



LIFE ORIENTATION

CONTROLLED TEST
TERM 2 2024



GRADE 10

THIS QUESTION PAPER CONSISTS OF 6 PAGES, INCLUDING THE COVER PAGE

MARKS : 100

TIME : 2 HRS

INSTRUCTIONS AND INFORMATION

1. This question paper consists of three sections namely Section A, Section B and Section C.
2. The questions in Section A and Section B are compulsory.
3. Answer any TWO questions in Section C.
4. Read ALL the questions carefully.
5. Number the answers correctly according to the numbering system used in this question paper.
6. Write neatly and legibly.

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SECTION A (COMPULSORY) QUESTION 1

Four possible answers are given for each of the following questions/ statements. Choose the correct answer and write down the letter next to the number on your answer book.

1.1 Interests are.....

- A. what do you like to spend your time doing?
- B. natural abilities you were born with.
- C. what you are not good at.
- D. Things that you always good at.

1.2 Ways of communication, for example: Newspaper, Magazines, TV, Radio, Internet, Facebook, Twitter, Cell phone.

- A. self -esteem
- B. media
- C. influence
- D. self-awareness



1.3 Study skills.....

- A. listen carefully to what is said.
- B. find a quite place like library.
- C. abilities to listen, read, understand, concentrate, remember and organize your learning material.
- D. make notes and underline or highlight important words.

1.4 Human trafficking means..... A.

- sexual exploitation and forced marriages.
- B. is the global illegal transport of people across international and local borders.
- C. labor exploitation.
- D. to work on farms or domestic work.

1.5 Examples of self development

- A. likes, accept and believes in yourself
- B. know your skills
- C. respect yourself
- D. keeps a diary and plans each day.

[5]

QUESTION 2

2.1 Match the items in Column A with the correct statements in Column B. Write only the LETTER with the correct answer next to the corresponding number, for example, 2.1.1 B

A	B
2.1.1 Self - esteem	A. to cause to stop thinking about or paying attention to someone or something.
2.1.2 Assertive	B. means how much you like yourself and how successful you think
2.1.3 Cardiovascular	C. firm, sure of yourself, clear what you need and want to communicate.
2.1.4 Concentration	D. ability to exercise your body for long periods without running out of breath.
2.1.5 Distract	E. the ability to focus and pay attention.

[5]

2.2 Answer the following questions.

2.2.1 List **five** benefits of participation in physical activity.

(5)

2.2.2 How does physical activity improve school achievement.

(5)

[15]

Total For Section A = 20

SECTION B : COMPULSORY

QUESTION 3

Read this case study careful before you answer the questions.

SCENARIO

Nancy is a grade 10 learner. She stays with her mother and three siblings. Her works in a shop as a cashier. It is always a challenge for Nancy's mother to manage to support her children financially. Nancy is performing exceptionally well at school and she always achieves As in her subjects. Her wish is to study Actuarial Science (which involves doing calculations for insurance companies) at one of the top universities in the country.

3.1 Discuss possibilities available to Nancy that will enable her to pay for her studies.

(8)

3.2 How can her mother help her?

(4)

3.3 Explain what advice you would give Nancy in dealing with her challenges.

(8)

[20]

QUESTION 4

In 2007, James Kamte. From the Eastern cape, was the first black South African to qualify to play professional golf in Europe in more than 30 years. Other professional golfers in South Africa think very highly of Kamte: 'James has the temperament, the personality, and the determination of a champion.'

Below is a list of the tournament Kamte played in South Africa in 2010.

Date	Tournament	Position	Rand
14 Jan 2010	Joburg open	4	625 206. 40
18 Feb 2010	Telkom PGA Championship	16	38 160. 00
25 Feb 2010	Vodacom Championship	10	49 687. 50
14 April 2010	Vodacom Business- Gardener Ross	3	40 800.00
13 May 2010	Nashua Golf Challenge	4	27 500. 00
15 May 2010	Nashua Shoot Out	1	2 000. 00
04 June 2010	Lombard Insurance Classic	25	7 429. 12

- 4.1 In which month did Kamte earn the most money? (2)
- 4.2 Did Kamte earn more money when he came first in a tournament than when he came tenth? Why do you think this is so? (4)
- 4.3 In how many months of the year did Kamte earn money? (2)
- 4.4 Add up how much Kamte earned playing professional golf in 2010. (2)
- 4.5 Give **three** reasons why is important to pay tax. (6)
- 4.6 Define the word '**Income Tax**'. (1)
- 4.7 What stand for the following abbreviations?
- (a) SITE
- (b) PAYE
- (c) SARS (3)

[20]

Total For Section B = 40

SECTION C

Answer any **TWO** questions from this Section.

QUESTION 5

Bheki went to university to study for a career as a social worker. In an interview with him he said:

'I decided to study this degree because I have always been passionate about helping people. From the time I was young, I always went out of my way to help children who came from poor families. I would always share my lunch with them. And I would also give them clothes to wear.

When I told people that I was going to study to be a social worker, they would try to discourage me. They said it is a career for women. My family was not very happy with my choice. They also try to discourage me. I was constantly told that I would be wasting my good brains if I become a social worker. They said my people will laugh at me for doing woman's job. This made me more determined to do this kind of work.

I have been doing this job for a number of years now. I am very good at what I do. I have been promoted a number of times. I am now an assistant director in the Department of Social Services'.

- 5.1 Define the word '**stereotypes**' (2)
- 5.2 Why did Bheki want to become a social worker? (2)
- 5.3 In which career field is his career? (2)
- 5.4 What stereotypes did people have about social workers? Do you think they still have these stereotypes? (4)
- 5.5 Name **six** careers that people think, wrongly, are only for men or only for women. (6)
- 5.6 Provide **four** financial assistance which can help student to further studies at universities or colleges. (4)

[20]

QUESTION 6

Read the extract below and answer the questions that follow.

Time Management and Study skills

Most learners start each new term with high expectations. They envision themselves being successful in their studies and school work but they fail to put together a realistic plan or establish a routine that will enable them to achieve academic success. There are only so many hours in a day, days in a week, and weeks in a term. And if you don't pay attention, the end of the term will arrive before you know it, catching you by surprise.

Adapted from www.educationcorner.com, Accessed on 12 May 2020

- 6.1 Define the term **critical reading** and explain how it could assist you to select fundamental concepts and content. (2x2=4)
- 6.2 Explain **three** ways in which effective note-taking could improve your concentration when studying. (3x2=6)

6.3 What effect does the teaching and learning approaches have on learners due to the national social /physical distancing. (2x2=4)

6.4 Suggest **three** good study habits that learners should develop in order to cope with the educational disruptions caused by the covid-19 outbreak.

Motivate each answer. (3x2=6)
[20]

QUESTION 7

Read the case study and answer the questions that follow:

Pamela is sixteen years old and in grade 10. She has been in a relationship with Lonwabo, who is 45 years old, for the last six months. Lonwabo has persuaded Pamela that condoms are not for him and that he knows how to avoid getting her pregnant. Pamela is not very happy about this, but Lonwabo spoils her and buys her pretty clothes, so she has agreed to it. Pamela has noticed recently that after sexual intercourse with Lonwabo there is some bleeding from her vagina.

Pamela's life has not been easy. Her mother is a single parent with no financial support, so poverty is uppermost in her mind. She has also suffered sexual abuse from her mother's boyfriend, especially when she has been drinking, but she has not told anyone. She has seriously been thinking of quitting school because Lonwabo has promised to look after her.

7.1 Who has the most power in this relationship? Give **two** reasons for your answer. (2+2=4)

7.2 Give **two** examples of risk taking. Explain how this action could lead to HIV. (4)

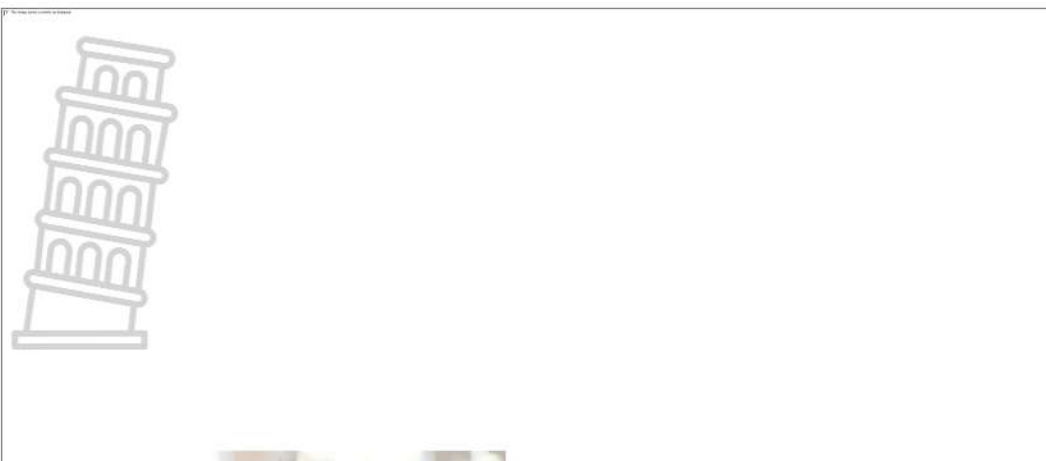
7.3 Do you think that Pamela should leave school? Explain your answer. (2)

7.4 Give **three** reasons why you think Pamela has not reported or told anyone about the sexual abuse she has suffered from her mother's boyfriend. (6)

7.5 Give Pamela advice: what could she do about the sexual abuse? (4)
[20]

Total For Section C = 40

GRAND TOTAL = 100



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MARKING GUIDELINE

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TOTAL : 100 MARKS

SECTION A (COMPULSORY)

QUESTION 1

1.1 Four possible answers are given for each of the following questions/ statements. Choose the correct answer and write down the letter next to the number on your answer book.

1.1.1. A ✓

1.1.2. B ✓

1.1.3. C ✓

1.1.4. B ✓

1.1.5. D ✓

[5]

QUESTION 2

2.1 Match the items in Column A with the correct statements in Column B. Write only the LETTER with the correct answer next to the corresponding number, for example, 2.1.1 B.

2.1.1 B.✓

2.1.2 C.✓

2.1.3 D.✓

2.1.4 E.✓

2.1.5 A. ✓

[5]

2.2 Answer the following questions.

2.2.1 List **five** benefits of participation in physical activity.

- regular physical activity.✓
- build health bone and muscle.✓
- improves muscular strength and endurance.✓
- reduces the risk of developing chronic diseases risk factors.
- reduces stress and anxiety.✓
- prevents and helps to manage weigh.✓

(5)

2.2.2 How does physical activity improve school achievement.

- allows you to concentrate or focus better.✓
- makes you feel fresh and energized before you start studying.✓
- refreshes your mind and helps you think clearly.✓
- allows for good oxygen flow to your brain.✓
- helps you to feel more relaxed.✓
- is part of abalanced lifestyle – which is important for school success and academic achievement.✓

(5)

[10]

Total For Section A = 20

SECTION B : COMPLUSORY

QUESTION 3

3.1 Discuss possibilities available to Nancy that will enable her to pay for her studies.

Nancy could get a bursary √√ because she does well at school √√ and because she does not have the money to pay for her studies.√√ She could get a student loan.√√ Actually make a lot of money,√√ so she would be able to pay it back when she is qualified.√√ (8)

3.2 How can her mother help her?

Her mother who has a job with a regular salary, can help her by signing surety √ if she applies for a student loan.√ Some companies provide bursaries for children of their employees.√ Nancy 's mother can find out from her employer √ and, if that is the case, her daughter can then apply for funding.√ (4)

3.3 Explain what advice you would give Nancy in dealing with her challenges.

- Nancy must work hard and keep up her good marks.√√
- She should start doing research on bursaries and scholarships available for the course she would like study.√√
- Nancy can also do job-shadowing.√ This will help her to learn more about her intended career and will allow companies to get to know her and her abilities.√ The companies may offer her bursary.√
- Nancy must never give up on her dream, she must try to achieve her goals.√√ (8)

[20]

QUESTION 4

4.1 In which month did Kamte earn the most money?

- Kamte earned the most money in January.√√ (2)

4.2 Did Kamte earn more money when he came first in a tournament than when he came tenth? Why do you think this is so?

- Kamte earned more money when he came tenth√ in a tournament than when he came first.√ The reason for this is that there is different prize money for different tournament,√ depending on how much money the sponsors give for the prize and how many players there are.√ (4)

4.3 In how many months of the year did Kamte earn money?

- He earned money in only five months of the year:√ once in January,√ twice in February ,√ once in April,√ twice in May,√ and once in June.√ (2)

4.4 Add up how much Kamte earned playing professional golf in 2010.

- R 790 783.02 √√ (2)

4.5 Give **three** reasons why is important to pay tax.

Tax money is used by government to:

- Run for roads.√
- pay for roads.√

- pay for schools.v
- pay for hospital.v
- pay old –age pensions.v
- pay child grants.v

(3x2=6)

4.6 Define the word '**Income Tax**'.

Income Tax – is a tax that all individual and companies must pay on what they have earned and the profits they have made.v

(1)

4.7 What stand for the following abbreviations?

(a) SITE – Standard Income Tax on Employees.v

(b) PAYE – Pay As You Earn.v

(c) SARS – South African Revenue Services. v

(3)

[20]

Total For Section B = 40

SECTION C

Answer any **TWO** questions

QUESTION 5

5.1 Define the word '**stereotypes**'

Stereotypes – is believing unfairly, that all people or things with a particular characteristics are the same.vv

(2)

5.2 Why did Bheki want to become a social worker? vV

Bheki was always passionate about helping people,v especially children who didn't have food or clothes.v

(2)

5.3 In which career field is his career?

- His career is in the field of human services.vv

(2)

5.4 What stereotypes did people have about social workers? Do you think they still have these stereotypes?

- People wrongly believe that being a social worker is a woman's job only.v
- Yes, they still have this stereotypes / No, they don't still have this stereotype.v
- Yes, people still believe that social work can be done only by womanv because woman are caring and nurturing and know how to look after people, especially children , whereas men do not.v No , people now accept that men can also be caring and that it is about how well you do your job , not who you are or what sex you are.v

(4)

5.5 Name **six** careers that people think, wrongly, are only for men or only for women. Mining engineering,v nursing,v child-minders,v farmers,v civil engineers,v priests,v bus

drivers,v airplane pilots,v soldiers midwives.v

(6x1=6)

5.6 Provide **four** financial assistance which can help student to further studies at universities or colleges.

- Bursary.v
- Scholarship.v

- Student loan.v
- Learnership.v

(4)

[20]

QUESTION 6

6.1 Define the term **critical reading** and explain how it could assist you select fundamental concepts and content.

Definition:

Critical reading means to read/examine/study information in a way that would result in enhanced clarity/understanding /interpretation of such information.vv AND

Critical reading could assist in.....

- Identifying the key information which would then be easier to spot the exact concepts and content.vv
- A deeper understanding of the message in text and that could you to recognize the main concepts and content.vv
- Organizing the main ideas of a given topic and thereby helping you to accurately identify the requisite concepts and content.vv
- Applying logical/rhetorical skills which may draw your focus on the precise concepts and content.vv (2×2=4)

6.2 Explain **three** ways in which effective note-taking could improve your concentration when studying.

Two marks for each well-explain responses Actively taking notes while studying could.....

- Improve your attention to important detail there by enhancing your ability to focus better.vv
- Help you to overcome distractions which may prevent your mind from wandering.vv
- Assist you in effectively structuring your ideas which may boost your attention span.vv
- Enhance learning productivity which may make it easier for you to stay focused i.e. not getting distracted by stressing over not being able to study effectively.vv (3×2=6)

6.3 What effect does the teaching and learning approaches have on learners due to the national social / physical distancing regulations.

Two marks for each well-explain responses

- Learners are no longer free to be in close contact with each other in the classroom, as a result new habits must be learned which may take sometime to get used to.vv
- Social/physical distancing outside the classroom also poses a challenge on collaborative learning thereby making it difficult for learners to capitalize on each other's resources and skills.vv

- On- line learning might be a challenge to learners from disadvantaged backgrounds as they may not have the required resources or devices to access online teaching and learning/no proper guidance may be given at home due to parents who may be technologically challenged.vv
- Teachers are not able to offer individual attention to learners due to physical distancing that must be maintained thereby an important aspect in the learning process of learners are being compromised. vV
- All schools have been closed which disrupted normal learning processed and as a result learners have to work independently/without the teacher's assistance/may needy learners cannot benefit from the school nutrition programme/optimal teaching time are being compromised due to the necessary adjustments to the school calendar.vV

(2×2=4)

6.4 Suggest **three** good study habits that learners should develop in order to cope with the educational disruptions caused by the Covid-19 outbreak. Motivate each answer.

Two marks for each well-explain responses You would have to.....

- Create a conducive learning environment/workspace for yourself since a learning and study –friendly environment may help you to stay focused on your study goals.vv
- Establish a routine/try to replicate your normal class routine as this may prepare you mentally for the learning studying demands.vV
- Set boundaries so that family and friends may know that you are not to be disturbed when your are at workplace.vV
- Turn off any distractions such as television /cellphone which may allow you to do whatever it takes to help you stay focused while working.vV
- Take calculated breaks which may allow you to effectively balance and manage your time between studying and relaxation.vV

(3×2=6)

[20]

QUESTION 7

7.1 Who has the most power in this relationship? Give **two** reasons for your answer.

Lonwabo. He is much older than her.vV He earns the money.vV

(2×2=4)

7.2 Give an example of risk taking. Explain how this action could lead to HIV.

She has unprotected sex v and Lonwabo, being much older, probably had sex with many women before he met her.v He could have HIV or other STIs and may not tell her.v She could be infected by him.v

(4)

7.3 Do you think that Pamela should leave school? Explain your answer.

No.v She is still very young. She should finish her education so that she can be independent.v Or he may find her boring and go back to an older woman.v He may already be married and just be using Pamela for a short time to amuse himself, not realizing his actions have serious consequences.v

(2)

(Accept any relevant answer)

- 7.4 Give reason why you think Pamela has not reported or told anyone about the sexual abuse she has suffered from her mother's boyfriend.

Maybe he threatened her.√ Her mother persuaded her not to report him.√ Maybe he was the only breadwinner in the house.√ She does not know who to report it to.√ She is shy and embarrassed to report it.√ She is scared he may hurt her if she reports it.√

She worries that nobody will believe her.√ (6)

(Accept any relevant answer).

- 7.5 Give Pamela advice: what could she do about the sexual abuse?

She should report it to the police, √the clinic, her Life Orientation teacher, an adult she trusts, she could call child line, or lifeline, or any of the stop woman abuse numbers.√ She should not keep quiet about it.√ She should also tell her mother or ask another adult to tell her mother.√ She should ask to move out of the home until things are safer for her.√ She has to take action.√ (4)

(Any two relevant pieces of advice)

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[20]

Total For Section C = 40

TOTAL : 100

