2026 Annual Teaching Plan

(Updated 22 September 2026)

Grade 9

All the below content is completely aligned with the 2026 ATPs for Grade 9.

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 9
WEEK 1 - 4		
Development of the self in society		4 hours

Basic hygiene principles
• Goal-setting skills: Personal lifestyle choices
• Influences on personal lifestyle choices:
  • Media
  • Environment
  • Friends and peers
  • Family
  • Culture
  • Religion
  • Community
• Appropriate responses to influences on personal lifestyle choices:
  • Informed decision-making skills: Positive and negative influences
  • Assertiveness skills: Confident and firm decision-making		

Teenactiv resources		
Lesson Preparation: - Goal Setting & Personal Lifestyle Lesson (2025) – English or Afrikaans - Lesson 1 – PowerPoint p10 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p3 - Lesson 2 – PowerPoint p14 - Lesson 2 – Worksheet p2 - Lesson 2 – Worksheet MEMO p3 - Lesson 3 – PowerPoint p11 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO p4 - Lesson 4 – PowerPoint p10 - Lesson 4 – Worksheet p3		

- Lesson 4 – Worksheet MEMO p3
- Content Summary p9
- 3x YouTube Videos

Physical education

- Participation in activities that improve physical wellness (fitness) level
- Safety issues relating to fitness activities
- Participation and movement performance in activities that improve physical wellness level

Teenactiv resources

Lesson Preparation:

- Fitness & Athletics Appreciation Lesson Preparation (2015) p8 – English

WEEK 5 – 7

Development of the self in society	3 hours

- Sexual behaviour and sexual health: Risk factors leading to unhealthy sexual behaviour
- Unwanted results of unhealthy sexual behaviour:
  - Teenage pregnancy
  - Sexually transmitted infections (STIs)
  - HIV/AIDS
  - Low self-esteem
  - Emotional scars
- Factors that influence personal behaviour, including family, friends, peers and community norms
- Strategies to deal with unhealthy sexual behaviour: Abstinence and change of behaviour
- Protective factors, where to find help and support: community structures that offer protection or resilience against high-risk behaviour
- Adverse consequences and implications of teenage pregnancy for teenage parent(s) and the children born to teenagers

Teenactiv resources

Lesson Preparation:

- Sexual Behaviour & Sexual Health Lesson Preparation (2025) – English or Afrikaans
- Lesson 1 – PowerPoint p8
- Lesson 1 – Worksheet p3
- Lesson 1 – Worksheet MEMO p3
- Lesson 1 – Exit Ticket p1
- Lesson 2 – PowerPoint p8
- Lesson 2 – Popcorn Recap Cards p1
- Lesson 2 – Worksheet p2
- Lesson 2 – Worksheet MEMO p3
- Lesson 3 – PowerPoint p5
- Lesson 3 – Introduction Cards p1
- Lesson 3 - Worksheet p2
- Content Summary p7
- 2x YouTube Videos

WEEK 8 – 11	
World of work	4 hours
• Time-management skills: Accountability in carrying out responsibilities • How to organise one's work • How to use time effectively and efficiently • Reading and writing for different purposes: Keeping a journal, summarising and improving reading and writing skills	
Teenactiv resources	
Lesson Preparation: - Time Management Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p14 - Lesson 1 – Worksheet p2 - Lesson 1 – Worksheet MEMO p2 - Lesson 2 – PowerPoint p14 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p3 - Lesson 3 – PowerPoint p12 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO p6 - Lesson 4 – PowerPoint p10 - Lesson 4 – Worksheet p4 - Lesson 4 – Worksheet MEMO p5 - Content Summary p10 - 6x 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.
Teenactiv resources	
Task: - Grade 9 DSS & WOW Written Task (2026) – Individual p10 – English or Afrikaans - Grade 9 DSS & WOW Written Task Marking Guideline (2026) p11 - Grade 9 DSS & WOW Written Task (2025) – Individual p9 – English or Afrikaans - Grade 9 DSS & WOW Written Task Marking Guideline (2025) p10 - Grade 9 DSS & WOW Written Task (2024) – Individual p9 – English or Afrikaans - Grade 9 DSS & WOW Written Task MEMO (2024) p18 - Grade 9 DSS & WOW Written Task (2023) – Individual p7 – English or Afrikaans - Grade 9 DSS & WOW Written Task MEMO (2023) p16 - Grade 9 DSS & WOW Written Task (2022) – Individual p7 – English or Afrikaans - Grade 9 DSS & WOW Written Task MEMO (2022) p10 -	

- Grade 9 DSS Written Task (2021) – Individual p7 – English or Afrikaans
- Grade 9 DSS Written Task (2021) – Group p9
- Grade 9 DSS Written Task MEMO (2021) p9

TOPIC	TERM 2	GRADE 9
WEEK 1 - 3		
Constitutional rights and responsibilities		3 hours
Basic hygiene principles • Issues relating to citizens' rights and responsibilities: Respect for others' rights – People living with different disabilities and HIV/AIDS (infected and affected) • Celebrations of national and international days: • Human Rights Day • Freedom Day • Heritage Day • Reconciliation Day • Youth Day • Worker's Day • Women's Day • Africa Day • Nelson Mandela Day • World Refugees' Day • National health days • Plan and participate in a local celebration of a national day		
Teenactiv resources		
Lesson Preparation: - Disabilities and National Days Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p10 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p3 - Lesson 2 – PowerPoint p14 - Lesson 2 – Worksheet p2 - Lesson 2 – Worksheet MEMO p4 - Lesson 3 – PowerPoint p16 - Lesson 3 – Worksheet p5 - Lesson 3 – Worksheet MEMO p6 - Content Summary p6 - 8x YouTube Videos		
Physical education • Participation in a programme that improves movement techniques • Participation in, and execution of, a game plan for individual or team sport • Participation and movement performance in a game plan for individual or team sport that improves movement techniques • Safety issues relating to participation in sport		
Teenactiv resources		
Lesson Preparation: - Develop a Game Plan Lesson Preparation (2016) p21 – English		

WEEK 4 - 5	
Constitutional rights and responsibilities	2 hours
• Constitutional values as stated in the South African Constitution • Positive and negative role models • Role models for upholding constitutional values: parents and leaders in the community/society • Applying these values in daily life	
Teenactiv resources	
Lesson Preparation: - Constitutional Values and Role Models Lesson (2026) – English or Afrikaans - Lesson 1 – PowerPoint p15 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p4 - Lesson 2 – PowerPoint p10 - Lesson 2 – Worksheet p3 - Lesson 2 Worksheet MEMO p5 - Content Summary p4 - 3x YouTube Videos	
WEEK 6 - 9	
World of work	4 hours
• Options available after completing Grade 9: National Senior Certificate (NSC: Grades 10–12) and National Certificate Vocational (NCV: TVET colleges) qualifications • Implications of choices: Choice between NSC and NCV • Knowledge of the world of work: Rights, responsibilities and opportunities in the workplace	
Teenactiv resources	
Lesson Preparation: - NSC vs NCV Lesson Preparation (2024) – English or Afrikaans - Lesson 1 – PowerPoint p9 - Lesson 1 – Worksheet p3 - Lesson 1 - Worksheet MEMO p3 - Lesson 2 – PowerPoint p12 - Lesson 2 – Worksheet p2 - Lesson 2 - Worksheet MEMO p2 - Lesson 3 – PowerPoint p7 - Lesson 3 – Worksheet p2 - Lesson 3 - Worksheet MEMO p3 - Lesson 4 – PowerPoint p8 - Lesson 4 – Worksheet p4 - Lesson 4 – Worksheet MEMO p6 - Content Summary p10	

WEEK 10 - 11
CONTROLLED TEST
Teenactiv resources
2026 Grade 9 Section A T1&2 Controlled Test (2026) p10 – English or Afrikaans Grade 9 Section A T1&2 Controlled Test MEMO (2026) p10 Grade 9 Integrated Topics Section B&C T1&2 Controlled Test (2026) p9 – English or Afrikaans Grade 9 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2026) p16 **2025** Grade 9 Section A T1&2 Controlled Test (2025) p10 – English or Afrikaans Grade 9 Section A T1&2 Controlled Test MEMO (2025) p11 Grade 9 Integrated Topics Section B&C T1&2 Controlled Test (2025) p8 – English or Afrikaans Grade 9 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2025) p17 **2024** Grade 9 Section A T1&2 Controlled Test (2024) p8 – English or Afrikaans Grade 9 Section A T1&2 Controlled Test MEMO (2024) p12 Grade 9 Integrated Topics Section B&C T1&2 Controlled Test (2024) p8 – English or Afrikaans Grade 9 Integrated Topics Section B&C T1&2 Controlled Test MEMO (2024) p19 **2023** Grade 9 Section A T1&2 Controlled Test (2024) p7 – English or Afrikaans Grade 9 Section A T1&2 Controlled Test MEMO (2024) p8 Grade 9 Integrated Topics T1&2 Controlled Test (2023) p8 – English or Afrikaans Grade 9 Integrated Topics T1&2 Controlled Test MEMO (2023) p14 **2022** Grade 9 DSS T1&2 Controlled Test (2022) p9 – English or Afrikaans Grade 9 DSS T1&2 Controlled Test MEMO (2022) p12 Grade 9 WOW T1&2 Controlled Test (2022) p10 – English or Afrikaans Grade 9 WOW T1&2 Controlled Test MEMO (2022) p13 Grade 9 CRR T1&2 Controlled Test (2022) p9 – English or Afrikaans Grade 9 CRR T1&2 Controlled Test MEMO (2022) p13 Grade 9 Integrated Topics T1&2 Controlled Test (2022) p6 – English or Afrikaans Grade 9 Integrated Topics T1&2 Controlled Test MEMO (2022) p10 **2021** Grade 9 DSS T1&2 Controlled Test & MEMO (2021) p26 – English or Afrikaans Grade 9 WOW T1&2 Controlled Test & MEMO (2021) p26 – English or Afrikaans

<table>
<tr><td colspan="2">Grade 9 CRR T1&2 Controlled Test & MEMO (2021) p27 – English or Afrikaans

2020
Grade 9 DSS T1&2 Exam Questions & MEMO (2020) p25 – English
Grade 9 WOW T1&2 Exam Questions & MEMO (2020) p24 – English
Grade 9 CRR T1&2 Exam Questions & MEMO (2020) p24 – English</td></tr>
<tr><td colspan="2">Formal assessment:</td></tr>
<tr><td>1. Mid-year examination
2. Physical Education Task (PET)</td><td>It is compulsory to cover the given topics in the term indicated. The sequence of the topics within the term is however, not fixed.</td></tr>
</table>

TOPIC	TERM 3	GRADE 9
WEEK 1 - 4		
World of work		4 hours
Basic hygiene principles Career and subject choices: • Subjects in Grade 10, 11 and 12 • Careers related to different subjects • Qualities relating to different careers and subjects: Strengths and weaknesses; and interests and abilities • Decision-making skills: Steps in choosing subjects relating to interests and abilities and career of interest		
Teenactiv resources		
Lesson Preparation: - Career and Subject Choice Lesson Preparation (2026) – English or Afrikaans - Lesson 1 – PowerPoint p10 - Lesson 1 – Worksheet p2 - Lesson 1 – Worksheet MEMO p3 - Lesson 2 – PowerPoint p10 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p4 - Lesson 3 – PowerPoint p12 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO - Lesson 4 – PowerPoint p15 - Lesson 4 – Worksheet p3 - Lesson 4 – Worksheet MEMO p5 - Content Summary p8 - 2x YouTube Videos		
Physical education		
• Participation in a programme that improves movement, and refinement of own and peer performance in movement activities • Safety issues relating to movement activities		
Teenactiv resources		
Lesson Preparation: - Gymnastics Lesson Preparation (2015) p7 – English - General Warm up Routine Article p5 - Safety Issues and First Aid in Sport Article p6		
WEEK 5 – 7		
Health, social and environmental responsibility		3 hours
Concept: Volunteerism: • Individual and community responsibility • Different types of volunteer organisations: Contributions of community-based and non-profitable organisations to social and environmental health and sustainable development • Different types of volunteer activities: Helping those less privileged and assisting those affected and infected by HIV/AIDS and terminal illnesses		

Teenactiv resources
Lesson Preparation: - Volunteerism Lesson Preparation (2025) – English or Afrikaans - Lesson 1 – PowerPoint p12 - Lesson 1 – Worksheet p1 - Lesson 1 – Worksheet MEMO p2 - Lesson 2 – PowerPoint p11 - Lesson 2 – Group Activity Prompts p1 - Lesson 2 – Worksheet p2 - Lesson 2 – Worksheet Memo p2 - Lesson 3 – PowerPoint p12 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO p5 - Content Summary p7 - 7 x YouTube Videos -

WEEK 8 – 11	
Health, social and environmental responsibility	4 hours
Health and safety issues related to violence: • Common acts of violence at home, school and in the community • Reasons that violence occurs in families and communities and among friends and peers • Impact of violence on individual and community health and safety • Alternatives to violence: Problem-solving skills and managing conflict • Protecting oneself and others from acts of violence: Where to find help • National health and/or safety promotion programmes	
Teenactiv resources	
Lesson Preparation: - Violence Lesson Preparation (2024) – English or Afrikaans - Lesson 1 – PowerPoint p7 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p3 - Lesson 2 – PowerPoint p8 - Lesson 2 – Worksheet p3 - Lesson 2 – Worksheet MEMO p3 - Lesson 3 – PowerPoint p8 - Lesson 3 – Worksheet p2 - Lesson 3 – Worksheet MEMO p2 - Lesson 4 – PowerPoint p8 - Lesson 4 – Worksheet p2 - Lesson 4 – Worksheet MEMO p3 - Content Summary p8 - 5x YouTube Videos	

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 9 WOW Project (2026) p15 – English or Afrikaans
- Grade 9 WOW Project MEMO (2026) p14
- Grade 9 Term 3 Project Data Gathering (2026) p9

- Grade 9 WOW HSER Project (2025) p13 – English or Afrikaans
- Grade 9 WOW HSER Project MEMO (2025) p18
- Grade 9 Term 3 Practical Interview Component (2025) p8

- Grade 9 WOW HSER Project (2024) p11 – English or Afrikaans
- Grade 9 WOW HSER Project MEMO (2024) p12

- Grade 9 WOW HSER Project (2023) p6 – English or Afrikaans
- Grade 9 WOW HSER Project MEMO (2023) p12

- Grade 9 HSER Project (2022) p5 – English or Afrikaans
- Grade 9 HSER Project MEMO (2022) p12

- Grade 9 HSER Project (2021) – Individual p7 – English or Afrikaans
- Grade 9 HSER Project (2021) – Group p9
- Grade 9 HSER Project MEMO (2021) p9

TOPIC	TERM 4	GRADE 9
WEEK 1 - 3		
Constitutional rights and responsibilities		3 hours
Basic hygiene principles Contributions of various religions in promoting peace Sport ethics in all physical activities		
Teenactiv resources		
Lesson Preparation: - Contributions of Religions & Sport Ethics Lesson Preparation (2025) - English or Afrikaans - Lesson 1 – PowerPoint p17 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p4 - Lesson 2 – Worksheet p1 - Lesson 2 – Worksheet MEMO p1 - Lesson 3 – PowerPoint p12 - Lesson 3 – Worksheet p3 - Lesson 3 – Worksheet MEMO p4 - Content Summary p6 - 2 x YouTube Videos		
Physical education		
• Participation and refinement of own performance in an outdoor recreational activity • Safety issues relating to participation in recreational activities		
Teenactiv resources		
Lesson Preparation: - Outdoor Recreation Activity Lesson Preparation (2016) p7 – English		
WEEK 4 - 6		
Development of the self in society		3 hours
• Challenging situations: Depression, grief, loss, trauma and crisis • Causes of depression, grief, loss, trauma and crisis • Counterproductive coping techniques: Using alcohol and drugs		
Teenactiv resources		
Lesson Preparation: - Challenging Situations Lesson Preparation (2026) – English or Afrikaans - Lesson 1 – PowerPoint p12 - Lesson 1 – Worksheet p2 - Lesson 1 – Worksheet MEMO p3 - Lesson 2 – PowerPoint p14 - Lesson 2 – Worksheet p3 - Lesson 2 - Worksheet MEMO p4 - Lesson 3 – PowerPoint p13 - Lesson 3 – Worksheet p2 - Lesson 3 – Worksheet MEMO p4 - Content Summary p7 - 5x YouTube Videos		

WEEK 7	
World of work	1 hour
• Study and career funding providers • Plan for own lifelong learning: Goal-setting	
Teenactiv resources	
Lesson Preparation: - Study Funding and Goal-setting Lesson Preparation (2025) - English or Afrikaans - Lesson 1 – PowerPoint p11 - Lesson 1 – Worksheet p3 - Lesson 1 – Worksheet MEMO p4 - Content Summary p3	
WEEK 8 - 10	
EXAMINATION	
Teenactiv resources	
2026 Grade 9 Section A T3&4 Examination Paper (2026) – p11 English or Afrikaans Grade 9 Section A T3&4 Examination Paper MEMO (2026) – p12 Grade 9 Integrated Topics Section B&C T3&4 Examination Paper (2026) – p16 English or Afrikaans Grade 9 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2026) – p29 **2025** Grade 9 Section A T3&4 Examination Paper (2025) – p13 English or Afrikaans Grade 9 Section A T3&4 Examination Paper MEMO (2025) – p13 Grade 9 Integrated Topics Section B&C T3&4 Examination Paper (2025) – p8 English or Afrikaans Grade 9 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2025) – p15 **2024** Grade 9 Section A T3&4 Examination Paper (2024) p13 – English or Afrikaans Grade 9 Section A T3&4 Examination Paper MEMO (2024) p12 Grade 9 Integrated Topics Section B&C T3&4 Examination Paper (2024) p10 – English or Afrikaans Grade 9 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2024) p20 **2023** Grade 9 Section A T3&4 Examination Paper (2023) p9 – English or Afrikaans Grade 9 Section A T3&4 Examination Paper MEMO (2023) p12 Grade 9 Integrated Topics Section B&C T3&4 Examination Paper (2023) p10 – English or Afrikaans Grade 9 Integrated Topics Section B&C T3&4 Examination Paper MEMO (2023) p20 **2022** Grade 9 DSS T3&4 Controlled Test Questions (2022) p9 – English or Afrikaans Grade 9 DSS T3&4 Controlled Test MEMO (2022) p14	

Grade 9 WOW T3&4 Controlled Test Questions (2022) p9 – English or Afrikaans
Grade 9 WOW T3&4 Controlled Test MEMO (2022) p14

Grade 9 HSER T3&4 Controlled Test Questions (2022) p9 – English or Afrikaans
Grade 9 HSER T3&4 Controlled Test MEMO (2022) p14

Grade 9 Integrated Topics T3&4 Controlled Test Questions (2022) p6 – English or Afrikaans
Grade 9 Integrated Topics T3&4 Controlled Test MEMO (2022) p11

2021
Grade 9 DSS T3&4 Controlled Test Questions & MEMO (2021) p25 – English or Afrikaans
Grade 9 WOW T3&4 Controlled Test Questions & MEMO (2021) p26 – English or Afrikaans
Grade 9 HSER T3&4 Controlled Test Questions & MEMO (2021) p25 – English or Afrikaans

2020
Grade 9 DSS T3&4 Exam Questions & MEMO (2020) p27 – English
Grade 9 WOW T3&4 Exam Questions & MEMO (2020) p28 – English
Grade 9 HSER T3&4 Exam Questions & MEMO (2020) p25 – 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.