



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 11

**LIFE ORIENTATION
JUNE EXAMINATION**

MARKS : 80

DURATION : 2HRS

This question paper consists of 8 pages.



INSTRUCTIONS TO LEARNERS

1. This question paper consists of 8 pages.
2. Number your questions the same as in the question paper.
3. The 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 TWO 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 on the script.
8. Answer each SECTION on a NEW page



SECTION A : COMPULSORY**QUESTION 1**

Four possible answers are given for each of the following questions/statements. Choose the most suitable answer from the alternatives given. Write down only the letter A – D next to the corresponding number e.g 1.1. F.

- 1.1 .Principle of goal setting may be described in the following manner...
- A. STRAM- specific, timely, relevant, achievable and measurable
 - B. AMRTS- achievable, measurable, relevant, timely and specific
 - C. SMART-specific, measurable ,achievable, realistic , timely
 - D. RAMTS- realistic, achievable ,measurable ,timely, specific
- 1.2. Some people feel as if they are just drifting around the world, it is because they
- A. are being forced by somebody to do something
 - B. have too much to do and little time to do that
 - C. did not plan and prioritise their life goals
 - D. have met too many obstacles in life and were unable to decide what to do.
- 1.3. Your ideas about what is important and differentiating what is right from wrong.
- A. Ideologies
 - B. Values
 - C. Choices
 - D. Attitudes
- 1.4. Responsibility means to...
- A. be trustworthy and be morally accountable for something.
 - B. make a commitment and promise that things will change
 - C. be trusted by everyone in the community.
 - D. spend a lot of time ensuring that things happen the way they should.
- 1.5. Abdominal strength test is done when you...
- A. run around with your abdominal muscles being tightened with a waist band.
 - B. start with a five-minute walk and end with stretching
 - C. sit and rest for ten minutes, put your hands behind your neck while you are in a sitting position, lean sideways 20 times.
 - D. lie flat on your back, fold your hands across your chest, lean forward and backwards with only the upper part of your body counting to ten with every lean, doing as many times as you can
- 1.6. Muscular strength means ...
- A. how well your heart, lungs and vascular system can deliver oxygen rich to your muscles while you exercise
 - B. the ability of your muscles to keep doing a movement or hold a position for a long time.
 - C. an extent to which your muscles can lengthen.
 - D. the amount of force that your muscles can exert against a heavy substance.



- 1.7. Pitfalls (challenges) to watch out for when making decisions are:
- pleasing my needs, basing them on correct information
 - impulsiveness and pleasing my friends
 - in line with my values and my priorities
 - not to cause harm to myself and others and to promote norms and standard in my community.
- 1.8. To be able to have a dynamic and positive relationship with others you need to..
- be able to understand and enhance good personality traits in others.
 - take no notice of your partner's flaring (rising) tempers as they usually disappear without causing any harm.
 - make sure that you are able to quell the situation by displaying an equal amount of agitation if there is a need.
 - not communicate at all, just do what you think your partner will like.
- 1.9 .SETAs have been established to ensure that
- everybody in South Africa attains the relevant qualifications
 - the skill needs for every sector of the South African economy are identified and training is available to provide for this need.
 - all South Africa universities admit learners according to the standards set In this country
 - bursaries and study loans are given to deserving students only.
10. Mandates are...
- principles and policies designed to ensure that there is economic stability in our country.
 - when you attempt to influence the legislature in favour of something and also get it on your side
 - commands given by a constituency to its representatives
 - bodies of eligible voters within a constituency

(1x10)= (10)

QUESTION 2

Match the descriptions in column B with the items in column A.

Write only the correct letter next to each number in, e.g. 2.1. G.

COLUMN A	COLUMN B
2.1. By -laws	A. Deals with issues that affect the whole country such as policies and laws.
2.2. Constituents	B. A written or oral presentation of opinions regarding a piece of legislation under consideration.
2.3. National government	C. Recommends how members are required to behave in a particular institution.
2.4. Submission	D. A legislation passed at a local government
2.5. Code of conduct	E. Can take place at any level of government and through various organisations and groups.
	F .Made up of citizens who have voted for a public official and have given him/her an authority to represent them.

(1x5)(5)



QUESTION 3

Give **one** word for each of the following sentences.

- 3.1. Being gently persuaded by somebody to do what he/she wants you to do.
- 3.2. A work-based approach to learning and gaining qualifications which include both theory and practice.
- 3.3. A rating system in which the Higher Educational Institutions allocate points to your level of performance and use it to determine if you will qualify for admission to a particular course.
- 3.4. A voluntary organisation of workers created by workers to protect themselves against the employer.
- 3.5. A formal written request to the government regarding a specific issue or grievance.

(1x5) (5)

TOTAL FOR SECTION A : (20)

SECTION B- COMPULSORY**QUESTION 4- DEVELOPMENT OF THE SELF IN SOCIETY**

Read the extract below and answer questions that follow

WHEN RELATIONSHIPS ARE DETRIMENTAL TO WELL-BEING

When your love is returned by another only when they feel like it, know that the relationship is unhealthy, when relationships undermine your sense of who you are and your self-worth, there is trouble, for example, every time your partner pays attention to you, you feel on top of the world but when he/she loses interest and withdraws, you begin to analyse everything you did and think you might have done something to offend him/her. This will eventually lead to you questioning yourself and this will create low self-esteem. This may result in your partner enjoying and abusing this sense of power over you.

Adapted from Viva Life Orientation, grade 11, page 31.

- 4.1. **Give** TWO factors that according to the extract, are raising a red flag in the relationship. (2x1) (2)
- 4.2. In your own words....
- 4.2.1 **explain** the word spousal abuse and give one example of an emotional abuse (1x2+1) (3)
- 4.2.2. **discuss** TWO facts on how, according to the extract it can be detrimental to own well-being (2x2) (4)
- 4.3. **Critically analyse** any TWO impacts of media on values and beliefs about relationships and give one example of each

(2 + 1 X2) (6)

Total (15)



QUESTION 5- PHYSICAL EDUCATION

Use the following picture to answer the questions that follow.



- 5.1. **List** THREE importance of eating healthy food when involved in a PE activities. (3x1) (3)
- 5.2. **Give** TWO dangers of dehydration when exercising . (2x1) (2)
- 5.3. **Discuss** any THREE qualities of a good referee. (3x2)(6)
- 5.4. **Evaluate** democratic leadership style as one of the most commonly used styles of leadership in sport. One well explained fact. (1x4) (4)

Total : (15)

TOTAL FOR SECTION B: 30



SECTION C ANSWER ANY TWO OUT OF THREE QUESTIONS
YOUR ANSWERS SHOULD BE IN A PARAGRAPH FORM

QUESTION 6- STUDY SKILLS

Write an essay in which you respond to the following questions



- **Explain** each of the following study styles
 - Kinaesthetic
 - Visual
 - Auditory

(1x3) (3)
- **Discuss** any THREE examination writing skills that learners should utilise in their writing of examinations .

(3x2)(6)
- **Advise** your fellow learners, in THREE points on how to manage time effectively when studying.

(3x2) (6)

Total (15)

QUESTION 7- SOCIAL AND ENVIRONMENTAL RESPONSIBILITY

7. Read the extract below and answer questions that follow. Your answer should be in an essay form.

ENVIRONMENTAL ISSUES THAT CAUSE ILL-HEALTH

Many people live in overcrowded spaces townships. When these communities started, little thought was given as to where people were going to get water, use toilets, grow food and dispose waste find spaces to play/exercise. People in our major cities are breathing sulphur-filled air, our rivers are polluted with sewage and our landscape is scarred with erosion. This happens because many people have a careless attitude towards the environment.

- **Mention** any THREE factors that according to the extract, are resulting from having a careless attitude towards the environment (3 x 1)(3)
 - **Discuss** any THREE harmful substances that are commonly used in our food and state why each is used. (3x2)(6)
 - **Propose** any THREE strategies that will serve as precautionary measures to people living in areas that are prone to floods. (3x2)(6)
- Total (15)

QUESTION 8- CAREERS AND CAREER CHOICES

Your answers must be in an essay form.



- **Write** the following in full
NQF
SAQA
SETA (1x3) (3)
 - **Discuss** any THREE financial obligations of NSFAS as one of the options for financial assistance. (3x2)(6)
 - In TWO point each; **distinguish** between a University, a Comprehensive University and a University of technology. (3x2)(
- Total (15)

TOTAL FOR SECTION C : 30
GRAND TOTAL = 80

