

LIFE ORIENTATION



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

MEMO-2024

LIFE ORIENTATION

COMMON ASSESSMENT TASK

SEPTEMBER 2024

PERSONAL FITNESS AND HEALTH GOALS



Committing to a consistent
work-out routine, lifestyle and nutritional plan
will not only build your body.
It will also build your mind.

(Adapted from www.stockphoto.com. Accessed on 18 July 2024.)

- 1.4.1 Describe ONE social benefit of including recreational activities in a personal lifestyle plan. (1 x 2)
- 1.4.2 Explain how following a consistent exercise routine could contribute to your mental well-being. (1 x 2)
- 1.4.3 Discuss ONE possible advantage of following a balanced nutritional plan on a person's long-term physical health. (1 x 2)

14 Life Orientation Exemplar And Memo Grade 1

Liying Dong



14 Life Orientation Exemplar And Memo Grade 1:

Whispering the Strategies of Language: An Emotional Journey through **14 Life Orientation Exemplar And Memo Grade 1**

In a digitally-driven earth wherever screens reign supreme and quick communication drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words often get unheard. Yet, situated within the pages of **14 Life Orientation Exemplar And Memo Grade 1** a captivating literary value pulsing with raw emotions, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, that enchanting opus encourages visitors on an introspective trip, softly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each word. Within the psychological depths of this touching evaluation, we will embark upon a honest exploration of the book is key subjects, dissect their fascinating writing style, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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