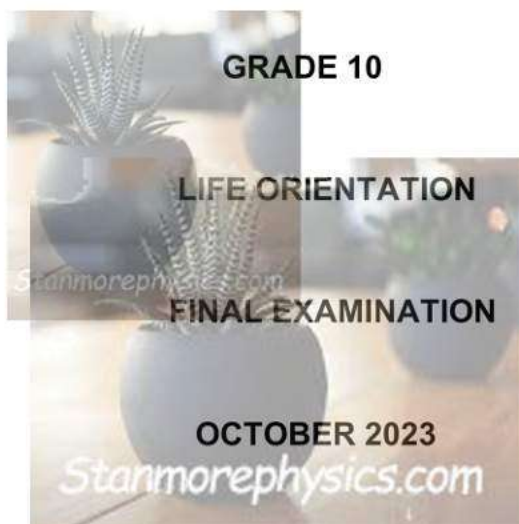




LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
EDUCATION

CAPRICORN SOUTH DISTRICT



MARKS: 100

TIME: 2 $\frac{1}{2}$ hours

This question paper consists of 10 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of THREE section, 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 questions correctly to the numbering system used in this question paper.



SECTION A (COMPULSORY)

Answer ALL the questions in this section.

QUESTION 1

Various options are provided as possible answers to the following questions. Choose the correct and write the letter (A-D) next to the question numbers (1.1.1 to 1.1.5) in the ANSWER BOOK e.g. 1.1.1 D.

1.1.1 Knowledge and understanding of your strengths, weaknesses and abilities is called.

- A. Self-esteem
- B. Self-concept
- C. Self-awareness
- D. Self-confidence

1.1.2 Annual study plans enable learners to prepare and

- A. study for the final examination.
- B. study for informal activities.
- C. pass all formal tasks.
- D. complete formal tasks.

1.1.3 The aim of warm up exercises during physical exercise is to

- A. increase the risk of muscle injury
- B. cool down after a physical activity
- C. increase muscle stiffness
- D. prepare muscles for a physical activity

1.1.4 The growth and maturity of the genital organs is...

- A. a physical change.
- B. an emotional change.
- C. A secondary change
- D. A tertiary change.

1.1.5 A group of occupation with common skills, knowledge and work settings

- A. occupation
- B. career
- C. career field
- D. job

(5x1) (5)

2.1 Give ONE word/term for EACH of the following descriptions. Write only the word/term next to the question number (1.2.1 to 1.2.3) in the ANSWER BOOK.

2.1.1 Natural substances that are produced in the body and that influence that way the body grows or develops. (1)

2.1.2 The role in society that you are expected to play depending on whether you are a woman or a girl, or a man or a boy. (1)

2.1.3 A process of gathering evidence on performance. (1)

2.1.4 A player who takes a bribe in order to score fewer goals on purpose, is guilty of _____. (1)

3.1 Answer the following questions by writing the answer next to the question number (1.3.1 to 1.3.1) in the ANSWER BOOK. Write your answer in full sentences.

3.1.1 One strategy that can be used to build confidence. (1)

3.1.2 Define the term niche in the job market. (1X2)

3.1.3 Identify TWO ways in which self- awareness improves performance at school. (2X1)

3.1.4 Discuss ONE benefit of lifelong learning. (1X2)

- 1.4 Read the source below and answer the questions that follow. Write your answers in full sentences.

Freedom of religion in Africa by country

Several countries, particularly in West Africa and Southern Africa, have a high degree of religious tolerance, both as enforced by the government, and as reflected by societal attitudes. Others, however, have significant levels of religious discrimination, either practiced by government apparatuses or by the general public. Groups facing significant levels of legal discrimination in Africa include Muslims (in majority Christian countries), Christians (in majority Muslim countries), Bahá'í Faith practitioners, Ahmadiyya Muslims (in Muslim countries), and Rastafarians. Additionally, some countries have significant levels of societal animosity against atheists. Some countries ban witchcraft. Several countries establish Islam as a state religion

[Adapted from: www.wikiwand.com. Accessed on 19/10/23]

Stanmorephysics.com

- 1.4.1 Explain how religion can help promote a peaceful society. (1X2)
1.4.2 Evaluate how religion may affect bias and prejudice in sport. (1x2)

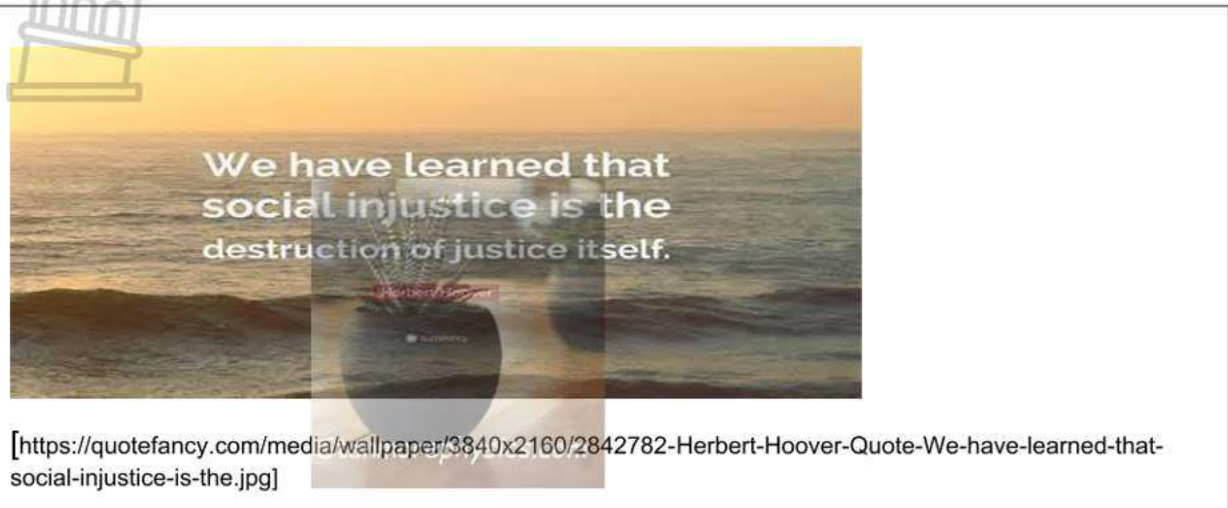
TOTAL SECTION A: 20

SECTION B (COMPULSORY)

Answer ALL the questions in this section. Write your answers in full sentences.

QUESTION 2

Read the extract below and answer the questions that follow.



- 2.1 Define the term social justice. (1x2) (2)
- 2.2 Describe ONE cause of discrimination. (1x2) (2)
- 2.3 Explain how discrimination can lead to human rights violations. (1x2) (2)
- 2.4 Discuss how corruption can cause poor service delivery in South Africa. (2x2) (4)
- 2.5 Discuss the negative impact of poor service delivery on communities. (2x2) (4)
- 2.6 Critically discuss TWO ways in which we can solve social injustice in South Africa. And provide an outcome for each suggestion. (2x3) (6)

[20]

QUESTION 3

Read the extract below and answer the questions that follow.

David walked into his teacher's class and asked to discuss an issue with her.

Teacher: You look upset David what's wrong?

David: Mam, I just don't know what to do anymore.

Teacher: Why do you say that?

David: The guys I used to be friends with don't want to speak to me anymore.

Teacher: But why, David? What happened?

David: I told them to stop hitting, kicking and punching Sipho. Ever since then they haven't spoken a word to me.

Teacher: What do you mean? Have they been bullying Sipho?

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[Anonymous]

- 3.1 Define the term rights. (1x2) (2)
- 3.2 Identify and explain TWO human rights that have been violated in the extract above. (2x2) (4)
- 3.3 Discuss TWO ways in which a learner who is being bullied can use to deal with bullying. (2x2) (4)
- 3.4 Discuss TWO ways in which bullying can impact emotionally on the victim. (2x2) (4)
- 3.5 Suggest THREE ways the school management can use to help minimize human rights violation. (2x3) (6)

[20]

TOTAL SECTION B: 40

SECTION C

Answer any TWO questions in this section.

Your responses must consist of **paragraphs**. marks will ONLY be allocated for responses written in full sentences.

QUESTION 4

Study the following image and answer the questions that follow.

The Emotional and Social Changes During Adolescence

[Accessed from: <https://www.indeed.com> 23 September 2023]

Write paragraphs on **the emotional and social changes associated with adolescence**.

Use the following as a guideline.

- State FOUR ways in which emotional changes during adolescence could lead to stronger relationships. (4x1) (4)
 - Analyse ways in which effective communication skills can make it easier for you to make healthy decisions regarding sexuality. (2x4) (8)
 - Evaluate the effect of religious ethical teachings on how an adolescent could deal with the social changes that occur during adolescence. (2x4) (8)
- [20]**

QUESTION 5

Study the cartoon below and answer the questions that follow.



Write paragraphs on **physical training**.

Use the following as a guideline.

- State the importance of warming up before engaging in physical activities. (4x1) (4)
- Analyse social benefits of participating in physical activities. (2x4) (8)
- Evaluate health risks associated with lack of exercise. (2x4) (8)

[20]

QUESTION 6

Read the extract below and answer the questions that follow.

NCEA students up down the country are in study mode right now- with final assignments looming after the school holidays, then into exam period. Teacher, author, public speakers and CEO of Spectrum Education Karen Boyes says study skills can also teach life skills.

[Adapted from: www.rnz.co.nz. Accessed on. 15/10/2022]

Write paragraphs on **study skills**.

Use the following as a guideline:

- State four ways to improve your memory. (4x1) (4)
- Analyse the effective study strategies to assist you to be successful in your examination. (2x4) (8)
- Evaluate the skills required to ensure success in your studies and in life. (2x4) (8)

TOTAL SECTION C: 40

GRANT TOTAL: 100



LIMPOPO
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DEPARTMENT OF
EDUCATION

CAPRICORN SOUTH DISTRICT

GRADE 10

LIFE ORIENTATION

FINAL EXAMINATION

OCTOBER 2023

MARKING GUIDELINES

MARKS: 100

This marking guidelines consists of 15 pages.

SECTION A (COMPULSORY)

QUESTION 1

1.1.1 C ✓

1.1.2 A ✓

1.1.3 D ✓

1.1.4 A ✓

1.1.5 C ✓

(5x1) (5)

2.1

2.1.1 Hormones ✓ 

2.1.2 Gender. ✓

(1)

2.1.3 Assessment ✓

2.1.4 Match fixing ✓

3.1

3.1.1 One strategy that can be used to build confidence. (1)

- Good communication skills ✓
- Assertive attitude ✓
- Complete tasks and projects successfully by managing your time effectively ✓
- Participate in community organisations ✓
- Make good decisions ✓

3.1.2 Define the term niche in the job market. (1X2)

- Is an unusual place or position that usually needs someone ✓
✓ with specialized skills or unique combination of skills. ✓



3.1.3 Identify TWO ways in which self- awareness improves performance at school. (2X1)

- Encourages learners to focus on their strengths and avoid derailments. ✓
- Motivates them to address their grey areas (changing weaknesses to strengths) and be able to address / prevent challenges ✓
- Motivates them to work smarter thus boosting their self-efficacy to excel. ✓

3.1.4 Discuss ONE benefit of lifelong learning. (1X2)

- Is good for your brain as it enriches you mental well-being ✓resulting in improved self-esteem. ✓
- It makes one get promoted to a higher level at work because of more qualification ✓this will result in securing your job. ✓

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1.4

1.4.1 Explain how religion can help promote a peaceful society. (1X2)

- The communication practice of religion in house of worship brings people together and allow them to interact and communicate ✓ in doing so there will be peace in society. ✓
- Have a sense of forbearance and unity towards other religions, ✓this will create peace in society as people respect each other. ✓

1.4.2 Evaluate how religion may affect bias and prejudice in sport. (1x2)

- Some religions do not allow women to partici[ate in sport as they believe that they have to be looking after children ✓this cause most sport to be dominated by men. ✓
- Some religions do not allow woman to were revealing or tight clothing ✓ , this will stop women from participating in sport . ✓

TOTAL SECTION A: 20

SECTION B (COMPULSORY)

1. In this section, candidates' answers must be written in full sentences as far as possible. Hence with 3- or 4-mark question, candidates could and should be awarded 4, 3, 2 and 1 or 0 (zero) depending on the level of answers given.
2. It must be noted that in each category of the candidates' efforts, a distinction must be made between **excellent**, **good**, **satisfactory**, and **poor** responses.

QUESTION 2**2.1 Define the term social justice.****(1x2)**

- Redressing the situation ✓ whereby people with fewer choices that often suffer the most from discrimination. ✓
- Redistribution ✓ of wealth, opportunities and privileges in a society. ✓

2.2 Describe ONE cause of discrimination.**(1x2)**

- People are often ignorant of other people's ways of living, ✓ which may lead them to develop hateful viewpoints based on false beliefs. ✓
- Authority figures often have political agendas and spread false information about others, ✓ which may lead followers to believe the false information and act violently towards the victims. ✓
- Some people are greedy, ✓ which may lead them exploit others to get what they want. ✓
- Extremely isolated societies hate/fear diversity. ✓ Which may lead them to ostracise/cast out anyone that do not conform to their way of live. ✓
- Social media and other forms of media may be used by political leaders to spread propaganda, ✓ which may rile people up to become violent towards other people during a civil war. ✓
- Human beings are naturally fearful of the unknown to protect themselves, ✓ which may lead them to be hesitant towards accepting strangers. ✓

2.3 Explain how discrimination can lead to human rights violations. (1x2)

- When you think people with disabilities are unable to perform normal tasks, ✓ which lead to denying them career opportunities. ✓



- Thinking men are better at certain skills than women and vice versa, ✓ which can lead to denying boys/girls opportunities in life/ an education. ✓
- When you believe that one race/ethnicity is better than another race, ✓ which can lead to violence/threats to a person's security of person/threats to life. ✓
- Thinking that your religion is better than another religion, ✓ which can lead to denying them from practicing their religion. ✓
- You can think less of certain sexual orientations, ✓ which lead you to treat them without dignity by making derogatory statements/stigmatize them. ✓
- You may have biased thinking towards certain groups/associations of people, ✓ which may lead you to denying them access to courts/information/administrative action. ✓

2.4 Discuss how corruption can cause poor service delivery in South Africa. (2x2)

- Tax-payer money meant for public service projects is misused/stolen, ✓ which lead to a lack of healthcare/education/administration/water and sanitation. ✓
- Incompetent people are hired in positions of power or public service, ✓ which lead to work being done poorly/low quality service being delivered. ✓
- Improper tender processes are followed/procurement of tender projects are untransparent and not according to protocol, ✓ which lead to delays in projects meant to serve the public/non-finishing of public service projects/buildings. ✓
- Corruption lead to bad reputations of businesses that deter foreign investment, ✓ which means that less money will enter the country/economy that can be used to serve the public. ✓
- Transport systems are damaged due to a lack of maintenance by incompetent municipalities resulting from corrupt hiring practices, ✓ which lead to goods not being delivered to communities in time. ✓
- Corrupt dealings may lead to short cuts being taken in the manufacturing of goods and services, ✓ which lead to poor quality goods and services being delivered to communities. ✓

2.5 Discuss the negative impact of poor service delivery on communities. (2x2)



- Low quality healthcare due to understaff and lack of medicines and equipment. ✓ Which lead to death. ✓
- No clean water and sanitation in communities, ✓ which lead to the spread of diseases. ✓
- Poor road quality due to a lack of maintenance, ✓ which lead to accidents and loss of life. ✓
- Poor infrastructure in communities, ✓ lead to a lack of electricity/communities cannot produce crops for food without water. ✓
- Scarcity of access to food and other essential goods in stores, ✓ which can lead to malnutrition. ✓
- No access to security services or quality policing services, ✓ which lead to fear in communities/loss of property as a result of stealing. ✓
- Little maintenance of drain systems can lead to flash floods, ✓ which lead to drownings. ✓
- People are left without homes as housing projects are stalled, ✓ which expose them to the dangers of the elements. ✓

2.6 Critically discuss TWO ways in which we can solve social injustice in South Africa. And provide an outcome for each suggestion. (2x3)

- Lobby campaign for a change in government policy, ✓ which can put pressure on the government to change laws that will promote fair, rational, feasible redistribution practices, ✓ and this may lead to more people being uplifted out of extreme poverty. ✓
- Become whistleblowers when observing corruption, ✓ which may expose acts of corruption that will steal money and services meant for public use, ✓ and this may ensure that tax payer money is spent in more beneficial ways to benefit the community. ✓
- Volunteer your time and skills to local community organisations, ✓ which may relieve pressure on overburdened staff and services, ✓ and this may improve the lives of individuals in the community. ✓
- Start entrepreneurship programmes/businesses in the community, ✓ which increase employment opportunities, ✓ and this may facilitate upward social mobility for all individuals in the community. ✓
- Communities must take control and oversight responsibilities over community projects, ✓ which allow proper monitoring of spending practices, ✓ and this can ensure that resources meant for the poor are not wasted or stolen. ✓
- People must invest money, time and skills back into their communities through donations to schools, business investments and community



organisations and infrastructure, ✓ which may stimulate economic and social growth in the community, ✓ and this can ensure that young people have a better future. ✓

[20]

QUESTION 3

3.1 Define the term rights.

(1x2)

- Rights are what ✓ people are intitled to. ✓
- Rights are legal, social, or ethical principles ✓ of freedom or entitlement. ✓
- Rights are the fundamental normative rules ✓ about what is allowed of people or owed to people according to some legal system, social convention, or ethical theory. ✓

3.2 Identify and explain TWO human rights that have been violated in the extract above.

(2x2)

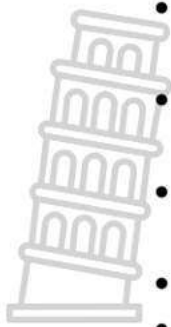
- Right to freedom and security of person ✓ was violated when the Sipho was bullied. ✓
- Right to human dignity ✓ was violated when the boys shame Sipho by kicking him which reduced him to nothing. ✓
- Right to freedom of association ✓ was violated when the boys are refusing to talk to David anymore which leaves him without friends. ✓

3.3 Discuss TWO ways in which a learner who is being bullied can use to deal with bullying.

(2x2)

- Tell someone: ✓ Keep telling until someone listens. ✓
- Remember it's not your fault. ✓ Walk away when bullies approach. ✓
- Talk to other learners and stand up to the bully together ✓ - don't try to do alone it can be dangerous. ✓
- Deal with bullies / the bully individual. ✓ bullies are cowards because they often group together to pick on someone. ✓
- Start do something that is going to give you more confidence ✓ this will help you with confidence and make new friends. ✓
- Find out if your school has an anti-bullying policy ✓ so that you will have protection from the school policy. ✓

3.4 Discuss TWO ways in which bullying can impact emotionally on the victim. (2x2)



- Fear of the other person ✓this will make the victim not to live a normal life. ✓
- Depression ✓fear for your own personal safety and this makes the victim no to live a normal life. ✓
- Anger from victim✓ this will put the life of the victim in danger either fighting and get hurt or hurt someone. ✓
- Risk of suicide increase✓ as the person feel worthless. ✓
- Shame, ✓ make excuses how you got injured✓
- Difficult to concentrate✓ which result in poor performance in school work✓
- Feeling of worthless, alone and powerless ✓which result in low esteem and make the victim prone to stress. ✓
- Feeling of guilt✓ because you think you may be responsible for violence. ✓
- Cannot sleep ✓because of flashbacks causing nightmares. ✓
- Being afraid and don't trust others✓ this will make it difficult to interact with others who may help you in life. ✓

3.5 Suggest THREE ways the school management can use to help minimize human rights violation. (2x3)

- Report the violation to educator, parents and school management ✓so that they come together and solve the issue✓ this will show the learners that the people around them are serious about stopping bullying. ✓
- School must have an anti-bully policy in place act as indicated on school code of conduct ✓this will give guidance on what action to take when bullying happens✓ and also the learners will respect the school policy as they know the consequences of bullying at school. ✓
- Interview the learner parents of both parties ✓so that the school will get to know the root cause of the problem✓ as some of the causes of bullying are as a result of what is happening in the learner's life out of school. ✓
- Educate the learners on the dangers of bully behaviour ✓this will give the learners knowledge on bullying and they will end up protecting each other from bullies ✓and also how to deal with bullying at school. ✓



- Get police, social workers involved to address / educate these issues ,
✓ this will empower learners to see the bad part of bullying ✓ and the
perpetrators will be afraid to bully as they know the end result will be
the police arresting them. ✓

[20]

TOTAL SECTION B: 40



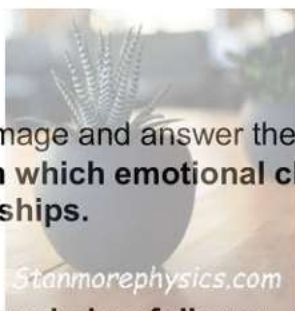
SECTION C

1. Learners must answer any TWO questions in this section. Should the learner answer all three questions, only the first **TWO** questions will be marked. The remaining question should be struck out and the following abbreviation should be written '**ENQR**' (Exceeded number of questions required).
2. Learners' responses must be in the form of PARAGRAPHS. **Marks will only be awarded for responses written in full sentences.**

QUESTION 4

Study the following image and answer the questions that follow.

State FOUR ways in which emotional changes during adolescence could lead to stronger relationships. (4x1) (4)



Marks should be awarded as follows:

ONE (✓) mark for a well explained response.

It could ...

- foster empathy/ understanding for the people around them. (✓)
- strengthen the ability to effectively relate to others' feelings and perspectives. (✓)
- promote open communication/ encourage honest expression of thoughts/ emotions within relationships. (✓)
- lead to increased self-awareness/ allow individuals to better articulate their needs / boundaries in relationships. (✓)
- enhance the capacity for vulnerability/ create deeper connections / trust between individuals. (✓)
- facilitate the development of conflict resolution skills. (✓)
- enable healthier, more constructive discussions in relationships. (✓)
- encourage the expression of affection / appreciation, reinforcing feelings of closeness and intimacy. (✓)
- spark a sense of shared experiences /mutual growth. (✓)

Any FOUR of the above for ONE mark each

Analyse ways in which effective communication skills can make it easier for you to make healthy decisions regarding sexuality. (2x4) (8)

Marks should be awarded as follows:

FOUR (✓✓✓✓) marks for a well explained response

It could ...

- establish an environment where individuals feel comfortable (✓) through caring/ empathetic language which allows them to discuss sensitive topics related to sexuality openly/ honestly (✓) which may encourage the expression of feelings/ concerns/ preferences without fear of judgment or misunderstanding, (✓) and in doing so, they can feel emotionally balanced enough to make the decisions that are healthy for their unique situation. (✓)
- enhance mutual understanding (✓) by enabling partners to articulate their needs, desires, and boundaries clearly (✓) which could lead to mutual understanding / prevent misinterpretations, (✓) and in doing so, ensures that both parties are on the same page regarding their sexual relationship. (✓)
- emphasise the importance of obtaining explicit consent before engaging in any sexual activity, (✓) thus promoting a culture of respect between partners/ within relationships (✓) which ensures that all parties involved feel comfortable / empowered in their choices, (✓) and in doing so, a consensual/ respectful sexual environment is fostered. (✓)
- facilitate the exchange of accurate / reliable information (✓) where people feel comfortable talking about sexual health/ contraception methods/ STIs/ safe practices (✓) which equips everyone with the correct knowledge, (✓) and in doing so, they are empowered to make informed decisions that prioritise their sexual health/ well-being. (✓)
- could reduce misunderstandings/ assumptions about desires/ expectations/ boundaries (✓) as everyone feels confident to explicitly share their needs (✓) which creates clarity/ minimises the potential for unintended consequences/ uncomfortable situations, (✓) and in doing so, promotes healthier sexual interactions where everyone's needs/ boundaries are respected (✓).
- foster emotional intimacy / trust between partners (✓) through constant check-ins/ discussions about sexual practices/ sexuality (✓) which creates a supportive environment where individuals are able to discuss their feelings/ fears/ insecurities related to sexuality, (✓) thus leading to a stronger emotional connection and overall well-being. (✓)
- empower individuals to assert themselves (✓) as they can communicate their boundaries/ preferences/ decisions regarding their sexual health (✓) which ensures that individuals have control over their own bodies (✓) and that may enable them to make choices that align with their values and comfort levels. (✓)

Any TWO of the above for FOUR marks each

(i.e. To be awarded the full FOUR marks for an ANALYSIS question: Candidates must give a statement, (✓) elaborate on the statement, (✓) qualify the statement (✓) and give an outcome. (✓))

Evaluate the effect of religious ethical teachings on how an adolescent could deal with the social changes that occur during adolescence. (2x4) (8)

Marks should be awarded as follows:

FOUR (✓✓✓✓) marks for a well explained response

Religious ethical teachings could...

- provide a moral compass, (✓) thus offering clear guidelines for behaviour during adolescence, (✓) however, they may also lead to rigidity and resistance to adapt to changing social norms, (✓) potentially causing tension or isolation from peers. (✓)
- promote virtues like compassion/ humility/ self-discipline, (✓) therefore fostering positive character development in adolescents, (✓) conversely, they may instill guilt / shame for natural aspects of adolescence, (✓) potentially impacting self-esteem and mental well-being. (✓)
- encourage a sense of belonging in communities (✓) as they offer support networks during the tumultuous phase of adolescence, (✓) however, strict adherence to religious norms may limit exposure to diverse perspectives (✓) and therefore hinder the development of critical thinking skills when in social situations. (✓)
- emphasise the value of serving others / contributing to the community, (✓) thus instilling a sense of purpose in adolescents, (✓) however, they may also create pressure to conform, (✓) thus suppressing individuality and self-expression during a time of self-discovery. (✓)
- include guidance on healthy relationships / respectful behaviour within relationships (✓) which can be beneficial for adolescents navigating complex social dynamics, (✓) however, they may also reinforce traditional gender roles / expectations (✓) which potentially limits opportunities for personal growth and autonomy in friend groups/ social situations. (✓)
- offer a framework for coping with challenges / adversity (✓), therefore providing comfort and resilience during the transitional period of adolescence, (✓) however, strict interpretations may lead to fear or judgment of non-conforming peers (✓) which could potentially hinder empathy / understanding of others. (✓)
- instill a sense of purpose /direction in adolescents, (✓) thus guiding them towards positive life choices around who their friends should be/ how they could form friendships, (✓) however, rigid adherence may lead to feelings of guilt/ inadequacy if they struggle to meet perceived religious standards within their interactions, (✓) potentially impacting mental and emotional well-being. (✓)

[20]

QUESTION 5

State four reasons why its important to warm up before engaging in physical activities. (4x1) (4)

Warm up:

- prepares the body for the activity✓
- reduces the chances of getting injuries. ✓
- improves flexibility and muscle strength✓
- reduces the risk of injury✓
- increases the need for physical exercise✓
- improves ligament, nerve, and muscle coordination✓

- helps to mentally prepare✓

Analyse social benefits of participating in physical activities. . (2x4) (8)

- When you participate in physical activity you will meet people who will encourage you not to give up in life, ✓ this will motivate you to do great thing in life in doing ✓so the person will be confident in all the thing they do in life ✓resulting in achieving their goals in life. ✓
- Physical activities like sport brings people together ✓promoting unity in the country ✓and this will bring peace ✓as support the same team resulting in building the nation. ✓
- When people play sport it encourages team work ✓which people can bring in their daily life ✓as it will increase productivity at work and performance at school. ✓This will also limit the possibility of conflicts at work as people are working together well. ✓

Evaluate health risks associated with lack of exercise. (2x4) (8)

Lack of exercise could:

- Lead to obesity ✓which is not good for the well-being of a person ✓as it may cause heart failure ✓as the fat disturb the pumping of the blood well. The food the person eats will not be fully used buy the body but if the person exercise, then the fat is burnt out. ✓
- Lack of energy ✓for your sexual relationship; lack of energy for your children and grandchildren; a poor role model✓ this will affect your relationship with your loved ones which will result in you getting stressed ✓which will affect your health as your body will be prone to infection as the immune system will be weak. ✓
- Result in weak stamina ✓which can affect your health, as you need a well-developed circulation to the heart and lungs to give you the ability to keep going without gasping for breath. ✓ If there is poor breathe then there will be complications ✓in the body resulting in organ failure or even death. ✓

[20]

QUESTION 6

State four ways to improve your memory.

(4x1)

- Be physically active every day✓
- Spend time with others✓
- Stay organized✓
- Sleep well get enough sleep. ✓
- eat a healthy diet✓

Analyse the effective study strategies to assist you to be successful in your examination.

(2x4)

- Make a study schedule/plan, ✓ when making a study schedule, look at your planner and think about what needs to be accomplished. ✓ Think about the types of questions that will be on the test and the topics that will be covered so you know what you should focus on. ✓ this will make you ready for the examination resulting in you being successful. ✓
- Ask questions if you don't understand ✓raise your hand and ask questions if you don't understand something. If you don't feel comfortable asking in front of everyone, ✓write yourself a reminder to talk to the teacher after class. This will make you understand more ✓making it easy in examination and you will be succesfull.✓
- Make sure notes are complete✓ writing clear and complete notes in class will help you process the information you are learning. ✓ These notes will also become study notes that can be reviewed before a test. Talk to friends or the teacher ✓if you have missed a class to ensure your notes are complete and this will make you understand your content and easy for you to pass your examination.✓
- Steer clear of distractions✓, distractions are everywhere—from cell phones to social media to friends. ✓ Be aware of what distracts you in class and know how to steer clear of these distractions. Avoid sitting next to friends if you know they will distract you. ✓ Turning off your cell phone will also help make sure you are paying attention to your teacher. ✓
- Pay attention in class✓ It's important to concentrate and avoid distractions when the teacher is speaking. Practice active listening ✓by concentrating on what's being said and taking notes in your own words. ✓This will help make sure you hear (and understand) what is being taught in class. ✓
- Get organized✓ carry a homework planner at all times. ✓ Entering homework, projects, tests and assignments as soon as they are assigned will make sure they aren't forgotten about, this will help you not to miss any task there bu giving you the advantage to understand your content which will make it easy to be successful in your examination.✓

Evaluate the skills required to ensure success in your studies and in life.
(2x4)

- Make a commitment to academic study ✓ to be successful, you should make an intentional choice to make the most of your classes and assignments. ✓ If you are committed you will push yourself to study ✓ making it easy for you to be successful in your academics and even in life. ✓
- Manage your time wisely ✓ as this will give you enough time to balance your aspect of life. ✓ You will have time for studies, time for family and friends and time for sports and time for spiritual well-being ✓ this will make you successful as you will have a health balance lifestyle. ✓
- Set yourself up for success ✓ by setting realistic goals ✓ that will motivate you everyday to work hard to achieve the goal. ✓ When having goals you prioritize things that are more important and in doing so you will be successful in your studies and life. ✓

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TOTAL SECTION C: 40
GRANT TOTAL: 100