



Province of the
EASTERN CAPE
EDUCATION

GRADE 8



LEARNER NAME & SURNAME:

.....

SCHOOL NAME:

.....

DATE:

.....

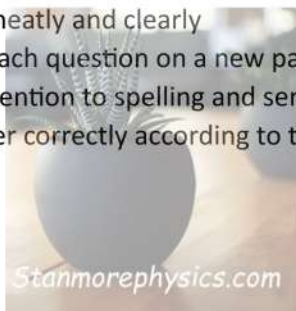
DURATION: 2 HOURS

TOTAL MARKS: 70



INSTRUCTIONS

1. SECTION A and SECTION B is Compulsory
2. Answer 2 questions in Section C
3. Write neatly and clearly
4. Start each question on a new page
5. Pay attention to spelling and sentence construction
6. Number correctly according to the numbering system used in the question paper



Section A : Multiple choice

Choose the incorrect statement from the given option

1.1.1) Factors that influence one's personal behaviour

- A. Family
- B. Pregnancy
- C. Friends and Peers

D. Community norms

1.1.2) HIV/AIDS

A. Can be cured by having sex with a virgin

B. Is highly concentrated in blood

C. Can be passed during rape

D. Can be passed on by a pregnant woman to her unborn child during pregnancy.

1.1.3) Steps in Yoga

A. Sit straight with your legs crossed

B. Feel your stomach expand, causing your finger to separate a little

C. Inhale and feel your abdomen.

D. Inhale more deeply and feel

1.1.4) Mental and emotional benefits of exercise

A. Exercise makes you relaxed

B. Exercise gives you energy

C. Exercise makes you drowsy

D. Exercise stimulates your brain

1.1.5) The main values outlined in the Constitution

A. Human Rights

B. Discrimination

C. Equality

D. Exercise makes you drowsy

1.2 State whether the statements are True or False

- 1.1) Self Concept is how you see your self and how you think others see you (1)
- 1.2) Poor people are the only people affected with HIV/Aids
- 1.3) In a perfect relationship you fall in love and continue dating steadily
- 1.4) Visual is an example of learning Style
- 1.5) Warming up lessons the chance of Jumping

[5]

1.3 Choose the correct answer from the text box to complete the following statement

Strong, Healthy, Pain, Danger, Share

- 1.3.1) Everybody experiences _____ There are no expectations you are not alone
- 1.3.2) Do not hold onto _____ it will turn into a nasty person and nobody will want to be your friend
- 1.3.3) _____ Your pain. Go to someone you trust either an adult or good friend, who knows you well and tell them how you feel.
- 1.3.4) People who are physically well, have _____ and 1.3.5) _____ bodies like models magazines

[5]

1.4 Match column A with Column B Write only the correct Number and alphabet

1.4.1 Sexuality	A. Career Category
1.4.2 Reading and Writing	B. People can go for help to overcome substance abuse
1.4.3 Rehabilitation	C. How you experience and express your sexual nature
1.4.4 Conventional	.Learn best by reading the relevant sections in their textbook and re-read their notes as well
1.4.5 Self Motivation	E. Where one works with other People such as nursing
1.4.6 Homosexual	F.Know how to feel and be to make decisions
1.4.7 Jobs	G.When want to do or achieve things with being told what to do by someone else
1.4.8 Assertive	H.Alcohol poisoning of Foetus
1.4.9 Foetal alcohol Syndrome	I. Painful sensation caused by muscle contracting
1.4.10 Cramps	J.Attracted to someone of the same sex



SECTION B

Question 2

FOATAL ALCOHOL SYNDROME

In a small town in the northern Cap, 122 out of every 1000 grade 1 pupils have Foetal alcohol Syndrome [FAS], the highest incidence of the syndrome in one population anywhere in the world. Children are born with FAS because their mothers abuse alcohol during pregnancy. Children with FAS are usually very small for their age with small heads, bulging eyes and large foreheads. They are also mentally handicapped.

- 2.1) Define what is Foetal alcohol syndrome is (1)
- 2.2) Briefly explain how children get foetal Alcohol Syndrome (2)
- 2.3) Mention two Signs of FAS (2)
- 4.4) State five factors that contribute to substance abuse (5)

[10]

QUESTION 3

- 3.1) How does a learner with aural learning style learn? Any 2 Facts 2
- 2.2) Give another word which means aural [1]
- 2.3) Identify your own learning style and briefly explain how you learn through it [3]
- 2.4) a learner who learns best by hearing uses what learning style [2]
- 2.5) How do logical learners learn [2]

[10]

QUESTION 4

4.1) IDENTIFY THE FIVE CHARACTERISTICS OF A GOOD RELATIONSHIP

[5]



TOTAL {5}



Section C : This question consists of 3 questions choose only 2 Questions

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Question 5 Learning Styles

5.1.1) Define the term learning style [2]

5.1.2) You ask four different friends for directions to their houses. Look at their responses below and identify their possible [1]

- A. Themba gave you a colourful hand-drawn up [1]
- B. Carol explained in detail which roads you should take and which landmarks to watch for [1]
- C. Noshena Jotted down the appropriate streets and turns in list form [1]

5.1.3) List the compulsory four subject [4]
[10]

OR

QUESTION 6 : CAREER CATEGORIES

6.1) Mention six career Categories (6)

6.2) Which career category suits your personality (1)

6.3) Explain reasons for choosing this career category (2)

6.4) Give one Compulsory subject in FET (1)

[10]

QUESTION 7

7.1) Define the Term Physical Fitness [2]

7.2) Explain four components of physical fitness [4]

7.3) Describe four physical benefits of exercise [4]

{10}

Grade 8 marking guideline



Section A

Question 1 : multiple choice

1.1.1) B

1.1.2) A

1.1.3) B

1.1.4) C

1.1.5) B

1.2

1.2.1) TRUE

1.2.2) FALSE

1.2.3) TRUE

1.2.4) TRUE

1.2.5) FALSE

1.3

1.3.1) PAIN

1.3.2) ANGER

1.3.3) SHARE

1.3.4) STRONG

1.3.5) HEALTHY

1.4.1) C

1.4.2) D

1.4.3) B

1.4.4) A

1.4.5) G



1.4.6) J

1.4.7) E

1.4.8) F

1.4.9) H

1.4.10) I

SECTION B

Question 2

2.1.1) FAS is a set of symptoms babies are with that include physical and mental retardation.

(1)

2.1.2) Babies are born with FAS if their mothers drink too much alcohol during pregnancy.

(2)

2.1.3)–Being very small for one's age,

-with a small head

-bulging eyes and large forehead,

-being mentally handicapped.

[2} Any relevant answer.

2.1.4 Possible answers – Poverty

[10]

- Unemployment

- Divorce

(5)

- Conflict

- Availability of drugs

- Stress

[15}

Question 3

2.1 Listen to explanation /task and discuss (any relevant answer) (2)

2.2 Authority (1)

2.3 I mark for the learning style and 2 marks for the explanation. (3)

2.4 By reading notes aloud and makes little rhymes or songs. (2)

2.5 By reading information thinking about it and writing notes. (2)

Question 4

4.1)

- **Honest**
- **Trust**
- **Respect**
- **Open communication**
- **Compromise**
- **Understanding**

[5]



SECTION C

QUESTION 5

5.1 Listen to explanation /task and discuss (any relevant answer) (2)

5.2 Authority (1)

5.3 I mark for the learning style and 2 marks for the explanation. (3)

5.4 BY reading her notes aloud and makes little rhymes and songs. (2)

5.5 By reading information thinking about it and writing notes. (2)

QUESTION 6

6.1 Investigative career category (6)

- Enterprising

- Realistic

- Artistic

- Conventional

- Social



6.2 Any relevant answer (1)

6.3 Any relevant answer (2)

6.4 Home language (1)

FAL

L.O

Maths or Maths lit – any one(10)

Question 7

7.1)One's ability to execute daily activities with optimal Performance

7.2)

- **FLEXIBILITY**
- **ENDURANCE**
- **MAINTANING A HEALTHFUL BODY COMPOSITION**
- **MUSCULAR STRENGTH**

7.3)

- **reduce Health Risk**



- **Strengthen your bones and muscles**
- **Improve your ability to do daily Activities and Prevent Falls**
- **Prevent heart disease**
- **Help manage disabilities**

Any

related [4]

