



Education and Sport Development

Department of Education and Sport Development
Departement van Onderwys en Sport Ontwikkeling
Lefapha la Thuto le Tlhabololo ya Metshameko

NORTH WEST PROVINCE

**PROVINCIAL MID YEAR
EXAMINATIONS 2018**

GRADE 10

**LIFE ORIENTATION
JUNE EXAMINATION**

MARKS : 80

DURATION : 2Hrs

This Question Paper consists of 9 pages



INSTRUCTIONS TO LEARNERS

1. The question paper consists of NINE pages
2. Number your questions the same as in the question paper.
3. The question paper consists of three (3) sections:
 - 3.1. Section A: 20 Marks compulsory
 - 3.2. Section B: 30 Marks compulsory
 - 3.3. Section C: 30 Marks (choose only THREE questions)
4. Write neatly, clearly and legibly.
5. Use a blue or black pen.
6. Read all instructions carefully before answering.
7. Make sure you have written down your name and surname.
8. Answer each SECTION on a NEW page.



SECTION A

QUESTION 1

1.1. Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A-D) next to the question number in the ANSWER BOOK, for example 1.1.8 E

1.1.1. Adolescence is.....

- A. Any phase of development.
- B. The end of teenage phase.
- C. The beginning of adulthood.
- D. A time when one has pimples and acne.

1.1.2. Anorexia Nervosa is.....

- A. An eating disorder caused by eating too much
- B. A psychological illness that makes an individual to stop eating.
- C. When an individual attempts to throw up food.
- D. When an individual eats only vegetables.

1.1.3. Bulimia refers to...

- A. Hunger.
- B. Poverty.
- C. Malnutrition.
- D. Binge eating then vomiting.

1.1.4. The work that one does and requires special education ...

- A. Career choice.
- B. Job.
- C. Occupation.
- D. Career field

1.1.5. The following job is not a career field in the information technology sector...

- A. Computer analyst.
- B. Data analyst.
- C. Programmer.
- D. Investment consultant

1.1.6. Which of the following best describes the personality of an artistic person?

- A. Careful.
- B. Inquisitive.
- C. Complicated.
- D. Shy.



1.1.7. A listening skill requires that one

- A. Hears the message conveyed.
- B. Understands the message heard.
- C. Lists.
- D. Pays attention.

1.1.8. When one quickly moves one's eyes over a chapter in a book, one is said to be the chapter.

- A. Reading.
- B. Scanning
- C. Memorising.
- D. Organising.

1.1.9 An example of a study method is ...

- A. Listening actively.
- B. Managing your time effectively.
- C. Using acronyms and mnemonics.
- D. Taking notes

1.1.10 Choose a word or phrase that shows differences...

- A. All.
- B. In each case.
- C. Likewise.
- D. Nevertheless.

(10 x 1)(10)

QUESTION 2

2.1 Match the descriptions in column B with the items in column A; write only the correct letter next to each number; e.g. 2.1.1 G

COLUMN A	COLUMN B
2.1.1 Endurance	A. Strong tendons
2.1.2 Cardio-vascular fitness	B. with air or oxygen
2.1.3 Muscular Strength	C. ability to move joints and use muscles through their full range of motion
2.1.4 Flexibility	D. ability to exercise for a long time without getting tired
2.1.5 Aerobic	E. how hard one should exercise to improve cardio-vascular endurance.
	F. have a strong heart and a large lung capacity

(1x5)(5)



QUESTION 3

3.1 Give **one** word for each of the following sentences about self-knowledge for career choices;

3.1.1. What one like to spend time doing.

3.1.2. What one can do well?

3.1.3. Natural abilities one has.

3.1.4. Things that one is always good at.

3.1.5. What one does not like doing?

(5x1)(5)

(1 x 5)(5)

TOTAL SECTION A [20]



SECTION B (Compulsory)

Answer ALL the questions in this section. Write your answers in full sentences.

QUESTION 4: Development of the self in society

4.1 Read the extract below and answer questions that follow:

A CRY FOR HELP OR ATTENTION?

I am Dimpho and I am doing Gr 10 for the second time. I feel so down, my parents do not leave with me because they are working overseas, and they have left me with my grandmother from my father's side. I feel rejected and not understood as my friends feel I am spoilt, I guess they base their perception of me on the expensive clothes I wear and the pocket money I carry as my parents send me more money than I need. I do not want the material things to define who I am, I am not aware still, of my abilities, as I have no interest in my studies, I am constantly making bad decisions, when my grandmother intervenes, I feel more rejected and down.

[Anonymous]

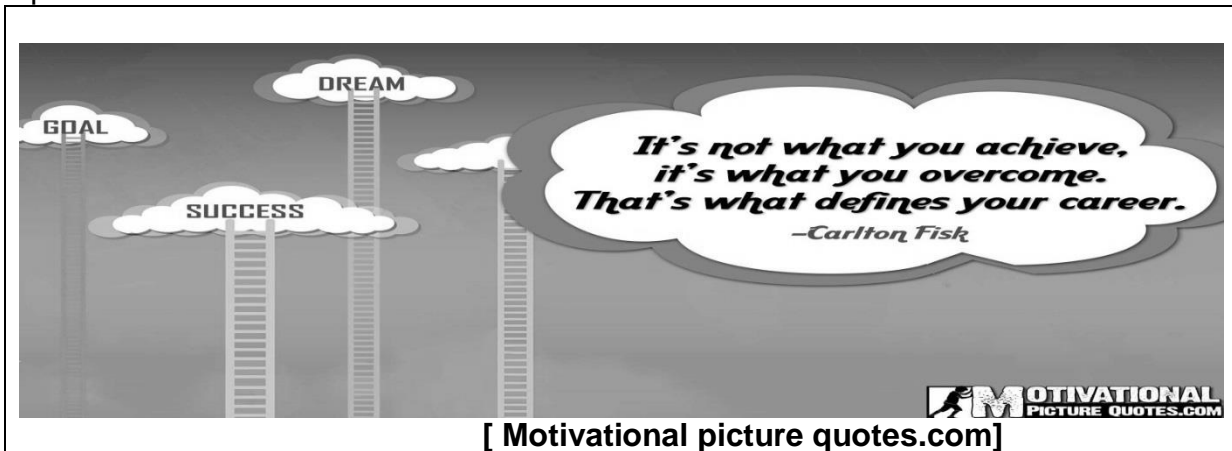
- 4.1.1 Define self-esteem. (1)
4.1.2 Distinguish between self-awareness and self-development. (2x2) (4)
4.1.3 Recommend to Dimpho in FIVE ways, exactly how she can build her confidence by making good decisions. (2x5)(10)

[15]



QUESTION 5 Careers and career choices

5.1 Look at the picture below, think about where you would like to be in 10 years and answer questions that follow:



5.1.1 Mention THREE life domains. (3x1) (3)

5.1.2 “Stereotyping can apply to careers and limit one’s career possibilities” Define the concept stereotyping and demonstrate with an example how it can affect one’s career choice. (1+2) (3)

5.1.3 Evaluate finances and affordability as one of the socio economic factors that affect career choices; refer to the following:

- Bursary
- Student loan
- Scholarship.

(3x3)(9)

[15]

TOTAL FOR SECTION B: 30



SECTION C: Answer any **THREE** out of **FOUR** questions; your answers should be in an essay form.

QUESTION 6 Democracy and human rights

Read the extract below and respond to questions that follow;

On 22 March 2018, an NGO Kheth'Impilo conducted HIV tests on learners who were under the age of 12 without their parent's consent. Parents were alerted that Grade 5-7 learners were being tested for HIV at the school's gate- one parent rushed to the school and found that her son was pricked and already been told that he was HIV positive in front of other learners and staff. When the Department of Education was asked about this; the spokesperson said that they used the services of the NGO to promote good health among learners with the aim of reducing teenage pregnancy and school dropouts. One learner called her mother to inform that they were being forced to take HIV tests, when she talked to the Kheth'Impilo employee to ask about what was happening, she got a rude response from her.

[Adapted from Drum Magazine : 12 April 2018 #327]

- "Some people are not aware of their rights as far as HIV & AIDS is concerned"
List TWO of the rights as a way of helping these people. (2x2)(4)
 - Explain in THREE points why it is wrong to discriminate against people who are HIV positive or living with AIDS. (3x2)(6)
- [10]

QUESTION 7 Social and environmental responsibility

Read the extract below and write an essay in which you respond to the questions that follow:



South Africa could run out of water in 2030. A draft plan on how to deal with the water crisis in South Africa is to be tabled before Cabinet by May 2018. This is the case despite the fact that there is no equal access to water in our country as people living in poverty stricken areas have little or no access to water.

[Adapted from News 24: 11.04.2018]

- Provide FOUR ways of saving water. (4x1)(4)

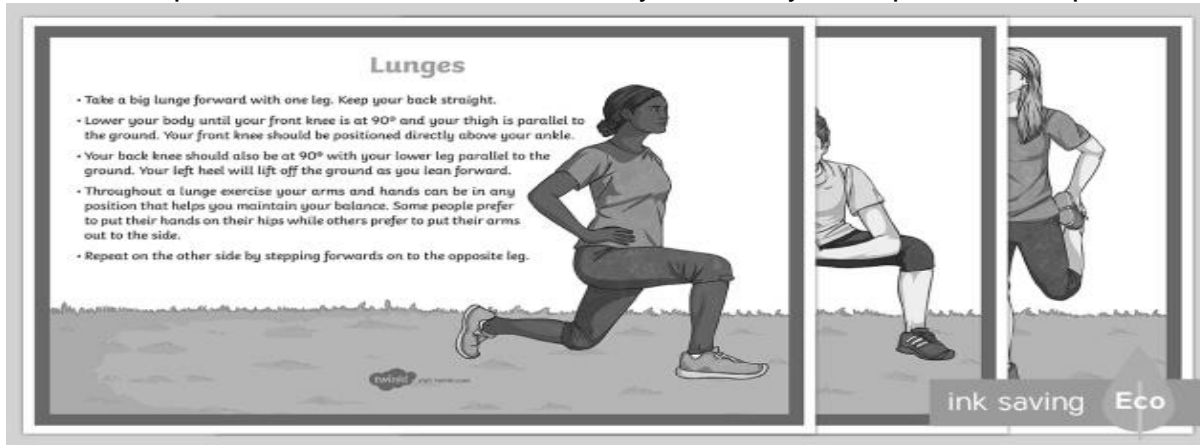


- Suggest THREE things that the government can do to ensure that South Africa does not run out of water by 2030. (3x2)(6)

[10]

QUESTION 8 Physical Education

Look at the pictures below and write an essay in which you respond to the questions that follow:



[www.pexel.com]

- List FOUR advantages of cool down exercises. (4 x1) (4)
- Explain THREE ways in which physical activities improve performance in class. (3 x 2)(6)

[10]

QUESTION 9. STUDY SKILLS

Look at the picture below and write an essay in which you respond to the questions that follow:



[www.pexel.com]

- Explain the following concepts
 - Critical thinking (2)
 - Creative thinking (2)
- Describe any THREE questions asked by critical thinkers. (3x2)(6)

[10]

GRAND TOTAL [80]

