

Grade 11 November Exam Scope

Mathematics:

Paper 1 – 2,5 hours

1. Exponents
2. Surds
3. Equations and inequalities, completing the square
4. Nature of roots
5. Number Patterns
6. Functions – straight line, parabola, hyperbola, exponential graphs
7. Finance
8. Probability – 3 circle Venn diagrams, tree diagrams, contingency tables, independent events

Paper 2 – 2,5 hours

1. Analytical geometry
2. Trigonometry – reduction formulae, equations, identities, trig on the Cartesian plane
3. Trig graphs
4. Circle Eudidean geometry
5. Statistics
6. Trigonometry – solving triangles using SOH CAH TOA, sin rule, cos rule and area rule
7. Measurement

Life Sciences

Paper 1 – 2,5 hours

1. Supporting systems and movement in animals – human skeleton, joints, and muscles.
2. Transport in animals – the human circulatory system, heart structure, blood vessels, blood, and lymph as a tissue.
3. Excretion in humans and the urinary system.
4. The Human nervous system
 - The nervous systems
 - The brain, spinal cord, and reflex arc
 - Nerve tissue and transmission of nerve impulses
 - Receptors

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web nov 11 2023 a theraband or resistance band is a latex band that s used for physical therapy and light strength training exercises they re great if you re looking to do low intensity exercises or are focused on injury prevention theraband exercise requires proper posture warming up and stretching prior to use and the knowledge of which

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web exercise times times per day to make these exercises harder hold the band tighter keeping hands closer together increase the number of times you repeat the exercise remember to do each exercise slowly and controlled ask your therapist for a different colored band to make these exercises easier

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web theraband external rotation at 90° stand with the theraband attached in front of you keeping the arm elevated to 90 degrees and the elbow at a 90 degree angle rotate the hand and arm slowly backward and then return slowly to the start

position theraband internal rotation at 90° stand with the theraband attached behind you

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