



education

Department:
Education
North West Provincial Government
REPUBLIC OF SOUTH AFRICA

GRADE 11



FINAL GRADE LO EXAMINATION
2025

Stanmorephysics.com

MARKS: 100

TIME: 2H30

This question paper consists of 9 pages.

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. Start each SECTION on a new page.
6. Number the answers correctly according to the numbering system used in the question paper.
7. Write neatly and legibly.




SECTION A (COMPULSORY)

Answer all the questions in this section.

Question 1

Various options are provided as possible answers to the following questions.

1.1 Choose the correct answer and write only the letter (A-D) next to the question numbers (1.1.1 to 1.1.5) in the ANSWER BOOK e.g. 1.1.6 D.

- 1.1.1 Which of the following is democratic way of raising your grievances/concerns to the authorities?
- A. Blocking the road.
 - B. Burning tyres
 - C. Peaceful demonstrations
 - D. Illegal violent campaign
- 1.1.2 The type of relationship children has with their parents is classified as:
- A. Friendship.
 - B. Family.
 - C. Romantic.
 - D. Formal.
- 
- 1.1.3 Goal- setting is important because...
- A. It leads to confidence and complacency.
 - B. It enables individuals to give up on their aspirations.
 - C. It fosters a sense of direction and commitment.
 - D. It makes individuals compare themselves to others.
- 1.1.4 South Africa has 3 levels of Government of which _____ is the lowest level.
- A. Federal.
 - B. Local
 - C. Provincial.
 - D. National
- 1.1.5 The other admission test administered by universities in South Africa
- A. Speed test
 - B. Learners test
 - C. Formal test
 - D. National Benchmark Test

(5x1) (5)

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

1.2.1 The highest court in South Africa (1)

1.2.2 Scores used by universities in South Africa to accept learners (1)

1.2.3 The situation where one partner in a relationship overpowers the other partner. (1)

1.3

1.3.1 Define the term climate change . (1x2) (2)

1.3.2 What is expected of you when answering a 'evaluate' question. (1x2) (2)

1.3.3 Discuss how the use and abuse of substance can cause risky behaviour and situations. (1x2) (2)

1.4 Study the text below and answer the questions that follow. Write your answers in full sentences.

Physical Education in Schools

New Sports, Arts and Culture minister Gayton McKenzie says that his department plans to switch up the transformation of sports in South Africa, which will include reassessing the approach to quotas and going back to the school level to promote physical education and activity.

SANews@ X:August 2025

1.4.1 Give TWO reasons why it is important for sports to be part of school activities. (2x1) (2)

1.4.2 Explain how sport contribute to shaping learners' mental well being (1x2) (2)

1.4.3 Discuss in detail how participating in sport may contribute to nation building. (1x2) (2)
(6)

TOTAL SECTION A: 20

SECTION B (COMPULSORY)

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

QUESTION 2

Study the extract and answer the questions that follow.

R.E.S.P.E.C.T. — you both know what it means to each other

“In a healthy relationship, you’re making space for each other, you’re making space for each other’s emotions and making space to nurture and cultivate other aspects of each other’s lives,” Duke explains. “It’s also about being aware of your own personal boundaries.”

Source: Living Healthy August 6, 2025

- 2.1 State TWO reasons how being in a healthy relationship impacts a person’s well-being. (2x1) (2)
- 2.2 Describe ONE possible benefit of being emotionally stable in a relationship. (1x2) (2)
- 2.3 Explain ONE factor that could assist in building a healthy relationship. (1x2) (2)
- 2.4 Discuss TWO types of relationships with different people and their changing nature. (2x2) (4)
- 2.5 Assess TWO ways on how the media can negatively impact the values and beliefs about relationships. (2x2) (4)
- 2.6 Recommend TWO ways which can help to correct the relationships that are harmful to the well-being of a person. In EACH answer also indicate how this could sustain a relationship. (2x2)+(1x2) (6)

[20]

QUESTION 3

Read the extract below and answer the questions that follow.


Career choices: Should you follow the money or your heart?

Thousands of matriculants are taking the first steps out into the real world and the career choices they make today – at the age of 17 or 18, may impact the rest of their lives.

Should they consider careers that offer the best chances of securing employment or perhaps lucrative salaries? Or should they put all reason aside and follow their hearts and their passions?

Unfortunately, there is no straight, or correct, answer to this conundrum; each person will have their own opinions and offer advice based on their circumstances, values, and experiences.

Source: IOL Business

- 
- 3.1 Define the term Career choice (1x2) (2)
- 3.2 Mention TWO benefits of developing a CV for young job seekers. (1x2) (2)
- 3.3 Explain ONE reason why young people are finding it difficult to choose a career (1x2) (2)
- 3.4 Discuss TWO financial assistance that could assist student who need to study but do not have money. (2x2) (4)
- 3.5 Assess the significance of making a thorough research when choosing career before applying to institutions of higher learning. (2x2) (4)
- 3.5 Recommend TWO options that can be followed by school leavers who will not reach APS to be admitted at universities. (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 extract and answer the questions that follow.

HEALTHY LIVING

The great news is that up to 80% of heart diseases and strokes that happen before the age of 70 years can be prevented by simply living a healthy lifestyle and treating conditions such as high blood pressure, high cholesterol and diabetes. A healthy lifestyle involves eating a healthy diet, exercising regularly, not smoking, managing day-to-day stress, if drinking alcohol then doing so in moderation, and maintaining a healthy weight.

In reality, the lifestyles of most South Africans are steadily becoming unhealthier

Source: [Living a healthy lifestyle](#) brochure 20 September 2025

Write paragraphs on **healthy lifestyles**

Use the following as a guideline:

- Briefly state FOUR ways in which individuals can ensure that live a healthy living. (4x1) (1)
- Discuss FOUR ways how inappropriate lifestyle choices can negatively affect a person's wellbeing. (4x2) (8)
- Evaluate TWO ways of living a healthy lifestyle .

(2x4) (8)

[20]

QUESTION 5

Read the extract below and answer questions that follow.

Government Needs to Intensify Efforts to End the Violence

Gender-based violence (GBV) remains shockingly pervasive across South Africa, according to a new report. Despite the country's robust legal framework and policies aimed at tackling GBV, the practice is deeply rooted in societal norms and incidents continue to escalate at an alarming rate.

On July 18, South Africa's Human Sciences Research Council released its first national study on GBV prevalence in the country. The study highlights, among other things, societal attitudes towards gender power dynamics; the prevalence and patterns of GBV experiences among women and the perpetration of violence by men; and presents data underscoring the GBV crisis.

Source: Human Rights Watch/ July 24, 2025

Write paragraphs on Gender Based Violence.

Use the following as a guideline:

- Briefly state FOUR forms of gender based violence. 4x1) (4)
- Discuss FOUR importance of participating in campaigns that are educating and fighting to stop gender based violence. (4x2) (8)
- Evaluate TWO strategies used by the government to fight gender based violence. (4x2) (8)

[20]

QUESTION 6

Read the extract below and answer the questions that follow.

Can We Feed the World Without Destroying It?

Studies have shown that the global food system is responsible for up to one-third of all human-caused greenhouse gas emissions, of which 30% comes from livestock and fisheries. Crop production releases greenhouse gases such as nitrous oxide through the use of fertilisers

60% of the world's agricultural area is dedicated to cattle ranching, although it only makes up 24% of global meat consumption.

Source: [Bonny Fourie](#) | Published 2 months ago

Write a paragraph on Environmental issues and climate change.

Use the following as a guideline:

- Briefly state FOUR causes of climate change. (4x1) (4)
- Discuss any FOUR negative impacts of harmful substances on food production in our country. (4x2) (8)

- Evaluate TWO negative effects of inhumane farming methods. (4x2) (8)

[20]

TOTAL SECTION C: 40

GRAND TOTAL: 100



education

Department:
Education
North West Provincial Government
REPUBLIC OF SOUTH AFRICA

GRADE 11



Stanmorephysics.com

LIFE ORIENTATION
FINAL EXAMINATION
MARKING GUIDELINES
2025

Stanmorephysics.com

MARKS: 100

SECTION A (COMPULSORY)

Question 1



- 1.1.1 C (✓)
- 1.1.2 B (✓)
- 1.1.3 C (✓)
- 1.1.4 B (✓)
- 1.1.5 D (✓)

(5x1) (5)

1.2

- 1.2.1 Constitutional Court ✓
- 1.2.2 Admissions Points Score/ APS ✓
- 1.2.3 Unequal power relations/ Power imbalance ✓



1.3

1.3.1 Define the term climate change

Climate change refers to the long-term warming or alteration of Earth's climate, primarily due to human activities like burning fossil fuels, deforestation, and industrial processes ✓.

1.3.2 **What is expected of you when answering a 'evaluate' question?**

When answering an "evaluate" question, you're typically expected to provide a detailed analysis ✓ and assessment of a topic, concept, or issue. ✓

(1x2) (2)

1.3.3 **Discuss how the use and abuse of substance can cause risky behaviour and situations.**

1. Impaired Judgment: ✓ Substances can alter perception and decision-making, causing individuals to engage in activities they wouldn't normally do when sober, such as unsafe sex, driving under the influence, or committing crimes ✓.
2. Increased Aggression ✓: Certain substances can increase aggression and reduce inhibitions, potentially leading to violent behaviour or altercations ✓.
3. Risky Health Behaviours: ✓ Substance abuse can lead to neglecting one's health, poor diet, and ignoring medical needs, which can exacerbate existing health issues or lead to new ones. ✓
4. Dependency and Desperation: ✓ The need to obtain substances can drive individuals to engage in risky behaviours like theft or prostitution. ✓

5. Mental Health Issues: ✓ Substance abuse can contribute to or worsen mental health problems like depression and anxiety, potentially leading to self-harm or suicidal behaviors. ✓

(1x2) (2)

1.4.1 Give TWO reasons why it is important for sports to be part of school activities.

Sports are a vital component of school activities, offering numerous benefits for students' physical, mental, and emotional development ✓.

Physical Health Benefits

- Encourages physical fitness and reduces the risk of diseases like obesity, diabetes, and heart-related issues ✓
- Improves cardiovascular fitness, bone density, and motor skills ✓
- Enhances overall physical well-being and reduces stress levels ✓

Mental and Emotional Benefits

- Boosts academic performance and cognitive function ✓
- Develops resilience, discipline, and self-esteem ✓
- Provides a healthy outlet for emotions, reducing stress and anxiety levels ✓

Social Benefits

- Fosters teamwork, cooperation, and communication skills ✓
- Develops leadership skills and encourages inclusivity ✓
- Builds camaraderie and school spirit ✓

Life Skills and Career Opportunities

- Teaches time management, problem-solving, and strategic thinking ✓
- Prepares students for future challenges and career opportunities in sports ✓
- Provides a platform for students to develop valuable life skills like perseverance and adaptability ✓

(2x1) (2)

1.4.2 Explain how sport contribute to shaping learners' mental well being

Sports play a significant role in shaping learners' mental well-being in several ways:

- Stress Reduction: ✓ Physical activity helps reduce stress and anxiety, promoting a healthier mental state ✓.
- Mood Enhancement: ✓ Exercise releases endorphins, which improve mood and reduce symptoms of depression. ✓
- Self-Esteem Boost: ✓ Achieving sports-related goals and receiving recognition can enhance self-confidence and self-esteem ✓.

- Social Connections✓: Team sports foster social interactions, building relationships and a sense of belonging. ✓
 - Resilience Development✓: Overcoming challenges and setbacks in sports can help learners develop resilience and coping skills. ✓
 - Improved Focus and Concentration✓: Regular physical activity can improve cognitive function, including focus and concentration. ✓
- Overall, sports participation can have a positive impact✓ on learners' mental well-being, contributing to a healthier and more balanced lifestyle✓.

(1x2) (2)

1.4.3 Discuss how participating in sport may contribute to nation building.

- Participating in sports can significantly contribute to nation-building in several ways:
- National Unity, sports bring people together✓, transcending cultural, linguistic, and socio-economic differences, national teams and events foster a sense of shared identity and pride. ✓
- *Social Cohesion*, sports promote teamwork, communication, and collaboration. ✓they help break down stereotypes and build bridges between communities. ✓
- Economic Benefits✓, sports infrastructure development can stimulate local economies. ✓major sporting events can attract tourism and investment. ✓
- Inspiring Future Generations✓: sports role models inspire youth to adopt healthy lifestyles and pursue excellence. ✓
- Participation in sports can enhance self-esteem✓, discipline, and social skills. ✓
- Promoting National Pride✓, international sporting successes boost national morale and pride. ✓
- Hosting major sporting events✓ showcases a nation's capabilities and hospitality. ✓
- Ensuring inclusivity ✓and accessibility in sports for all segments of society. ✓
- Leveraging sports ✓for development, education, and health initiatives. ✓
- By harnessing the power of sports, nations can build stronger, more cohesive✓ communities, and promote national development✓

(1x2) (2)

(6)

TOTAL SECTION A: 20

SECTION B (COMPULSORY)

Answer ALL questions in this section. Write your answers in full sentences as far as possible. Hence the within a 3 or 4 mark question learners could and should be awarded 4,3,2,1 or a 0 depending on the level of answers given.

It must be noted that in each category of the learners' efforts a distinction must be made between excellent, good, satisfactory and poor responses.

QUESTION 2

2.1 State how being in a healthy relationship will impact in a person's well-being.

- Reduced stress and anxiety: Supportive partners help buffer life's challenges, making stress easier to manage ✓.
- Increased happiness: Feeling loved and valued boosts mood and emotional stability ✓.
- Greater self-esteem: Encouragement and affirmation from a partner can enhance confidence and self-worth. ✓
- Lower risk of depression: Emotional connection and companionship reduce feelings of loneliness and isolation ✓
- Better coping mechanisms: Healthy communication fosters resilience and problem-solving skills. ✓
- Sense of purpose: Shared goals and mutual support can give life deeper meaning and direction. ✓
- Emotional regulation: A stable relationship helps individuals manage emotions more effectively.

(2x1) (2)

2.2 Describe ONE possible benefit of being emotional stable in a relationship.

- When you're emotionally steady, you're more likely to stay calm ✓ during disagreements, listen actively, and respond thoughtfully rather than react impulsively. ✓
- This helps both partners feel heard and respected ✓, which strengthens trust and deepens the connection over time. ✓

(1x2) (2)

2.3 Explain ONE factor that could assist in building a healthy relationship..

- When partners openly express their thoughts, feelings, and needs✓—while also actively listening to each other—it fosters trust, understanding, and emotional intimacy✓.
- Clear communication helps prevent misunderstandings✓, resolve conflicts constructively, and ensures both people feel heard and valued✓.
- Whether it's discussing boundaries, sharing appreciation, or navigating disagreements, strong communication✓ lays the foundation for mutual respect and long-term connection. ✓
- Open and Honest Communication✓ Sharing thoughts, feelings, and concerns respectfully helps build trust. ✓
- Mutual Respect and Support Valuing each other's opinions✓, choices, and individuality creates a safe emotional space✓.
- Emotional Intelligence and Self-Awareness Understanding your own emotions ✓and reactions helps you respond thoughtfully rather than impulsively✓.

(1x2) (2)

2.4 Discuss TWO types of relationships with different people and their changing nature.

- Familial Relationships these include bonds with parents, siblings, children, and extended family, ✓ life transitions: Moving cities, changing jobs, or entering new life stages (e.g., parenthood) often reshape relationship dynamics. ✓
- Friendships: Built on mutual interests, ✓ trust, and emotional support, Shared Experiences: Milestones like weddings, losses, or achievements can deepen connections or expose incompatibilities✓
- Romantic Relationships: Involve emotional intimacy, physical attraction, and shared goals, ✓ Emotional Growth: As people mature, their needs and expectations evolve, influencing how they relate to others✓.
- Professional Relationships: Formed in work or academic settings✓, some grow stronger through constant contact, others weaken due to lack of face-to-face interaction. ✓
- Social or Casual Relationships: Include neighbours, gym buddies, or people you interact with regularly but superficially✓, often based on convenience or shared environments. ✓

(2x2) (4)

2.5 Assess TWO ways on how media can negatively impact the values and beliefs about relationships.

- Idealized portrayals✓: Media often depicts relationships as effortless, passionate, and always exciting, ignoring the reality of compromise, communication, and conflict resolution. ✓
- "Perfect partner" myth✓: Characters are frequently shown as flawless or overly romantic, setting unattainable standards for real-life partners. ✓
- Stereotyping: Men are often portrayed as emotionally distant or dominant, while women are shown as overly emotional or dependent.
- Power imbalances: Some media normalize controlling or toxic behaviors as signs of love or passion, which can skew perceptions of healthy dynamics.

- Comparison culture: ✓ Constant exposure to curated, filtered images of “happy couples” can lead to dissatisfaction in one’s own relationship. ✓
- Validation-seeking ✓: Some may begin to value public approval (likes, comments) over genuine connection, reducing intimacy to performance. ✓
- Romanticizing dysfunction ✓: Films and shows sometimes glamorize jealousy, manipulation, or even abuse as intense love or devotion. ✓
- Lack of consequences: ✓ Characters rarely face real repercussions for harmful actions, which can desensitize audiences to red flags. ✓
- Impressionable minds: ✓ Young viewers may internalize harmful messages about love, consent, and self-worth before developing critical thinking skills. ✓
- Sexualization: ✓ Media can overemphasize physical attraction and sexual conquest, overshadowing emotional intimacy and respect. ✓
- Cultural displacement: ✓ Global media may promote values that conflict with local or traditional beliefs about relationships, leading to identity confusion or generational conflict. ✓

(2×2) (4)

2.6 **Recommend TWO ways which can help to correct the relationships that are harmful to the well-being of one. In EACH answer also indicate how this could sustain a relationship.**

- Expressing feelings ✓, boundaries, and concerns clearly allows both parties to understand the root of the tension. ✓
- It reduces misunderstandings ✓ and gives space for empathy and resolution. ✓
- Builds trust and emotional safety ✓, making it easier to navigate future conflicts. ✓
- Encourages mutual respect ✓ and ongoing dialogue, which strengthens the bond over time.
- Establishing limits around behaviour ✓, time, or emotional energy protects one's well-being ✓.
- It helps to clarify ✓ what is acceptable and what isn't, reducing resentment or burnout ✓.
- Promotes balance and fairness ✓, ensuring neither person feels overwhelmed or taken for granted. ✓
- Encourages personal growth ✓ and accountability, which deepens mutual appreciation. ✓

(2x3) (6)

[20]**QUESTION 3**

3.1 Define the term Career choice

Career choice refers to the process of selecting a profession or occupation ✓ that aligns with an individual's interests, values, skills, personality, and goals ✓.

(1x2) (2)

3.2 Describe ONE benefit of developing a career portfolio for young job seekers.

- It allows young job seekers to visually and professionally showcase ✓ their skills, achievements, and experiences—even if they have limited formal work history ✓.

(1x2) (2)

3.3 Explain why young people are finding it difficult to choose a career

- Overwhelming Number of Options ✓: This abundance can lead to analysis paralysis, where too many choices make it harder to commit to one ✓
- Lack of Clear Guidance ✓: Without strong role models or career counseling, it's difficult to make informed decisions. ✓
- Pressure to Succeed ✓: Societal expectations, family pressure, and the fear of making the "wrong" choice can create anxiety. ✓

(1x2) (2)

3.4 Discuss TWO financial assistance that could assist student who need to study but do not have money.

- Scholarships ✓ are financial awards given to students based on academic merit, talent, leadership, or other achievements. They do not require repayment, making them an ideal form of support. ✓
- Student loans ✓ are funds borrowed to pay for education-related expenses, which must be repaid after graduation—often with interest ✓.
- Bursary ✓ is a financial award given to students to help cover education-related expenses, and it typically does not need to be repaid though some may also consider academic performance or other criteria ✓.
- NSFAS ✓ is South African government initiative that provides financial assistance to eligible students who wish to study at public universities or Technical and Vocational Education and Training (TVET) colleges ✓.

(2x2) (4)

3.5 Recommend TWO options that can be followed by school leavers who will not reach APS to be admitted at universities.

- Enrol in a TVET College ✓ (Technical and Vocational Education and Training) colleges offer practical, career-oriented programs that prepare students for skilled work ✓
- Pursue Learnerships ✓ or Apprenticeships are structured learning programs that combine workplace experience with theoretical training ✓, often leading to an NQF qualification. ✓
- Job seeking ✓ for those who can't go to institution of higher learning ✓ can be able to be employed ✓

- Volunteering ✓ is one other option as it will provide experience for the volunteer ✓ and even be lucky to be employed in future if opportunities arise ✓

(2x2) (4)

3.6 **Assess the significance of making a thorough research when choosing career before applying to institutions of higher learning.**

- Research helps students understand ✓ which academic programs is the best ✓ support their desired career path ✓.
- It helps students ✓ avoid pursuing careers based on myths or peer pressure ✓, reducing the risk of regret later ✓.
- This helps students choose careers ✓ with strong prospects ✓ and avoid those in decline or oversaturated markets ✓.
- It prevents costly course changes ✓ or dropping out due to misaligned interests ✓ as this will lead to high rate of dropouts ✓.
- Encourages Self-Discovery: ✓ This self-awareness leads to more confident ✓ and informed decisions.
- Helps select the right institution ✓ research ensures students choose institutions with strong reputations, ✓ resources, and networks in their chosen career area. ✓



(2x3) (6)

[20]

TOTAL SECTION B: 40

Controlled Test Marking Guideline

SECTION C

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

QUESTION 4

***NOTE TO THE TEACHER**

In this question, the learners' answers must be written in full sentences as far as possible. Hence within the 4-mark question, learners could be awarded 4, 3, 2, and 1 or 0 (zero) depending on the level of answers given

Briefly state FOUR ways in which individuals can ensure that live a healthy living.

Marks should be awarded as follows:

One mark (✓) for each response

- Eat balanced diet – Include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals. ✓
- Stay physically active – Aim for at least 30 minutes of moderate exercise most days of the week. ✓
- Get enough sleep – Adults should aim for 7–9 hours of quality sleep each night to support overall health ✓.
- Avoid harmful habits – Limit alcohol intake, avoid smoking, and steer clear of excessive stress or substance use. ✓

(4x1) (1)

- Discuss FOUR ways how inappropriate lifestyle choices can affect a person in the long run. (4x2) (8)

- Mental and Emotional Health Chronic stress from poor coping ✓ mechanisms or lack of relaxation can lead to anxiety, depression, and burnout. ✓
- Sleep deprivation, ✓ often caused by irregular routines or excessive screen time, impairs memory, concentration, and emotional regulation ✓.
- Substance abuse ✓ (alcohol, drugs, smoking) can alter brain chemistry, increasing the risk of addiction and mental illness. Poor diet high in processed foods, sugar, and unhealthy fats contributes to obesity, diabetes, heart disease, and certain cancers ✓.

Controlled Test Marking Guideline

- Lack of physical activity weakens muscles and bones✓, increases the risk of cardiovascular disease, and contributes to weight gain✓.
- Sedentary behaviour✓ is linked increased mortality and chronic conditions like hypertension and metabolic syndrome. ✓
- Reduced life expectancy✓: Unhealthy habits can shave years off a person's life due to preventable diseases. ✓
- Lower quality of life: ✓ Chronic pain, fatigue, and mobility issues can limit independence and enjoyment of daily activities✓.
- Financial strain: ✓ Medical costs for treating lifestyle-related illnesses can be substantial over time✓.
- Isolation: ✓ Poor health may limit social interactions and lead to loneliness.
- Work performance: Fatigue and illness can reduce productivity and career growth. ✓



(4x2) (8)

Evaluate TWO significant ways of living healthy lifestyle on less privileged people.

Marks should be awarded as follows:

Four marks (✓✓✓✓) for each of the TWO well explained responses.

***NOTE TO THE TEACHER:** To be awarded the full FOUR marks for **EVALUATION**, learners must give a **POSITIVE** statement, (✓) qualify it, (✓) give a second **NEGATIVE** statement (✓) and qualify it(✓)

- Adopting healthier habits✓—such as regular physical activity, balanced diets, and avoiding tobacco—can prevent or manage these conditions✓. Stress from financial instability and unsafe environments✓ can lead to anxiety and depression ✓as people can't afford to buy balanced
- People may know healthy Nutrient-rich diets✓ and they eat to stay healthy food which keep them free from diseases/illness✓ but the poor people may not afford then will buy cheaper options that are often unhealthy processed foods✓ high in sugar, salt, and fat as they are more affordable and accessible than fresh produce and lean protein
- Healthy routines like exercise, social interaction, ✓ and sleep hygiene can boost mental resilience and emotional well-being✓. Limited access to healthy food and safe spaces for exercise Financial insecurity✓, unstable housing, and job scarcity increase stress, which can lead to unhealthy coping mechanisms like overeating✓ or substance use.
- Healthier individuals are more likely to attend school or work✓ consistently, improving their chances of breaking the poverty cycle✓, but unemployment is very high✓ then it is difficult for people to live a healthy life. ✓

Controlled Test Marking Guideline

- Good health supports better learning ✓ outcomes in children and higher earning potential in adults ✓, without access to reliable health information ✓, people may not know how to make healthier choices ✓.
- When communities prioritize health ✓, they can advocate for better infrastructure, cleaner environments ✓, and access to services, but poor infrastructure, pollution, and lack of green spaces discourage physical activity ✓ and contribute to stress and illness ✓

(2x4) (8)

[20]

QUESTION 5



Briefly state FOUR forms of gender based violence.

Marks should be awarded as follows:

One mark (✓) for each response

- Physical violence – Hitting, slapping, or any form of bodily harm. ✓
- Sexual violence – Rape, sexual assault, or coercion. ✓
- Emotional or psychological abuse – Intimidation, threats, humiliation, or controlling behaviour. ✓
- Economic abuse – Restricting access to financial resources or employment ✓.
- Cultural or harmful traditional practices – Female genital mutilation, forced marriage, or honour-based violence. ✓
- Online or digital abuse – Cyberstalking, revenge porn, or harassment via digital platforms. ✓

(4x1) (4)

Controlled Test Marking Guideline

- **Analyse the importance of participating in campaigns that are educating and fighting to stop gender based violence.**

- Campaigns help dismantle cultural beliefs and stereotypes ✓ that perpetuate violence, such as toxic masculinity or victim-blaming. ✓
- Raising Awareness: ✓ They inform communities about the realities of GBV, including its forms (physical, emotional, economic, sexual) and its prevalence across all demographics. ✓
- Empowering Survivors: ✓ Public support and education reduce stigma, encouraging survivors to speak out and seek help. ✓
- Knowledge is Prevention: ✓ Educating people about consent, healthy relationships, and legal rights helps prevent violence before it starts.
- Youth Engagement: ✓ Campaigns in schools and universities foster early understanding and promote respectful behaviour among young people ✓.
- Community Training: ✓ Workshops and outreach programs equip individuals with tools to recognize and respond to GBV. ✓
- Public pressure from campaigns ✓ often leads to stronger laws, better enforcement, and more funding for support services ✓.
- Campaigns can spotlight failures in justice systems, ✓ healthcare, and education, demanding systemic change ✓.

(2x4) (8)

- **Evaluate TWO impacts of the strategies used by the government to fight gender based violence.**

- **Marks should be awarded as follows:**

- Four marks (✓✓✓✓) for each of the TWO well explained responses.
- ***NOTE TO THE TEACHER:** To be awarded the full FOUR marks for **EVALUATION**, learners must give a **POSITIVE** statement, (✓) qualify it, (✓) give a second **NEGATIVE** statement (✓) and qualify it(✓)
- Government introduced National Strategic Plan (NSP GBVF): ✓ A multi-sectoral framework launched to coordinate national efforts against GBV and femicide ✓ but there is slow implementation ✓ many initiatives under the NSP have faced delays, especially in rural areas ✓.
- Legislative reforms: ✓ Strengthening laws around sexual offenses, domestic violence, and victim protection ✓, but justice system inefficiencies lead to victims still encounter delays in legal processes ✓ and end up lacking trauma-informed support ✓
- Public awareness campaigns: ✓ Promoting education and advocacy to shift societal norms ✓. but sustained political will, funding, and grassroots engagement are essential to translate policy into real protection ✓ and there is no justice for survivors ✓

Controlled Test Marking Guideline

- Support services: ✓ Establishing Thuthuzela Care Centres and shelters for survivors ✓, but more centres are without needed resources, ✓ though South Africa's strategies to fight GBV have laid a strong foundation, their impact is uneven due to systemic challenges ✓
- Partnerships with civil society: Collaborating with NGOs and community organizations to expand reach and accountability.
- Increased awareness and visibility: GBV is now widely recognized as a national crisis, prompting more public discourse and activism.
- Improved coordination: ✓ The NSP has helped unify efforts across government departments and civil society ✓ but there are Accountability gaps ✓, Civil society reports highlight weak enforcement and monitoring mechanism ✓
- Expanded support infrastructure: ✓ More care centres and helplines have been established, improving access to services ✓, but due to limited funding and capacity resource constraints hinder the full rollout of programs and services. ✓



(4x2) (8)

[20]

QUESTION 6

- **Briefly state FOUR causes of climate change.**
Marks should be awarded as follows:
One mark (✓) for each response
- Burning of Fossil Fuels The combustion of coal, oil, and natural gas for energy and transportation releases large amounts of carbon dioxide (CO₂) ✓, the primary greenhouse gas driving global warming.
- Deforestation Cutting down forests reduces the planet's ability to absorb CO₂ from the atmosphere ✓. Trees act as carbon sinks, and their removal accelerates climate change.
- Industrial Emissions Factories and manufacturing processes emit greenhouse gases ✓ like methane (CH₄), nitrous oxide (N₂O), and CO₂, contributing significantly to atmospheric warming.
- Agricultural Practices Livestock farming produces methane, and the use of fertilizers releases nitrous oxide ✓. Both are potent greenhouse gases that intensify climate change.
- Waste Management Landfills and waste treatment facilities emit methane during the decomposition of organic matter, especially when waste is not properly managed ✓.

Controlled Test Marking Guideline

- Natural Factors Volcanic eruptions and changes in solar radiation can influence climate patterns ✓

(4x1) (4)

- **Discuss FOUR impacts of harmful substances on the food production in our country.**

- Excessive use of agrochemicals depletes soil nutrients and disrupts microbial ecosystems, ✓ this leads to reduced soil fertility, lower crop yields, and long-term damage to arable land ✓
- Runoff from farms carrying pesticides and fertilizers pollutes rivers ✓, lakes, and groundwater, contaminated water affects irrigation quality and poses health risks to nearby communities ✓
- Residues of harmful chemicals in crops ✓ can lead to food poisoning and result in chronic health issues ✓.
- Poor regulation ✓ of imported food and local processing exacerbates exposure risks ✓.
- Non-target species, including pollinators like bees, ✓ are harmed by indiscriminate pesticide use, this disrupts ecological balance and reduces natural pest control and pollination services. ✓
- Many African farmers lack training in safe chemical use and alternatives, ✓ without proper education, they may misuse substances, increasing health risks and reducing productivity. ✓
- Contaminated or substandard produce may be rejected in international markets ✓, this affects export revenues and undermines trust in African agricultural products. ✓
- Education & Training: ✓ Empower farmers with knowledge about sustainable practices and safe chemical handling. ✓

(4x2) (8)

- **Evaluate the two effects of inhuman farming methods, that are used by people.**

Marks should be awarded as follows:

Four marks (✓✓✓✓) for each of the TWO well explained responses.

***NOTE TO THE TEACHER:** To be awarded the full FOUR marks for **EVALUATION**, learners must give a **POSITIVE** statement, (✓) qualify it, (✓) give a second **NEGATIVE** statement (✓) and qualify it (✓)

Controlled Test Marking Guideline

- Precision Agriculture: Uses GPS, sensors, and data analytics to apply water, fertilizers, and pesticides only where needed ✓. This *reduces chemical runoff*, conserves water, and lowers greenhouse gas emissions. ✓ Water Pollution: Excess fertilizers and pesticides can leach into water bodies ✓, causing eutrophication and harming aquatic ecosystems ✓
- Agro ecology and Agroforestry: These methods integrate crops with natural ecosystems, promoting *biodiversity* ✓, improving soil health, and enhancing carbon sequestration, ✓ Clearing land for farming and using broad-spectrum pesticides can destroy habitats ✓ and reduce species diversity. ✓
- Organic Farming: Avoids synthetic chemicals and genetically modified organisms (GMOs), ✓ leading to *lower soil and water contamination*. It also supports pollinators and beneficial insects. ✓ Intensive Farming: High-yield techniques often rely on heavy chemical inputs and irrigation ✓, which can strain natural resources and ecosystems ✓
- No-Till Farming: Reduces soil erosion and improves carbon retention in the soil. ✓ It also helps maintain soil structure and microbial life. ✓ Land Degradation: Overuse of land, ✓ especially in monoculture systems, leads to soil erosion, nutrient depletion, and desertification. ✓
- Integrated Pest Management (IPM): Combines biological, cultural, and chemical tools to manage pests with minimal environmental impact. ✓ This reduces pesticide use and protects non-target species ✓ Greenhouse Gas Emissions, ✓ Agriculture remains a major source of methane and nitrous oxide, especially from livestock and fertilizer use. ✓

(4x2) (8)

[20]**TOTAL SECTION C: 40****GRAND TOTAL: 100**