



## 2022 LO MEMO Grade 10 Term 2 Controlled Test

Teaching Life Orientation (University of South Africa)



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**LIMPOPO**  
PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF  
**EDUCATION**

**VHEMBE EAST DISTRICT**

**NATIONAL  
SENIOR CERTIFICATE**

**GRADE10**

**LIFE ORIENTATION  
MAY 2022 TASK MEMORANDUM**

**MARKS: 100**  
**TIME: 2h30 hours**

**This Question paper consists of 7 pages including the cover page.**

**This examination paper consists of 7 pages.**

**LIFE ORIENTATION**

**COMMON PAPER MAY 2022**  
**GRADE 10**  
**MEMORANDUM**

**SECTION A (Subtotal = 20 marks)**

QUESTION 1		QUESTION 2		QUESTION 3	
1.1.1	B ✓	1.2.1	T ✓	1.3.1	Self-knowledge/awereness ✓
1.1.2	B ✓	1.2.2	FALSE – Baccalaureus degree ✓✓	1.3.2	Human trafficking ✓
1.1.3	B ✓	1.2.3	FALSE – An assertive person is one who stands up for his or her rights in a <u>respectful manner.</u> ✓✓	1.3.3	South African Human Rights Commission - SAHRC ✓
1.1.4	A ✓			1.3.4	Environmental justice
1.1.5	A ✓			1.3.5	Values ✓
1.1.6	A ✓				
1.1.7	D ✓				
1.1.8	A ✓				
1.1.9	D ✓				
1.1.10	B ✓				

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**SECTION B**

**QUESTION 2**

2.1.1 A set idea that people have about what someone or something is like, especially an idea that is wrong. ✓✓

People that have a fixed idea about what other people are capable of and who should do what type of work.

Primary school teachers must be ladies ✓

Man should not do domestic work ✓

Woman may earn less than man for similar work ✓ **(3X2)**

**Or any relevant answer**

2.1.2 Science, Technology, Engineering and Mathematics ✓ **(2)**

2.1.3 **Three reasons** why people may have these stereotypes:

Traditionally certain jobs were kept for certain genders. ✓

The way we are brought up. ✓

Because communities determine which jobs get done by which sex. ✓

**Three suggestions** how we can change these stereotypes:

Expose different sexes to different careers. ✓

Treat and respect everyone as an individual. ✓

Educate young men and woman about stereotyping through social media. ✓

**Or any relevant answer**

**(3X2)**

2.1.4 Mary must work hard and maintain good marks throughout her school career. ✓✓

She should start doing research on bursaries and scholarships available for course she would like to study. ✓✓

She can also do job-shadowing which will help her to learn more about her intended career. ✓✓

She can also find part-time jobs in her spare time which will enable her to save money to pursue her intended career. ✓✓

**[20]**

**Or any relevant answer**

**(3X2)**

### QUESTION 3

#### 3.1

**Scanning** is when you move your eyes quickly over the reading material until you find the piece of information you are looking for. ✓✓

**Skimming** is when you look quickly at the headings and at the main ideas in each paragraph to get a general idea of the reading material. ✓✓

**(2x2)**

## 3.2 Note taking Summaries

Mind mapping √√

[2]

### 3.3.1 Listening

Listen with your ears, but also with your eyes as you watch the speaker/s and see how they are talking. √√

Make notes by writing only the keywords so that you are still able to listen properly. √√

Keep on asking yourself questions such as: what does this means? where does this fit into what I already know? √√

In your own word, repeat what the speaker has said to check if you have understood. √√

**Any other relevant (4)**

### 3.3.2 Memory

Make summaries and learn them by repeating it while you are walking, standing in queues or bathing. √√

Close your eyes and make a picture of what you are trying to remember. √√

Set up your own test or mock exam and try to answer the questions. √√

**Any other relevant (4)**

3.4 Setting goals. √ By setting goals you will create proper targets and won't be able to fall of schedule. √

Draw up a study timetable or schedule.√ Having a timetable help you to divide subjects into time frames and to keep to that schedule. √

Take regular short breaks.√ Make time for breaks in your schedule to do stretching and relaxation exercises. √

Keep all the things that help you study in one place, √ so that you don't waste time that can be used for studying. √

Get rid of time wasters. √ Keep away from those things that stop you from studying in order to get all the work done as planned. √

**(3X2)(20)**

**Total Section B (40)**

## SECTION C

### QUESTION 4

#### Statement:

- While people live in poverty, they cannot reach their full potential, can't choose that they want to eat, career, education etc.
- poverty creates hardship and people do not have the same choices as those living in better circumstances
- poverty affects the ability of people to be better or to choose where they live, study or work
- living in poverty creates crime and people are not safe to

Any Three marks for two good answers. One mark for statement and ONE mark for qualification of statement. [3X2]

#### Impact of the drought and access to water on the poor;

- Poor people can not buy water if there is no water
- Drought can lead to job lost and poor economic growth – impact poor people
- Leads to Undernourishment and Malnutrition, illnesses
- • some people have little/limited access to water.
- When one tap is shared by many people and used for drinking and washing, the water can get polluted.

Any Six relevant answers for ONE mark each

[6]

#### Practical suggestions for each of the four groups for 2 marks each

Community: community gardens; Prevent overpopulation (2)

Government: prevent overpopulation, encourage entrepreneurship, give start-up loans, Restrict social grants to 6 months, child-grant to only 2 children, (2)

Individual: Work hard in school, grow own veggies, volunteer, (2)

Businesses: Skills training, help entrepreneurs, (2)

## QUESTION 5

- **Benefits of physical activity.**

- Builds healthy bones and muscles;
- Improves muscular strength and endurance;
- Reduces the risk of developing chronic disease risk factors;
- Reduces stress and anxiety;
- Prevents obesity and helps to manage weight. (5)

- **How physical activity improves school achievement.**

- Allows you to concentrate and focus better;
- Makes you feel fresh and energized before you start studying;
- Refreshes your mind and helps you to think clearly;
- Allows good oxygen flow to your brain;
- Helps you to feel more relaxed;
- Part of balanced lifestyle. (3)

- **Six different** exercise programs that promote fitness and give examples of each (6 x 2 marks).

- **Cardiovascular fitness** is when you do a lot of movement-based exercise to burn fat. This includes activities such as running, brisk walking, cycling, rowing, swimming, aerobics, climbing stairs. Strengthens your heart and improves fitness for team sports.
- **Muscular Resistance fitness** is when you focus on building muscle by working against a force rather than burning fat. You can do this by lifting weights, Push-ups, sit-ups, pull-ups and squats. Makes you stronger, gives you more muscle definition eg “six-pack”.
- **Muscular Endurance fitness** is a focus on building stamina by increasing the amount of time we can do an exercise before getting tired. It includes activities such as long-distance running, biathlon or triathlons, hiking, cross-country running. Good for general health and participation in team sports.
- **Flexibility fitness** is a form of exercise that aims to improve suppleness. It is a slower form of exercise that involves bending joints and stretching muscles. Eg Yoga, dancing, gymnastics and martial arts. Good for general health, blood flow and relaxation. [20]

## QUESTION 6

### Benefits of participating in community work

- The more you help others, the better you feel about yourself (improves self-awareness and boosts self-esteem) leads to be confident about study and career.
- Become more politically and civic aware (register to vote; community development initiatives; active contributor to the greater good; etc.) know what to study to help build SA
- Closes the gap between academic work and the real human needs (provides motivation by connecting theory and practice).
- Psychological benefits: increases positive feeling and mental health; decreases depression and stress.
- Social benefits: increase bond amongst learners and with community; concern and care for others; sense of connectedness of being; embrace diversity.
- Skills development: communication skills; time management; project management; critical thinking and problem solving.

(6X2)

### Should the needs of your community and your country influence your choice of career?

You should gain the skills with respect to the needs of your country.

Every student must try to connect his or her work with the social and economic situation in the country.

If you are great in marketing and writing, think how your career may promote your country. It will help to raise new charity funds and save human lives.

Right, career is not only about making money. It's about helping people too.

**THREE marks** for a well-reasoned answer

(4)

### How critical thinking skills and constructive thinking skills can help becoming a responsible citizen

Constructive thinking skills are the ability to help you think helpful, positive and optimistic ways – build a better SA

Critical thinking enables you to think clearly, to compare and to be reasonable – help you not to get emotional involve but be objective and see what is needed to be done

(2x2)

[20]

**TOTAL SECTION C: 40**

**GRAND TOTAL: 100**