

SOUTH PENINSULA HIGH SCHOOL

LIFE ORIENTATION

NOVEMBER

GRADE 10

TOTAL: 30 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: 30 Marks

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