



GRADE 12

TERM 2 : 2013

PHYSICAL EDUCATION and SPORT

DEMARCATIION : MID-YEAR EXAMS 2013 (1 1/2 HOUR PAPER)

PORTFOLIO THEORY (Notes behind blue paper)

Commitment to participate in physical activities for long-term engagement (6 attributes)	:	Pages 1 – 2
Safe practice in Physical Education and Sport	:	Page 1
Three steps to fitness	:	Page 3
Mental and physical strength (Keys)	:	Page 4
Arguments for exercising	:	Pages 5 – 6
School desk workout (Tips)	:	Page 7
Feel-good factors (Opportunities)	:	Page 8
Pilates: Sedentary lifestyles	:	Page 9
Cheerleading	:	Pages 1 – 2
Exercises (Types)	:	Pages 2 – 19