Life Skills and Social Sciences Education

The school subject of Life Skills deals with the holistic development of the learner throughout childhood (Foundation, Intermediate, Senior and FET phase). Future students will be equipped with knowledge, practical skills and values to assist learners to achieve their full physical, intellectual, personal, emotional and social potential. The aim of teaching this subject to student teachers is to encourage learners to acquire and practise life skills that will assist them to become independent and effective in responding to life’s challenges and to play an active and responsible role in society. The subject aims to develop learners through three different but interrelated, study areas. The study areas provide opportunities for learners to practise the types of life skills required to make informed choices regarding their personal lifestyle, health and social well-being. It provides learners with skills to relate positively with and contribute to family, community and society. The aim is to develop values such as respect for the rights of others and tolerance for cultural and religious diversity in order to build a democratic society.