
- Lesson 1 – PowerPoint p12
- Lesson 1 – Worksheet p2
- Lesson 1 – Worksheet MEMO p2
- Lesson 2 – PowerPoint p11
- Lesson 2 – Worksheet p3
- Lesson 2 – Worksheet MEMO p3
- Lesson 3 – PowerPoint p7
- Lesson 3 – Worksheet p2
- Lesson 3 – Worksheet MEMO p4
- Content Summary p8
- 1x YouTube Video

WEEK 10 - 11

World of work	2 hours

Different learning styles:

- Visual
- Aural
- Kinaesthetic
- Reading and writing

Teenactiv resources

Lesson Preparation:

- Learning Styles Lesson Preparation (2025) – English or Afrikaans
- Lesson 1 – PowerPoint p11
- Lesson 1 – Worksheet p3
- Lesson 1 – Worksheet MEMO p3
- Lesson 2 – PowerPoint p14
- Lesson 2 – Learning Style Cards p2
- Lesson 2 – Worksheet p2
- Lesson 2 – Worksheet MEMO p2
- Content Summary p5
- 2x YouTube Videos

Formal assessment:

1. Written Task 70 marks 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.

Task:

- Grade 8 DSS and WOW Written Task (2026) – Individual p10 – English or Afrikaans
- Grade 8 DSS and WOW Written Task Marking Guideline (2026) p15

- Grade 8 DSS and WOW Written Task (2025) – Individual p10 – English or Afrikaans
- Grade 8 DSS and WOW Written Task Marking Guideline (2025) p16

- Grade 8 DSS and WOW Written Task (2024) – Individual p9 – English or Afrikaans
- Grade 8 DSS and WOW Written Task MEMO (2024) p16

- Grade 8 DSS and WOW Written Task (2023) – Individual p9 – English or Afrikaans
- Grade 8 DSS and WOW Written Task MEMO (2023) p11

- Grade 8 DSS, WOW & HSER Written Task (2022) – Individual p14 – English or Afrikaans
- Grade 8 DSS, WOW & HSER Written Task MEMO (2022) p9

- Grade 8 DSS HSER Written Task (2021) – Individual p7 – English or Afrikaans
- Grade 8 DSS HSER Written Task (2021) – Group p9
- Grade 8 DSS HSER Written Task MEMO (2021) p9

TOPIC	TERM 2	GRADE 8
WEEK 1 - 6		
World of work		6 hours
Basic hygiene principles Identify and apply own learning style (self-management skills) Six career categories (identify category of essential workers): • Investigative • Enterprising • Realistic • Artistic • Conventional • Social • Interests and abilities related to each career category • Thinking and learning skills required by each career category • School subjects related to each career category • The role of work in relation to South Africa's social and economic needs • Identify needs in the community and country • How work can meet social and economic needs in South Africa		
Teenactiv resources		
Lesson Preparation: - Self-Management Skills Lesson Preparation (2026) Week 1 – English or Afrikaans - Lesson 1 – PowerPoint p13 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p3 - Content Summary p2 - 1x YouTube Video **Lesson Preparation:** - Six Career Categories Lesson Preparation (2026) Week 2-6 – English or Afrikaans - Lesson 1 – PowerPoint p12 - Lesson 1 – Worksheet p2 - Lesson 1 – Worksheet MEMO p2 - Lesson 2 – PowerPoint p8 - Lesson 2 – Worksheet p4 - Lesson 2 – Worksheet MEMO p5 - Content Summary (Week 2-3) p3 - Lesson Preparation (2026) Week 4-6 – (*available 20 April)* - Lesson 3 – PowerPoint – (*available 20 April)* - Lesson 3 -Worksheet – (*available 20 April)* - Lesson 3 – Worksheet MEMO – (*available 20 April)* - Lesson 4 – PowerPoint – (*available 20 April)* - Lesson 4 – Worksheet – (*available 20 April)* - Lesson 4 – Worksheet MEMO – (*available 20 April)* - Lesson 5 – PowerPoint – (*available 20 April)* - Lesson 5 – Worksheet – (*available 20 April)* - Lesson 5 - Worksheet MEMO – (*available 20 April)* - Content Summary (Week 4-6) – (*available 20 April)*		

- 2x YouTube Videos

Physical education

• Participation in target games
• Participation and movement performance in target games

Teenactiv resources

Lesson Preparation:

- Target Games Lesson Preparation (2015) p8 – English

WEEK 7 - 9

Health, social and environmental responsibility	3 hours

• Social factors that contribute to substance abuse, including community and media
• Appropriate behaviour to stop and avoid substance abuse: Refusal and decision-making skills
• Long and short-term consequences of substance abuse: Link to crime, violence and educational outcomes
• Rehabilitation options: Where to find help and care and support

Teenactiv resources

Lesson Preparation:

- Substance Abuse Lesson Preparation (2024) – English or Afrikaans
- Lesson 1 – PowerPoint p7
- Lesson 1 – Worksheet p3
- Lesson 1 – Worksheet MEMO p3
- Lesson 1 – Scenarios p3
- Lesson 2 – PowerPoint p11
- Lesson 2 – Worksheet p4
- Lesson 2 – Worksheet MEMO p4
- Lesson 3 – PowerPoint p8
- Lesson 3 – Worksheet p4
- Lesson 3 – Worksheet MEMO p6
- Lesson 3 - Scenario Cards p4
- Content Summary p11

WEEK 10 - 11

CONTROLLED TEST

Teenactiv resources

2026

Grade 8 Section A T1&2 Controlled Test (2026) p10 – English or Afrikaans
Grade 8 Section A T1&2 Controlled Test MEMO (2026) p10

Grade 8 Integrated Topics Section B&C T1&2 Controlled Test (2026) p9 – English or Afrikaans
Grade 8 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2026) p17

2025

Grade 8 Section A T1&2 Controlled Test (2025) p10 – English or Afrikaans
Grade 8 Section A T1&2 Controlled Test MEMO (2025) p9

Grade 8 Integrated Topics Section B&C T1&2 Controlled Test (2025) p8 – English or Afrikaans
Grade 8 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2025) p15

2024
Grade 8 Section A T1&2 Controlled Test (2024) p7 – English or Afrikaans
Grade 8 Section A T1&2 Controlled Test MEMO (2024) p11

Grade 8 Integrated Topics Section B&C T1&2 Controlled Test (2024) p8 – English or Afrikaans
Grade 8 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2024) p20

2023
Grade 8 Section A T1&2 Controlled Test (2023) p7 – English or Afrikaans
Grade 8 Section A T1&2 Controlled Test MEMO (2023) p9

Grade 8 Integrated Topics T1&2 Controlled Test (2023) p8 – English or Afrikaans
Grade 8 Integrated Topics T1&2 Controlled Test MEMO (2023) p11

2022
Grade 8 DSS T1&2 Controlled Test (2022) p9 – English or Afrikaans
Grade 8 DSS T1&2 Controlled Test MEMO (2022) p13

Grade 8 WOW T1&2 Controlled Test (2022) p9 – English or Afrikaans
Grade 8 WOW T1&2 Controlled Test MEMO (2022) p13

Grade 8 HSER T1&2 Controlled Test (2022) p9 – English or Afrikaans
Grade 8 HSER T1&2 Controlled Test MEMO (2022) p13

Grade 8 Integrated Topics T1&2 Controlled Test (2022) p6 – English or Afrikaans
Grade 8 Integrated Topics T1&2 Controlled Test MEMO (2022) p10

2021
Grade 8 DSS T1&2 Controlled Test & MEMO (2021) p25 – English or Afrikaans
Grade 8 WOW T1&2 Controlled Test & MEMO (2021) p23 - English or Afrikaans
Grade 8 HSER T1&2 C Controlled Test & MEMO (2021) p26 – English or Afrikaans

2020
Grade 8 DSS T1&2 Exam Questions & MEMO (2020) p24 – English
Grade 8 WOW T1&2 Exam Questions & MEMO (2020) p23 - English
Grade 8 HSER T1&2 Exam Questions & MEMO (2020) p22 – English

Formal assessment:

1. Mid-year examination 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.

TOPIC	TERM 3	GRADE 8
WEEK 1 - 3		
World of work		3 hours
Basic hygiene principles • Relationships between performance in school subjects and interests and abilities: Types of learning activities related to different subjects: • Practical activities • Theoretical activities • Individual activities • Group activities • Demands of each subject: Thinking and learning skills required • Decision-making process: steps in choosing career category relating to individual strength, ability, interest and passion		
Teenactiv resources		
Lesson Preparation: - Subjects, Abilities and Interests Lesson Preparation (2024) – English or Afrikaans - Lesson 1 – PowerPoint p10 - Lesson 1 – Worksheet p4 - Lesson 1 – Worksheet MEMO p5 - Lesson 2 – PowerPoint p14 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p3 - Lesson 3 – PowerPoint p11 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO p5 - Content Summary p9		
Physical education		
• Participation in a programme that improves movement techniques • Safety issues relating to movement activities • Participation and movement performance in a programme that improves movement techniques		
Teenactiv resources		
Lesson Preparation: - Movement Lesson Preparation (2016) p11 – English		
WEEK 4 – 6		
Health, social and environmental responsibility		3 hours
• Environmental health issues: • Application of laws and policies to protect environmental health: Address an environmental issue • Earth Day and preservation of the environment – honouring Earth Day: Ways of being kinder to the earth • Develop and implement an environmental health programme		
Teenactiv resources		

Lesson Preparation:

- Environmental Health Lesson Preparation (2025) – English or Afrikaans
- Lesson 1 - PowerPoint p14
- Lesson 1 – Worksheet p2
- Lesson 1 – Worksheet MEMO p2
- Lesson 1 – Waste Audit Form p2
- Lesson 2 – PowerPoint p10
- Lesson 2 – Worksheet p3
- Lesson 2 - Worksheet MEMO p5
- Lesson 3 – PowerPoint p8
- Lesson 3 – Group Activity p3
- Content Summary p7
- 3 x YouTube Videos

WEEK 7 – 10	
Health, social and environmental responsibility	4 hours

• Informed, responsible decision-making about health and safety: HIV/AIDS and COVID-19
• Management with medication, diet, healthy living and positive attitude
• Prevention and safety issues relating to HIV/AIDS and COVID-19
• Caring for people living with HIV/AIDS and COVID-19
• Coping with grief, trauma, loss and crises

Teenactiv resources

Lesson Preparation:

- HIV/AIDS and COVID-19 Lesson Preparation (2025) – English or Afrikaans
- Lesson 1 – PowerPoint p9
- Lesson 1 – Worksheet p3
- Lesson 1 – Worksheet MEMO p3
- Lesson 2 – PowerPoint p10
- Lesson 2 – Worksheet p2
- Lesson 2 – Worksheet MEMO p3
- Lesson 3 – PowerPoint p11
- Lesson 3 – Worksheet p2
- Lesson 3 - Worksheet MEMO p2
- Lesson 4 – PowerPoint p8
- Lesson 4 – Worksheet p6
- Lesson 4 – Worksheet MEMO p8
- Content Summary p10
- 8 x YouTube Videos

WEEK 11	
Constitutional rights and responsibilities	1 hour
• Nation-building: Definition • Different ways to promote nation-building in different contexts: Community, school and home • Contributions of women and men towards nation-building: Individuals and groups	
Teenactiv resources	
Lesson Preparation: - Nation Building Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p9 - Lesson 1 – Worksheet p5 - Lesson 1 – Worksheet MEMO p6 - Content Summary p4 - 1 x YouTube Video	
Formal assessment:	
1. Project 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.
Tasks - Grade 8 WOW Project (2026) p14 – English or Afrikaans - Grade 8 WOW Project MEMO (2026) p17 - Grade 8 WOW Project Data Gathering p9 - Grade 8 WOW HSER Project (2025) p7 – English or Afrikaans - Grade 8 WOW HSER Project MEMO (2025) p17 - Grade 8 WOW HSER Practical Interview Component p7 - Grade 8 HSER Project (2024) p13 – English or Afrikaans - Grade 8 HSER Project MEMO (2024) p16 - Grade 8 HSER Practical Interview Component p7 - Grade 8 WOW HSER CRR Project (2023) p6 – English or Afrikaans - Grade 8 WOW HSER CRR Project MEMO (2023) p12 - Grade 8 HSER Project (2022) p7 – English or Afrikaans - Grade 8 HSER Project MEMO (2022) p11 - Grade 8 HSER Project (2021) – Individual p9 – English or Afrikaans - Grade 8 HSER Project (2021) – Group p10 - Grade 8 HSER Project MEMO (2021) p8	

TOPIC	TERM 4	GRADE 8
WEEK 1 - 4		
Constitutional rights and responsibilities		4 hours
Basic hygiene principles Concept: Human rights violations • Types of violations • Counterstrategies to violations of human rights Concept: Gender equity • Gender equity issues in a variety of athletic and sport activities Defining gender-based violence • Emotional, health and social impact of rape and gender-based violence • Prevention of violence against women: Law on sexual offences • Sources of help for victims: Safety for girls and women		
Teenactiv resources		
Lesson Preparation: - Human Rights and Gender Equity Lesson Preparation (2026) – English or Afrikaans - Lesson 1 – PowerPoint p11 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p5 - Lesson 2 – PowerPoint p10 - Lesson 2 – Worksheet p2 - Lesson 2 – Worksheet MEMO p3 - Lesson 3 – PowerPoint p13 - Lesson 3 – Worksheet p2 - Lesson 3 – Worksheet MEMO p3 - Lesson 4 – PowerPoint p11 - Lesson 4 – Worksheet p2 - Lesson 4 – Worksheet MEMO p4 - Content Summary p7 - 6x YouTube Videos		
Physical education		
• Participation in an outdoor recreational activity • Participation and movement performance in an outdoor recreational activity • Safety issues relating to participation in recreational activities		
Teenactiv resources		
Lesson Preparation: - Outdoor Games Lesson Preparation (2016) p7 – English		

WEEK 5 - 7	
Constitutional rights and responsibilities	3 hours
Concept: Cultural diversity in South Africa - Diverse cultural norms and values in relation to personal and community issues • Influence of cultural norms and values on individual behaviour, attitude and choices: Cultural expectations, practices and traditions • Understanding diverse cultures: Recognition of diverse cultures to enrich South African society • Respect difference: Culture, religion and gender • Celebrate unity in diversity: Respect difference and celebrate similarity • Contributions to social development by organisations from various religions	
Teenactiv resources	
Lesson Preparation: - Cultural Diversity Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – Worksheet p2 - Lesson 1 – Worksheet MEMO p2 - Lesson 2 – PowerPoint p11 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p4 - Lesson 3 – PowerPoint p9 - Lesson 3 – Worksheet p2 - Lesson 3 – Worksheet MEMO p3 - Content Summary p4 - 4x YouTube Videos	
WEEK 8 - 10	
EXAMINATIONS	
Teenactiv resources	
2026 Grade 8 Section A T3&4 Examination Paper (2026) p11 - English or Afrikaans Grade 8 Section A T3&4 Examination Paper MEMO (2026) p13 Grade 8 Integrated Topics Section B&C T3&4 Examination Paper (2026) p15 - English or Afrikaans Grade 8 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2026) p30 **2025** Grade 8 Section A T3&4 Examination Paper (2025) p12 - English or Afrikaans Grade 8 Section A T3&4 Examination Paper MEMO (2025) p12 Grade 8 Integrated Topics Section B&C T3&4 Examination Paper (2025) p8 - English or Afrikaans Grade 8 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2025) p15 **2024** Grade 8 Section A T3&4 Examination Paper (2024) p10 – English or Afrikaans Grade 8 Section A T3&4 Examination Paper MEMO (2024) p12 Grade 8 Integrated Topics Section B&C T3&4 Examination Paper (2024) p8 – English or Afrikaans Grade 8 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2024) p19	

2023
Grade 8 Section A T3&4 Examination Paper (2023) p7 – English or Afrikaans
Grade 8 Section A T3&4 Examination Paper MEMO (2023) p9

Grade 8 Integrated Topics Section B&C T3&4 Examination Paper (2023) p10 – English or Afrikaans
Grade 8 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2023) p21

2022
Grade 8 CRR T3&4 Controlled Test Questions (2022) p8 – English or Afrikaans
Grade 8 CRR T3&4 Controlled Test MEMO (2022) p12

Grade 8 WOW T3&4 Controlled Test Questions (2022) p9 – English or Afrikaans
Grade 8 WOW T3&4 Controlled Test MEMO (2022) p12

Grade 8 HSER T3&4 Controlled Test Questions (2022) p8 – English or Afrikaans
Grade 8 HSER T3&4 Controlled Test MEMO (2022) p12

Grade 8 Integrated Topics T3&4 Controlled Test Questions (2022) p6 – English or Afrikaans
Grade 8 Integrated Topics T3&4 Controlled Test MEMO (2022) p12

2021
Grade 8 CRR T3&4 Controlled Test Questions & MEMO (2021) p25 – English or Afrikaans
Grade 8 WOW T3&4 Controlled Test Questions & MEMO (2021) p25 – English or Afrikaans
Grade 8 HSER T3&4 Controlled Test Questions & MEMO (2021) p25 – English or Afrikaans

2020
Grade 8 CRR T3&4 Exam Questions & MEMO (2020) p27 – English
Grade 8 WOW T3&4 Exam Questions & MEMO (2020) p25 – English
Grade 8 HSER T3&4 Exam Questions & MEMO (2020) p24 – English

Formal assessment:	
1. End-of-year Examination 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.