

# Grade 7 – 9 Lesson Plans

ENGLISH

Full Colour

## SeniorPhase

CAPS-aligned with learning opportunities presented in: [Life Skills](#)

### Grade 7 Term 1

TOPIC: Development of the Self in Society

- Strategies to enhance self-image through positive actions: respect for self
- Strategies to enhance others' self-image through positive actions: respect for others and respect for diversity

### Grade 7 Term 2

TOPIC: Constitutional Rights and Responsibilities

- Human Rights as stipulated in the South African Constitution
- Application of responsibilities in relation to human rights
- Importance of communication to promote healthy and non-violent relationships
- Bullying: how to protect self from acts of bullying
- Reading about appropriate responses to bullying

### Grade 7 Term 3

TOPIC: Health, Social and Environmental Responsibility

- Concept: Environmental health
- Local environmental health problems
- Problem-solving skills: an action plan to address an environmental health problem and formulate environmentally sound choices and actions

### Grade 7 Term 4

TOPIC: Development of the Self in Society

- Concepts: Personal diet and nutrition
- Factors that influence choice of personal diet: ecological, social, economic, cultural and political
- Ways to improve nutritional value of own personal diet: a plan for healthy eating habits

### Grade 8 Term 1

TOPIC: Health, Social and Environmental Responsibility: Environmental health issues

- Application of laws and policies to protect environmental health: address an environmental issue
- Earth Day: 22 April
- Develop and implement an environmental health programme

### Grade 9 Term 3

TOPIC: Health, Social and Environmental Responsibility

- Health and safety issues related to violence
- Common acts of violence at home, school and 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