

SOUTH PENINSULA HIGH SCHOOL

LIFE ORIENTATION

NOVEMBER

GRADE 10

TOTAL: 40 MARKS

EXAMINER: MS JIE FREESTER

MODERATOR: MS A. SMITH

INSTRUCTIONS:

- Answer all the questions.
- Each question should be answered on a new page.
- There are three sections namely: SECTION A, SECTION B are compulsory and any TWO questions in Section C.
- Write in blue or black pen only.
- Write neatly and legibly.

SECTION A

QUESTION 1

Write down the number and the correct letter next to it for example: 1A.

- 1.1 Some companies, businesses and organisations award _____ if you have done very well at school in your studies or sport.
- | | |
|----------------|-----------------|
| A. learnership | C. bursary |
| B. scholarship | D. student loan |
- 1.2 Human rights are based on _____.
- | | |
|--------------|---------------------|
| A. dignity | C. equality |
| B. democracy | D. All of the above |
- 1.3 Abstinence _____.
- | |
|--|
| A. is a self-imposed restraint from indulging in bodily activities that are widely experienced as giving pleasure. |
| B. means your well-being and ability to cope with life events. |
| C. is holding hands and kissing cannot make your pregnant |
| D. None of the above |

- 1.4 To stay healthy and promote emotional well-being one needs to _____.
- | |
|------------------------------------|
| A. keep a balance |
| B. play a sport |
| C. get physical exercise every day |
| D. All of the above |
- 1.5 To become a registered voter you need _____.
- | | |
|------------------------|------------------------|
| A. a valid ID document | C. parental permission |
| B. a passport | D. All of the above |

QUESTION 2

Give the following concept for the following definition.

- 2.1 The trade of humans, most commonly for the purpose of forced labour, sexual slavery, or commercial sexual exploitation for the trafficker or others.
- 2.2 The dislike of or prejudice against people from other countries.
- 2.3 A disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood.
- 2.4 The right to a safe, healthy, productive and sustainable environment.
- 2.5 Justice in terms of the distribution of wealth, opportunities, and privileges within a society. (7)

QUESTION 3

Answer the following SHORT questions.

- 3.1 What does acronym SMART stand for? (8)
- 3.2 Write down one reason why it is important to stretch. (1)
- 3.3 What is the difference between POWER and GENDER? (2x2)
- 3.4 Why is it important to WARM UP before exercising? (2)
- 3.5 Why is it important to wear proper clothing when training? (2)

(10)

SECTION A: 10 Marks

Life Oriantation Question Paper For Abet 2014

JA Banks



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Table of Contents Life Oriantation Question Paper For Abet 2014

1. Understanding the eBook Life Oriantation Question Paper For Abet 2014
 - The Rise of Digital Reading Life Oriantation Question Paper For Abet 2014
 - Advantages of eBooks Over Traditional Books
2. Identifying Life Oriantation Question Paper For Abet 2014
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Life Oriantation Question Paper For Abet 2014
 - User-Friendly Interface
4. Exploring eBook Recommendations from Life Oriantation Question Paper For Abet 2014
 - Personalized Recommendations

- Life Orientation Question Paper For Abet 2014 User Reviews and Ratings
- Life Orientation Question Paper For Abet 2014 and Bestseller Lists
- 5. Accessing Life Orientation Question Paper For Abet 2014 Free and Paid eBooks
 - Life Orientation Question Paper For Abet 2014 Public Domain eBooks
 - Life Orientation Question Paper For Abet 2014 eBook Subscription Services
 - Life Orientation Question Paper For Abet 2014 Budget-Friendly Options
- 6. Navigating Life Orientation Question Paper For Abet 2014 eBook Formats
 - ePub, PDF, MOBI, and More
 - Life Orientation Question Paper For Abet 2014 Compatibility with Devices
 - Life Orientation Question Paper For Abet 2014 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Life Orientation Question Paper For Abet 2014
 - Highlighting and Note-Taking Life Orientation Question Paper For Abet 2014
 - Interactive Elements Life Orientation Question Paper For Abet 2014
- 8. Staying Engaged with Life Orientation Question Paper For Abet 2014
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Life Orientation Question Paper For Abet 2014
- 9. Balancing eBooks and Physical Books Life Orientation Question Paper For Abet 2014
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Life Orientation Question Paper For Abet 2014
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Life Orientation Question Paper For Abet 2014
 - Setting Reading Goals Life Orientation Question Paper For Abet 2014
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Life Orientation Question Paper For Abet 2014
 - Fact-Checking eBook Content of Life Orientation Question Paper For Abet 2014

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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