

## VRAAG 1

1.1 Verskeie opsies word as moontlike antwoorde vir die volgende vrae verskaf. Kies die korrekte antwoord en skryf skryf die letter (A-D) langs die vraagnommer (1.1.1-1.1.5) neer, bv. 1.1.6 D

1.1.1 Selfrespek is...

- A Hoe jy jouself verbeter.
- B Dat jy jouself ken.
- C Hoeveel jy van jouself hou.
- D Jy glo in jouself.

(1)

1.1.2 Mag beteken...

- A Om nie gelyke mag in 'n verhouding te hê nie.
- B Die magsdeling tussen mense in 'n verhouding.
- C Houdings of gedrag wat verwag word as normaal.
- D Beheer oor mense of dinge.

(1)

1.1.3 Vermoëns beteken...

- A Die dinge wat jy altyd goed doen.
- B Die dinge wat jy beter in kan doen.
- C Die vermoëns waarmee jy gebore is.
- D Vaardighede, dinge wat jy kan doen.

(1)

1.1.4 Spierkrag is die vermoë...

- A Om liggaamlike aktiwiteite goed uit te voer.
- B Om jou spiere krag uit te oefen.
- C Om jou gewigte en spiere in hul volle omvang te kan beweeg.
- D Om 'n langtyd te oefen sonder om moeg te word.

(1)

1.1.5 Selfgeldend beteken...

- A Om te oorweeg oor situasies.

# Lewensorientering Graad 10 Vraestelle

**Joacim Rocklöv**



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