



# Focus Life Orientation Grade 10 Exam Practice Book

Sport Psychology and Coaching (University of Fort Hare)



Scan to open on Studocu

# Life Orientation

# Exam Practice Book

Grade 10



**QUESTION 1**

Various options are provided as answers to the following multiple-choice questions. Write down only the letter of the most appropriate answer next to the relevant question number.

- 1.1 “Self-esteem” refers to:
- A the way in which individuals perceive themselves in terms of their abilities, limitations and strengths
  - B the way significant others feel about your abilities, limitations and strengths
  - C the individual’s positive relationships
  - D how the individual satisfies the needs of others (2)
- 1.2 You can contract HIV:
- A From one sexual encounter
  - B Through oral sex
  - C If you have HIV already and are sexually active
  - D All of the above (2)
- 1.3 Gender refers to:
- A being male or female
  - B biological identity, for example, reproductive organs
  - C sexual orientation
  - D none of the above (2)
- 1.4 Contraceptives prevent:
- A Pregnancy
  - B HIV and Aids
  - C Pregnancy and STIs
  - D None of the above (2)
- 1.5 The male organ that enters the female body during sexual intercourse:
- A testes
  - B scrotum
  - C penis
  - D sperm (2)

- 1.6 People with low self-esteem lack most in:
- A respect
  - B confidence
  - C emotional intelligence
  - D financial status
- (2)
- 1.7 The Bill of Rights is:
- A a list of freedom and rights guaranteed to all people in a country
  - B the right to do what you please
  - C the constitution
  - D a set of gender laws
- (2)
- 1.8 Xenophobia is an intense fear or dislike of:
- A foreign people
  - B foreign culture
  - C foreign customs
  - D all of the above
- (2)
- 1.9 To be physically fit it is advisable to engage in physical activity at least:
- A one time a week
  - B ten times a week
  - C three times a week
  - D six days week
- (2)
- 1.10 A long-term goal can be defined as one which is:
- A achieved in a short space of time
  - B inconsistent with your values
  - C achieved over a long space of time
  - D not always realistic to achieve
- (2)

**[20]**

## QUESTION 2

Answer the following short questions:

2.1 Give two risks of unprotected sex. (2)

2.2 List three types of contraceptives. (3)

**[5]**

## QUESTION 3

Answer the following short questions:

3.1 “My teacher only allows boys to move desks, open her car and fetch books. She does not think girls are capable of such chores. They have to sweep the classroom and fetch her glasses of water.”

What type of behaviour is the teacher stereotyping? Should girls be prevented from doing such chores? (3)

3.2 “My home language is IsiZulu. In class I find it difficult to understand and cope with English. Whenever I code switch to IsiZulu my teacher punishes me for speaking my language.”

a) What right of the learner is being violated? (1)

b) Why is the learner code switching? (1)

**[5]**

## QUESTION 4

Answer the following short questions:

4.1 What is meant by “diversity”? Use an example from South Africa to explain your answer. (3)

4.2 Give three benefits of participating in physical activity. (3)

**[6]**

## QUESTION 5

5.1 Define prejudice using an example from everyday life (4)

**[4]**

**[TOTAL: 40 marks]**

**QUESTION 1**

Various options are provided as answers to the following multiple-choice questions. Write down only the letter of the most appropriate answer next to the relevant question number.

- 1.1 Which of the issues below is not a contemporary social issue?
- A poverty
  - B HIV and Aids
  - C violence
  - D ecological disasters (2)
- 1.2 The non-governmental organisations assist:
- A communities
  - B religious organizations
  - C government organisations
  - D all of the above (2)
- 1.3 A community organisation that could assist community members during times of need is:
- A CBO
  - B TRC
  - C HRC
  - D CCMA (2)
- 1.4 The memory skill of mnemonics refers to:
- A associating what you are learning with what you already know
  - B ways of making associations to help with remembering
  - C summarising the beginning of letters of a section into a few words
  - D forming an image of whatever it is that you want to remember, e.g. a picture of the page on which maps, charts or diagrams appear (2)

- 1.5 The memory skill of visualisation refers to:
- A associating what you are learning with what you already know
  - B ways of making associations to help with remembering
  - C summarising the beginning of letters of a section into a few words
  - D forming an image of whatever it is that you want to remember, e.g. a picture of the page on which maps, charts or diagrams appear (2)
- 1.6 The reading technique of skimming a text requires that you:
- A glance over an article or text to get an overview before reading in-depth
  - B look through the text to find specific information before reading in-depth
  - C read carefully to gain a good understanding of the contents
  - D read for leisure (2)
- 1.7 Which of the following is not a mind map?
- A Flowchart
  - B Spider graph
  - C Tree diagram
  - D Reading strategy (2)
- 1.8 To be physically fit it is advisable to engage in physical activity at least:
- A one time a week
  - B ten times a week
  - C three times a week
  - D six days week (2)
- 1.9 Orienteering is:
- A a fitness programme
  - B an aerobics programme
  - C a sport that combines racing with navigation using a map and compass
  - D a hiking activity (2)
- 1.10 Freedom of speech means:
- A that you can speak in whatever manner you wish speak whenever you wish to do so
  - B you speak only when asked to speak
  - C the freedom to speak your mind with dignity and respect
  - D saying whatever is on your mind (2)

**[20]**

## QUESTION 2

Answer the following short questions:

- 2.1 What is meant by “diversity”? Use an example from South Africa to explain your answer. (3)
- 2.2 What is meant by “time management”? (2)
- [5]**

## QUESTION 3

Answer the following short questions:

- 3.1 Give two key beliefs in an indigenous religious belief system. (2)
- 3.2 Give three benefits of participating in physical activity. (3)
- [5]**

## QUESTION 4

Community work and volunteerism is given importance in South Africa and other parts of the world. Discuss the importance of community work and give examples of the work you can be involved in as a Grade 10 learner. **[10]**

## QUESTION 5

Study techniques are important skills to acquire if learners want to improve their performance at school. Explain how you can improve the following study skills:

- 5.1 Reading (3)
- 5.2 Concentration (4)
- 5.3 Memory (3)
- [10]**

**[TOTAL: 50 marks]**



**QUESTION 1**

Various options are provided as answers to the following multiple-choice questions. Write down only the letter of the most appropriate answer next to the relevant question number.

- 1.1 The changes that take place during puberty happen because:
- A glands in your body start producing sex hormones
  - B physical changes are taking place in the body
  - C teenagers are more assertive
  - D adolescence is a period of development (2)
- 1.2 Anorexia nervosa is:
- A an eating disorder caused when individuals eat too much
  - B a psychological illness that makes the individual stop eating
  - C when individuals attempt to throw up (vomit) their food
  - D when individuals eat only vegetables (2)
- 1.3 The following are examples of risk behaviour:
- A substance abuse and lack of hygiene
  - B smoking and binge drinking
  - C unprotected sexual intercourse and violence
  - D All of the above (2)
- 1.4 During puberty the primary female sex hormone is:
- A testosterone
  - B estrogen
  - C progesterone
  - D dopamine (2)
- 1.5 Jobs in the primary sector deal with:
- A infrastructure for providing services
  - B finished products

- C raw materials
- D products (2)

1.6 The following job is not a career field in the information and technology sector

- A computer technician
- B data analyst
- C programmer
- D investment consultant (2)

1.7 Adolescence is:

- A any phase of development
- B the beginning of puberty and adulthood
- C the end of the teenage phase
- D a time when one has acne (2)

1.8 During puberty the male body produces:

- A testosterone
- B estrogen
- C progesterone
- D all of the above (2)

1.9 Jobs that can be found in the secondary sector deal with:

- A raw materials
- B finished products
- C infrastructure providing services
- D products (2)

**[18]**

## QUESTION 2

Answer the following short questions:

2.1 What is sexual abuse? (2)

2.2 Give three signs of sexual abuse? (3)

**[5]**

**QUESTION 3**

3.1 Discuss four consequences of teenage pregnancies. (8)

3.2 How can teenage pregnancies be avoided? List four ways. (4)

**[12]**

**QUESTION 4**

Adolescence is a time of many developmental changes. Discuss five areas in which a teenager develops during adolescence. Give an example in each.

**[10]**

**QUESTION 5**

Explain the key elements involved in time management. (5)

**[5]**

**[TOTAL: 50 marks]**

**QUESTION 1**

Various options are provided as answers to the following multiple-choice questions. Write down only the letter of the most appropriate answer next to the relevant question number.

- 1.1 Will the following factors influence the choice of your future career: unemployment, change in the dynamics of sex roles and job opportunities, diversity of careers, technological advancement? (2)
- A Yes
  - B No
  - C Maybe
  - D Never
- 1.2 The National Qualifications Framework consists of: (2)
- A Higher education and training
  - B Further education and training
  - C General education and training
  - D All of the above
- 1.3 The Jewish place of worship is called a: (2)
- A synagogue
  - B temple
  - C ashram
  - D mosque
- 1.4 The Hindu scriptures can be found in the: (2)
- A Torah
  - B Vedas
  - C Bible
  - D Koran

- 1.5 The African traditional religious belief system can be summed up as follows:
- A The goal of life is to realise the supreme soul as the innermost core of one's own identity and thereby to reach *moksha* (liberation or freedom)
  - B The principle beliefs are in the Ten Commandments
  - C It centres on the belief in God and the Creator through the power and appeasement of the ancestors
  - D Belief in the trinity: the Father, the Son and the Holy Spirit (2)
- 1.6 The place of worship for Muslims is called a:
- A temple
  - B ashram
  - C mosque
  - D synagogue (2)
- 1.7 One of the following is not an abuse that is created by the inequality in "power" relations between men and women:
- A physical
  - B emotional
  - C spiritual
  - D ecological (2)
- [14]**

## QUESTION 2

- 2.1 Give two key beliefs in an indigenous religious belief system. (2)
- [2]**

## QUESTION 3

- 3.1 Define unfair practice or unethical practice of sportsmen or women and discuss three examples.
- 3.2 What are four measures that can be put in place to address unfair sporting practice?
- [12]**

## QUESTION 4

- Name five factors that affect the job market and discuss how each will impact on your choice of a career. **[10]**

## QUESTION 5

Unity in diversity in our Rainbow Nation is the ideal that South Africans strive towards. Discuss six advantages of having diverse race, religions, languages, cultures and traditions in South African society.

[12]

[TOTAL: 50 marks]

**QUESTION 1**

- 1.1 A ✓✓ (2)
- 1.2 D ✓✓ (2)
- 1.3 A ✓✓ (2)
- 1.4 A ✓✓ (2)
- 1.5 C ✓✓ (2)
- 1.6 B ✓✓ (2)
- 1.7 A ✓✓ (2)
- 1.8 D ✓✓ (2)
- 1.9 C ✓✓ (2)
- 1.10 C ✓✓ (2)
- [20]**

**QUESTION 2**

- 2.1 Falling pregnant ✓  
Contracting diseases such HIV/Aids, STIs ✓ (2)
- 2.2 Any **three** of the following:
- Male condom (✓)
  - Female condom (✓)
  - The pill (✓)
  - Contraceptive injections (✓)
  - Intrauterine device – a small copper device shaped like a T to stop fertilization (✓) (3)
- [5]**

### QUESTION 3

- 3.1 The stereotype is that boys are macho ✓ and girls are weak ✓. In the twenty-first century women are expected to deliver on the same level as men ✓. Women should therefore be allowed to experience at an early age the various opportunities afforded to boys e.g. mechanics, driving ✓. (3)
- 3.2 a) The right to use your home language, which is one of the 11 official languages of the country ✓. (1)
- b) The boy is trying to interpret knowledge through his home language (✓). Code switching is one of the strategies that people use to communicate when one is trying to make sense of a language (✓). (1)
- [5]**

### QUESTION 4

- 4.1 Diversity refers to the differences in race or culture, religion and language ✓. Examples of diverse groups of people in the South African context are people who celebrate different religions, such as Jews, Muslims, Christians, Hindus and African traditions ✓✓. (3)
- 4.2 Any three of the following:
- Improves social-skills (✓), physical health (✓), mental health (✓)
  - Improves self-esteem (✓), social interaction (✓)
  - Enjoyment (✓)
  - Reduces feelings of depression and anxiety (✓)
  - Reduces risk of heart disease, cancer (✓)
  - Builds and maintains healthy bones and muscles (✓)
  - Reduces obesity (✓)
- (3)
- [6]**

### QUESTION 5

- 5.1 Ensure that student can define prejudice (✓) (✓) and give an example from everyday life. (✓) (✓) (4)
- [4]**

**[TOTAL: 40 marks]**



**QUESTION 1**

- 1.1 D ✓✓ (2)
- 1.2 D ✓✓ (2)
- 1.3 C ✓✓ (2)
- 1.4 C ✓✓ (2)
- 1.5 D ✓✓ (2)
- 1.6 A ✓✓ (2)
- 1.7 D ✓✓ (2)
- 1.8 C ✓✓ (2)
- 1.9 C ✓✓ (2)
- 1.10 C ✓✓ (2)
- [20]**

**QUESTION 2**

- 2.1 Diversity refers to the differences in race or culture, religion and language ✓. Examples of diverse groups of people in the South African context are people who celebrate different religions, such as Jews, Muslims, Christians, Hindus and African traditions ✓✓. (3)
- 2.2 Time management is a skill that allows one to manage time effectively (✓). It helps one to focus on important things and prioritise tasks that are urgent (✓). It does not allow for one to procrastinate and it helps one to meet deadlines (✓). (2)
- [5]**

### QUESTION 3

3.1 The spirits of the ancestors of relatives are looked to for assistance in economic and social matters, and some misfortunes – famine, poor crops, personal losses (✓). Ancestral spirits, especially those of recently dead loved ones, must be honoured with appropriate rituals (✓). Most indigenous religious systems maintain the existence of a god (✓). (2)

3.2 Any three of the following:

- Improves social-skills (✓), physical health (✓), mental health (✓)
  - Improves self-esteem (✓), social interaction (✓)
  - Enjoyment (✓)
  - Reduces feelings of depression and anxiety (✓)
  - Reduces risk of heart disease, cancer (✓)
  - Builds and maintains healthy bones and muscles (✓)
  - Reduces obesity (✓)
- (3)

[5]

### QUESTION 4

Accept any reasonable answer. Below are some ideas of issues to be raised:

Many people in the world and in South Africa are suffering and experiencing difficult times (✓). Communities are faced with issues of poverty (✓), HIV and Aids (✓), xenophobia (✓) and crime (✓). Governmental organisations are limited and cannot solve all the problems alone. As an individual one can make a difference, no matter how old or young you are (✓). One can volunteer to work in a community-based organisation that tries to alleviate poverty, educate people about HIV/Aids, conquer xenophobia or decrease crime (✓). If most people engaged in such an activity and the youth in particular led by example, real change would come about (✓). Community work can help you to understand people better (✓), build *ubuntu* (✓), build your character (✓) and moral development (✓).

[10]

## QUESTION 5

5.1 Any three of the following:

- Skimming: before reading for detail skim your notes to get an overview or a broad picture of the section you are studying (✓).
- Scanning: scan the notes to pick out relevant details (✓).
- Reading to understand: read the article slowly (✓).
- Look up words you don't know in a dictionary so you can understand all the major facts or ideas (✓).

(3)

5.2 Any four of the following:

- Choose a place to study that does not have distractions (✓).
- Get organised before you start studying, i.e. get all your books, stationery, etc. (✓).
- Have periodic rest periods of about 5 to 10 minutes (✓).
- Eat a balanced meal (✓).
- Exercise regularly (✓).
- If you have any anxieties or worries that are hampering your concentration discuss these with someone or seek professional help (✓).

(4)

- 5.3
- Use mind maps ✓
  - Use mnemonics ✓
  - Use repetition ✓

(3)

**[10]**

**[TOTAL: 50 marks]**

**QUESTION 1**

- 1.1 A ✓✓ (2)
- 1.2 B ✓✓ (2)
- 1.3 D ✓✓ (2)
- 1.4 B ✓✓ (2)
- 1.5 C ✓✓ (2)
- 1.6 D ✓✓ (2)
- 1.7 B ✓✓ (2)
- 1.8 A ✓✓ (2)
- 1.9 B ✓✓ (2)
- [18]**

**QUESTION 2**

- 2.1 Any sexual activity ranging from sexual overtones ✓ to sexual intercourse between a person and an unconsenting person ✓. (2)
- 2.2 Difficulty in walking/sitting ✓, inappropriate sexual knowledge ✓, bruises, bleeding in the genital or anal area ✓. (3)
- [5]**

### QUESTION 3

- 3.1
- Very often the girl drops out of school as she cannot cope with studying and pregnancy/child rearing ✓.
  - The couple may not have the financial means to raise a family and cause a greater strain on their immediate or extended family ✓.
  - Teenagers may be stigmatised and alienated/rejected by friends and family ✓.
  - Either party could contract HIV, which could be transmitted to the child as well ✓. (4)
- 3.2
- Abstain from sex ✓
  - Use contraceptives ✓
  - Speak to someone you trust about the peer pressure you feel to have sex ✓
  - Communicate you feelings to your partner – end the relationship if he/she does not share your views ✓ (4)
- [10]

### QUESTION 4

- Cognitive/intellectual development – teenagers develop greater intellectual/mental capacity ✓. For example, young teens may question accepted rules and may argue whether rules are reasonable and fair ✓.
- Social development – adolescents develop a need for social relationships with friends and adults ✓. For example, young adolescents frequently seek the company of other adults, such as teachers, relatives, club leaders or neighbours, who serve as role models or advisers ✓.
- Parental independence – during early adolescence, young people want more autonomy ✓. For example, they want to choose how they dress, have later curfews, select their own friends and decide how to spend their free time ✓.
- Physical development – as their bodies change, teenagers experience great consciousness of their body image ✓. For example, they try to fit in with “norms” and compare their bodies with the physical development of their peers ✓.
- Moral development – teenagers develop their own sense of morality and way of telling right from wrong ✓. For example, they may question others’ beliefs and values because they are able to comprehend that not everyone thinks the same way they do about social or moral issues ✓. [10]

## QUESTION 5

- Organise your time by planning your work on a weekly basis. ✓✓
- You can also make a list of the work you have to do with the deadlines and the time it will take. ✓✓
- Then allocate your time accordingly. ✓

(5)

**[TOTAL: 50 marks]**

**[5]**

**LIFE ORIENTATION**  
**PRACTICE TEST FOUR MEMORANDUM**

**QUESTION 1**

- |     |      |             |
|-----|------|-------------|
| 1.1 | A ✓✓ | (2)         |
| 1.2 | D ✓✓ | (2)         |
| 1.3 | A ✓✓ | (2)         |
| 1.4 | B ✓✓ | (2)         |
| 1.5 | C ✓✓ | (2)         |
| 1.6 | C ✓✓ | (2)         |
| 1.7 | D ✓✓ | (2)         |
|     |      | <b>[14]</b> |

**QUESTION 2**

Any **two** of the following:

- 2.1 The spirits of the ancestors of relatives are looked to for assistance in economic and social matters, and some misfortunes – famine, poor crops, personal losses (✓). Ancestral spirits, especially those of recently dead loved ones, must be honoured with appropriate rituals (✓). Most indigenous religious systems maintain the existence of a god (✓). (2)
- [2]**

**QUESTION 3**

- 3.1 Unfair or unethical behaviour in sport is when athletes use unfair means to gain a competitive edge ✓. Examples include:
- Using drugs or steroids ✓. Many sportsmen and women use banned substances to enhance their performance ✓.
  - Breaking the rules ✓: sportsmen and women may modify their equipment against the rules of the game to give themselves an advantage ✓.
  - Match fixing ✓: many athletes get involved in match fixing to make a personal profit through a deal with a gambler ✓. They may accept money to ensure that their team loses. (8)
- 3.2 Any **four** of the following:
- Random tests to be taken to test for banned substances (✓)
  - Punishment to those who cheat: – e.g. banning cheats from competing further in the games (✓)
  - Ensure there are strict policies in place (✓)

- Withhold any prize money (✓)
- Impose severe fines – imprisonment (✓)

(4)  
[12]

[TOTAL: 12 marks]

#### QUESTION 4

Any five of the following:

- Inflation (✓)
- Interest rates (✓)
- Scarcity of skills (✓)
- Demands and needs in specific communities (✓)
- Resource availability (✓)
- Number of qualified people employed in the system (✓)
- Equity policies (✓)
- Political instability (✓)
- Recession (✓)
- Strikes (✓)
- Population size (✓)
- Racial composition (✓)
- Economy of the country (✓)

Accept any reasonable answer (for five marks) as to how each will affect the candidate's choice of career. Below is an example of the effect of scarce skills.

The skilled people South Africa need most are engineers for the industries of transport, communications and energy. Civil engineers in particular are in short supply. Knowing what a demand there is for this scarce skill will affect the candidate's career choice. Candidates are also more likely to find bursaries in a field which has scarce skills.

[10]

#### QUESTION 5

Any six of the following:

- Allows for different races to become a part of the diverse group rather than separating them, which fuels racism (✓✓)
- Enriches people – you can learn more about another religion or culture (✓✓)
- Encourages greater tolerance and understanding of traditions and beliefs (✓✓)
- Assists in transformation (✓✓)
- Promotes diversity and acceptance of difference (✓✓)
- Celebrates human and cultural experiences and histories which are of great value and significance (✓✓)
- Promotes mutual respect as one culture is not validated over another (✓✓)

[12]

[TOTAL: 50 marks]



your complete  
**classroom**  
*Solution*

Maskew Miller Longman (Pty) Ltd  
100 West Drive, Pinelands, Cape Town

Branches in Johannesburg, Durban, King William's Town, Polokwane, Bloemfontein, representing  
publishers and companies throughout southern and central Africa.

Website: [www.mml.co.za](http://www.mml.co.za)

© Maskew Miller Longman (Pty) Ltd 2011

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or  
transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or  
otherwise, without the prior written permission of the copyright holder.

Every effort has been made to trace the copyright holders of material produced in this title.  
The publishers apologise for any infringement of copyright so caused, and copyright holders are requested  
to contact the publishers in order to rectify the matter.

First published in 2011

ISBN 978-0-636-12969-6