



Province of the
EASTERN CAPE
DEPARTMENT OF EDUCATION

AMATHOLE WEST DISTRICT

GRADE 10

Stanmorephysics.com

LIFE ORIENTATION

Year : 2023

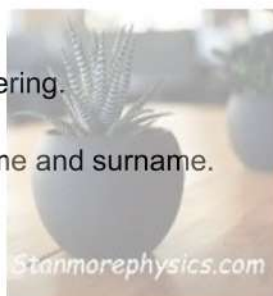
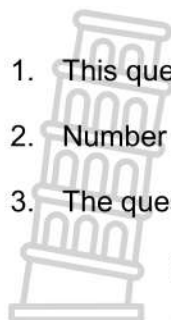
MARKS : 100

DURATION : $2\frac{1}{2}$ HRS

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 question 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.
8. Answer each SECTION on a NEW page.



QUESTION 1

1.1. Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A-D) next to the question number in the ANSWER BOOK, for example 1.1.11 E

1.1.1. ... are examples of social issues affecting the lives of the youth negatively.

- A. Crime and pollution
- B. Food production and land
- C. HIV and violence
- D. Safety and erosion

1.1.2. Constructive thinking skill means ...

- A. making illogical judgements that are reasonable.
- B. building up and improving the community.
- C. not reasonable when making judgements.
- D. studying the parts and their relations.



1.1.3. Annual study plans enable learners to prepare and A.

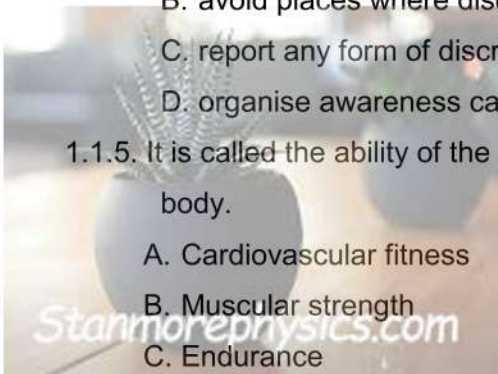
- study for the final examination.
- B. study for informal activities.
- C. pass all formal tasks.
- D. complete formal tasks.

1.1.4. To challenge discrimination individuals are expected to A.

- participate in programs addressing their challenges.
- B. avoid places where discrimination is dominating.
- C. report any form of discrimination to the authorities.
- D. organise awareness campaigns to support victims.

1.1.5. It is called the ability of the heart and lungs to supply oxygen – rich blood to other parts of the body.

- A. Cardiovascular fitness
- B. Muscular strength
- C. Endurance
- D. Flexibility



1.1.6. External assessment tasks are set by the ... A.

- district, province or national not the school.
- B. school, district or province not national.
- C. school not the district, province or national
- D. district not province or national or the school

1.1.7. NCS stands for ...

- A. National Courses Statement
- B. National Senior Certificate
- C. National Curriculum Statement
- D. National Standard Course

1.1.8. An objective analysis and evaluation of an issue to form judgement is called A.

- conflict resolution.
- B. problem solving .
- C. creative thinking.
- D. critical thinking.



1.1.9. Unequal access to drinking water leads to challenges in rural communities such as ... A.

- buying expensive water by poor communities.
- B. water-borne diseases due to drinking polluted water.
- C. conservation of water for every citizen to access it.
- D. Drilling of boreholes by communities to access water.

1.1.10. It is an example of becoming as a life domain.

- A. Spiritual
- B. Practical
- C. Community
- D. Psychological.

(10 x 1) (10)

1.2. Match the concepts in Column A with Explanations / Definitions in Column

B. Write down the number and the letter. (e.g. 1.1.6 J)

Column A	Column B
1.2.1. Diversity	A. Planned set of activities intended to achieve a specific goal.
1.2.2. Discrimination	B. Unjust treatment of authority.
1.2.3. Nation building	C. Fair practise in sport
1.2.4. Oppression	D. The unjust treatment of people on the grounds of race, age or sex.
1.2.5. Campaign	E. Problem solving skill
	F. The condition of having or being composed of differing elements.
	G. Working together to promote unity.

(5 x 1)(5)

1.3. Answer the following questions by writing the answer next to the question number (1.3.1 – 1.3.3) in the ANSWER BOOK.

1.3.1. Give **ONE** strategy that can be used to build confidence. (1 x 1)(1)

1.3.2. Define social justice (1x2)(2)

1.3.3. Justify the importance of community needs when considering a career. (1x2)(2)

(5)

TOTAL SECTION A: 20

SECTION B (COMPULSORY)

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

QUESTION 2

Read the following extract carefully before answering the questions.

Let us play.

Life Orientation is one of the fundamental subjects to meet the requirements of the National Curriculum Statements. All learners are expected to participate in physical education during a fixed period for one hour in a week.

Source :Unknown

2.1. List THREE advantages of participating in physical activities. (3 x 1) (3)

2.2. Explain FOUR ways how physical activity increase learner performance. (4 x 2)(8)

2.3. Evaluate TWO importance of indigenous games. (2x2)(4)

(15)

QUESTION 3.

Read the case study carefully

I will rather stay at home

Rubie is a very shy and reserved child. He was doing grade 10 and he has decided to drop out of school. His challenge was debate, presentation and answering questions in front of other learners. Some learners were always laughing at him because he could hardly answer a question.

Source : Unknown

3.1. List THREE strategies that enhance self – esteem. (2x 1)(2)

3.2. Define the following concept: Self-awareness (1 x 3) (3)

3.3. Identify TWO ways in which self-awareness improves performance in school. (4x2)(8)

3.4. Advise Rubie with THREE strategies of addressing his challenge instead of dropping out of school . (3 x 3)(12)

(25)

SECTION C

Candidates must **Answer any TWO questions in this section**. Should the candidate answer all three questions, only the **first TWO** will be marked.

Your response must be in the form of a paragraph. Write your answers in full sentences.

QUESTION 4

Study this case study before answering the questions

No. Not me.

Pimose passed her grade 9 in 2018. Her parents are not willing to register her at any school because she refused to married to a 75 years old man. Her parents tried to force her to marry the old man and she ran away.

Source : Unknown

- Give THREE of Pimose's rights violated by her parents. (3 x 1)(3)
 - Explain in THREE ways how the treatment will impact negatively on Pimose. (3 x 2)(6)
 - Advice youth with THREE strategies of how to address or prevent what Pimose went through. (3 x 2)(6)
- (15)

QUESTION 5

Read the following case study before answering the questions.

Where can we hide?

Teachers, learners and community members are not safe because of crime. Every minute loss of lives caused by crime is reported. People are killed like flies.

Source: Unknown.

- List THREE causes of crime committed by learners. (3 x 1)(3)
 - Identify THREE ways in which crime impact negatively on local communities. (3 x 2)(6)
 - Propose THREE ways in which learners can address crime. (3 x 2)(6)
- (15)

QUESTION 6

Read the following case study before answering the questions.

Please help!!!!!!

Prinsie is 23 years old and doing grade 10 for the third time this year. He is engaged in many community projects such as conducting church and community choirs, playing soccer and chess. He is unable to submit tasks and always forgets dates for examinations and tests.

Source : unknown

- Give the skill Prinsie lacks and an example of that skill. (1 +3)(4)
- Discuss THREE benefits of internal assessment. (3x3)(9)
- Advice learners with THREE ways of taking assessment seriously. (4x3)(12)

(25)

TOTAL SECTION C (40)

GRAND TOTAL: 100

Stanmorephysics.com



Province of the
EASTERN CAPE
DEPARTMENT OF EDUCATION

AMATHOLE WEST DISTRICT

GRADE 10

LIFE ORIENTATION
FINAL EXAMINATION 2023

MARKING GUIDE

Stanmorephysics.com

INSTRUCTIONS TO MARKERS Stanmorephysics.com

1. Mark according to the provincial examination guidelines.
2. Consider all realistic / relevant answers.
3. Do not expand the memorandum with your own answers as this is a common provincial paper / task, and should assist in fair and valid assessment across the province.
4. Adhere to the memorandum throughout the marking process as the questions are content specific and the questions should reflect taught and assessed.
5. Mark accurately and always check the all calculations and transfer of marks.
6. At least 10 % of answer scripts should be remarked by the HOD/subject head/ senior teacher as part of the post moderation process.
7. Remember we are working with learners' future, so let us be fair, valid and just in assessing their work



QUESTION 1.

1.1. Multiple choice

1.1.1. C (✓)

1.1.2. B (✓)

1.1.3. C (✓)

1.1.4. D (✓)

1.1.5. A (✓)

1.1.6. A (✓) Stanmorephysics.com

1.1.7. C (✓)

1.1.8. D (✓)

1.1.9. B (✓)

1.1.10. B (✓)

(10x1)(10)

1.2. Match columns

1.2.1. F (✓)

1.2.2. D (✓)

1.2.3. G (✓)

1.2.4. B (✓)

1.2.5. A (✓)

(5x1)(5)

1.3. Answer the following questions by writing the answer next to the question number (1.3.1 – 1.3.3) in the ANSWER BOOK.

1.3.1. Give **ONE** strategy that can be used to build confidence

- Communication. (✓)
- Successful completion of tasks or projects. (✓)
- Participation in community organisation or life. (✓)
- Making good decisions and affirmation of others. (✓) (1x1)(1)

1.3.2. Social justice is defined as the way in which human rights and equality manifested in everyday life. (✓✓) (1x2) (2)

1.3.3. Justify the importance of community needs when considering a career.

- It enables individuals to choose careers that are highly needed (✓✓)
- It guarantees employability. (✓✓)
- It ensures that individuals work locally. (✓✓)
- Any other relevant response for TWO marks each. (✓✓) (1x2)(2)

TOTAL SECTION A: 20



QUESTION 2

2.1. List THREE advantages of participating in physical activities.

- Become physically fit. (✓)
- Increases learner performance in class (✓)
- Encourages individuals to open up / disclose their challenges. (✓)
- Motivates individuals to seek assistance from other people (✓)
- Channels individual focus to acceptable behaviour / values. (✓)
- Prevents some of the lifestyle diseases. (✓)
- Any relevant response for ONE mark each. (✓) (3x1)(3)

2.2. Explain FOUR ways how physical activity increase learner performance

- Learner are always alert (✓) thus able to grasp what is taught in class. (✓)
- It equips with team work (✓) thus able to participate freely in groups. (✓)
- Motivates learners to attend school regularly(✓) thus improving class attendance (✓)
- Prevents unbecoming behaviour (✓) thus enabling learners to prioritise their education(✓)
- Encourage individuals to set goals and strive to achieve them(✓) which include performing well at school. (✓)
- Any relevant response for TWO marks each. . (✓✓) (4 x 2)(8)

2.3. Evaluate TWO importance of indigenous games.

- It promotes values acceptable by the community /society. (✓✓)
 - Encourages individuals to embrace and uphold their roots. (✓✓)
 - Expand individual's knowledge of other cultures and promote inclusivity. (✓✓)
 - Any relevant response for TWO marks each. . (✓✓) (2x2)(4)
- (15)

3.1. List THREE strategies that enhance self – esteem.

- Successful completion of tasks). (✓)
- Inviting and accepting genuine feedback and address grey areas. (✓)
- Participating in extramural activities (✓)
- Any other relevant response for ONE mark each. (✓) (3 x 1)(3)

3.2. Define the following concept

- Self-awareness is the ability to unleash one’s potential /knowledge of one’ s
- strengths and weaknesses, and the ability to change weakness to strength to live a
- positive lifestyle. (✓✓)

OR

Knowing one ’s self-better. (✓✓) (1 x 2) (2)

3.3. Identify TWO ways in which self-awareness improves performance in school.

- 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. (✓✓)
- Any other relevant response for TWO marks each. (✓✓) (2 x 2)(4)

3.4. Advise Rubie with THREE strategies of addressing his challenge instead of dropping out of school.

- He could have sought the assistance of social workers / psychologists (✓) to address his personality trait which is his impediment. (✓)
- He could have made teachers aware of his challenge (✓) so that he was assessed differently. (✓)
- His parents could have discussed his challenge with the register teacher (✓) and agreed on how to assist him. (✓)
- He could have submitted his profile (✓) for the school to know his challenges and coping mechanisms for support. (✓)
- Any other relevant response for TWO marks each. (✓) (✓) (3 x 2)(6)

(15)

TOTAL SECTION B : 30

QUESTION 4

- Give THREE of Pimose’s rights violated by her parents.
 - The right to education (✓)
 - The right to be treated as a Human being with dignity (✓)
 - The right to equality (✓)
 - The right to choose (✓)
 - Any other relevant response for ONE mark each (✓) (3 x 1)(3)

 - Explain in THREE ways how the treatment will impact negatively on Pimose.
 - Pimose will decide not keep contact with members of the family or relative (✓) to avoid further humiliation. (✓)
 - She will only trust her friends or peers (✓) thinking that all parents are the same. (✓)
 - She might develop anger (✓) and avoid discussions by being aggressive. (✓)
 - Any other relevant response for TWO marks each. (✓✓) (3 x 2)(6)

 - Advise youth with THREE strategies of how to address or prevent what Pimose went through.
 - Report the case to social workers (✓) for protection and to talk to parents / community to do away with forced marriages. (✓)
 - Organise awareness campaigns (✓) to educate youth about their rights. (✓)
 - Organise a talk show at a local radio station (✓) to be a mouthpiece of those who are unable to open up / encourage people to open up unanimously to get assistance.
 - Write a petition to the government to warn communities (✓) to refrain from forced marriages. (✓)
 - Any other relevant response for TWO marks each. (✓✓) (3 x 2)(6)
- (15)

QUESTION 15

- List THREE causes of crime committed by learners.
 - Peer pressure due to gangsterism. (✓)
 - Lack of life skills (✓)
 - Poverty and giving in to get money (✓)
 - Misinformation that learners do not serve their sentences in jail (✓)
 - Any other relevant response for ONE mark each (✓) (3 x 1)(3)
- Identify THREE ways in which crime impact negatively on local communities.
 - Services provided are looted (✓) and the community is left out without basic services. (✓)
 - Crime reported from such communities makes it hot spot zones (✓) thus discouraging business people to invest there. (✓)
 - Entrepreneurs relocate to safer areas (✓) and the community is left poor. (✓)
 - Successful community members reside in safer areas (✓) and no one plough back to the community. (✓)
 - Local people become disillusioned (✓) and uphold criminal activities to seek help. (✓)
 - Communities are labelled as criminals (✓) and employers are hesitant to employ them. (✓)
 - Any other relevant response for TWO marks each (✓✓) (3 x 2)(6)
- Propose THREE ways in which learners can address crime.
 - Become whistle blowers (✓) to report criminal activities and criminals in their community. (✓)
 - Organise campaigns (✓) to concientise communities about the criminal activities, impact and hoe to prevent such. (✓)
 - Engage the municipality to provide recreational facilities (✓) and those with knowledge and skills to coach empower the community to participate in those activities. (✓)
 - Any other relevant response for TWO marks each. (✓✓) (3 x 2)(6)

(15)

- Give the skill Prinsie lacks and an example of that skill. .
 - Study skill (✓) - he is unable to draw a study plan which include study time, rest and engagement in projects, and adhere to it (organisation and time management). (✓✓)
 - Critical thinking (✓) – unable to identify the root cause of his failure and address it. (✓✓)
 - Any other relevant response for THREE marks each. (✓✓✓) (1 +2)(3)

 - Discuss THREE benefits of internal assessment.
 - It prepares learners for external assessment (✓) by acquiring knowledge of what is expected in the examination centre, (✓)
 - It encourages learners to study (✓) thus able to pass at the end of the year. (✓)
 - Boost learners self-esteem and efficacy (✓) and cope with final examination pressure. (✓)
 - Any other relevant response for TWO marks each. (✓✓) (3x2)(6)

 - Advice learners with THREE ways of taking assessment seriously.
 - Refrain from reproducing memorandum / copying (✓) as this inhibits the knowledge of the subject /content. (✓)
 - Prepare each tasks as if it is a final examination (✓) to have high CASS mark. (✓)
 - Except for tests and examinations, submit first draft to the teacher (✓) to check as to whether you are responding positively to the questions. (✓)
 - Any other relevant response for TWO marks each. (✓✓) (3x2)(6)
- (15)

TOTAL SECTION C: 30

GRAND TOTAL: 80