

CONTROL TEST EXEMPLAR
LIFE ORIENTATION. GRADE 9

NOVEMBER 2021

70

Duration : 90 minutes

Marks : 70

Instructions:

1. This is a fill in paper.
2. Read instructions carefully before answering.
3. Write neatly.
4. This paper consists of three sections: Section A, B and C. You must answer all the questions in Section A (25 marks) and Section B (25 marks), and two questions in Section C (20 marks). = 70 marks

GOOD LUCK!

Name of school: _____

Name and Surname of learner: _____ **Gr.9** _____

SECTION A (25 marks)

Answer all the questions in this section.

QUESTION 1: Match the concept in Column A with the correct concept in

Column B. Write down only the correct LETTER in Column C.

[10]

Column A: Concept	Column B: Definition	Column C
1.1 physical disability	A. Sense of belonging in the community, worthy.	
1.2 community organisations	B. Jumping, crawling, walking and climbing.	
1.3 xenophobia	C. A way of nation building.	
1.4 balance	D. Registration of national standards and qualifications.	
1.5 human dignity	E. Believes about what is right or wrong.	
1.6 NQF	F. Focus on specific needs of people.	
1.7 obstacle course	G. Something we believe is important.	
1.8 national day	H. Distribute weight evenly to be steady.	
1.9 crisis	I. Skills development.	
1.10 SETA	J. Dislike of and discrimination against foreigners.	
	K. Unable to produce children.	
	L. Difficulty using limbs.	
	M. Danger or difficulty.	

QUESTION 2: Indicate if the following statements are true or false. Underline the correct option and motivate your answer if it is false. [4]

1. South Africa's education system consists of a 12-year level framework.

_____ TRUE/FALSE
_____ (2)

2. Violence in the house is often referred to as home abuse.

_____ TRUE/FALSE
_____ (2)

QUESTION 3: Multiple choice: UNDERLINE the CORRECT answer. [4]

3.1. **Social health includes:**

- A. reducing pollution.
- B. ensuring that people have access to water.
- C. protecting diversity.
- D. helping communities overcome difficulties.

3.2. **A positive role model is someone who:**

- A. blames others for his or her mistakes.
- B. values money over most things.
- C. admits faults and mistakes.
- D. acts without worrying about consequences.

3.3. **~~Using drugs and alcohol to deal with your problems is, known as a:~~**

- A. Productive coping technique.
- B. Effective coping technique.
- C. Counterproductive technique.
- D. Efficient coping technique.

3.4. **Which one is NOT a good guideline to working in the best possible manner?**

- A. Setting aside time for relaxing.
- B. Prioritizing your work.
- C. Working all through the night until you have finished everything.
- D. Don't procrastinate/postpone.

QUESTION 4: Constitutional Rights and Responsibilities

Complete the following paragraph by filling in the missing words. Choose from the following words: Spirit, thinking, friendship, equality, respect [3]

When you learnt about the constitution, you learnt that the most important value is a) _____, which also means treating everyone fairly. In sports, we refer to this as fair play. The United Nations Educational, Scientific and Cultural Organization (UNESCO) says the following about fair play: "Fair play is defined as much more than playing with the rules. It incorporates the concepts of b) _____ and c) _____ for others..



QUESTION 5: THE WORLD OF WORK

Differentiate between **a National Senior Certificate and a National Certificate Vocational.**

A National Senior Certificate _____

_____ (2)

A National Certificate Vocational _____

_____ [2]

TOTAL SECTION A: 25 MARKS

SECTION B (25 marks)

Answer all the questions in this section.

QUESTION 6: DEVELOPMENT OF SELF IN SOCIETY

Read the letter below and answer the questions that follow.

[8]

Dear Agony Aunt

I am constantly unhappy with myself. I hate the way my body looks and I hate my thoughts. I am tired all the time, yet I'm having trouble sleeping. Most mornings, I don't even feel like getting out of bed! I don't feel like doing anything and going anywhere. I want my friends to leave me alone. My parents are nagging about my school marks that are



dropping. I can't help it if I can't concentrate. I just don't see the point to life anymore. Depressed

6.1. Identify THREE signs of depression from the letter above.

(3)

6.2. Give TWO causes of depression?

(2)

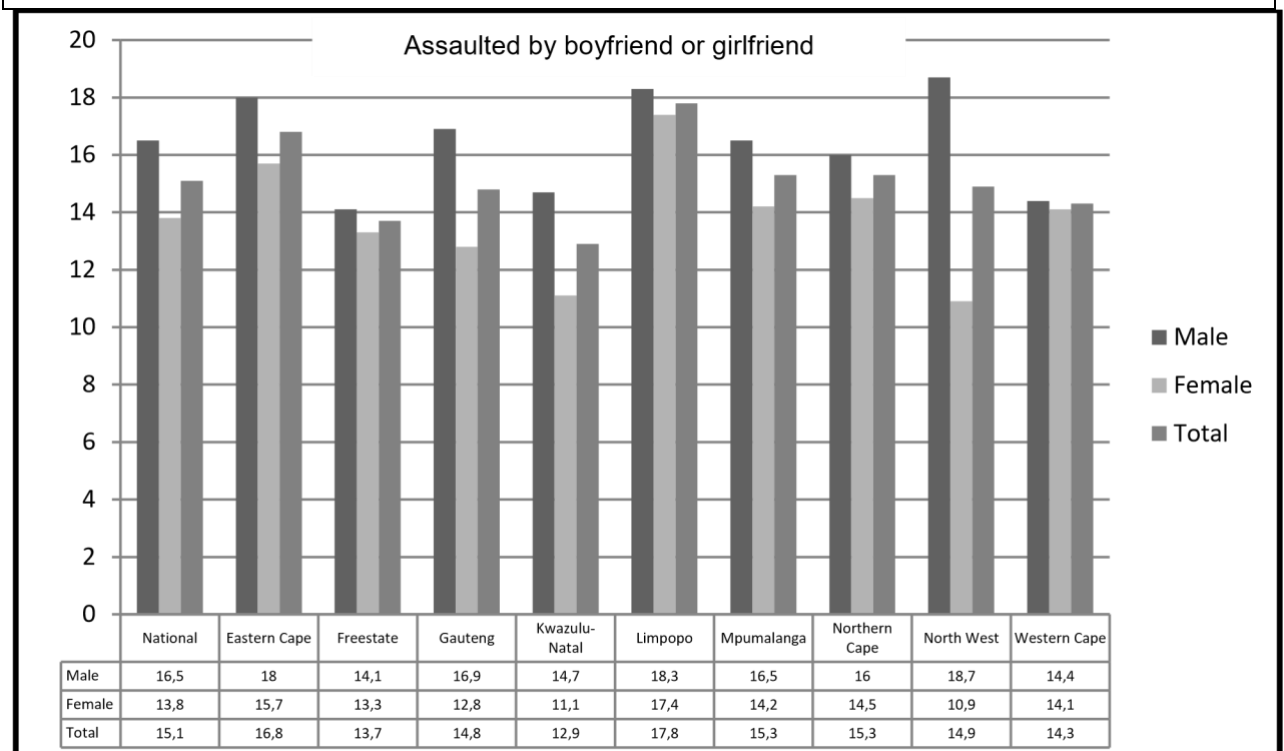
6.3. Suggest THREE ways you can cope in a challenging situation.

(3)

QUESTION 7: HEALTH AND SAFETY ISSUES RELATED TO

VIOLENCE.

Study the graph below and answer the questions that follow.



(resource: Graph. Risk Behaviour Survey page162)

7.1. Analyse the statistics in the graph above and comment on the **trend of violence among the youth?** (What does the information on the graph tell you?)

(3)

7.2. List any FIVE (5) types of violence and/or abuse and give an example of each.

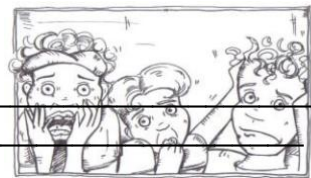
Type of violence and/or abuse	Example
7.2.1.	
7.2.2.	
7.2.3.	
7.2.4.	
7.2.5.	

(10)

7.3. Suggest TWO ways in which violent behaviour can be decreased or prevented

7.3.1. _____

7.3.2. _____



(2)

QUESTION 8: CONTRIBUTIONS OF VARIOUS RELIGIONS IN SOUTH AFRICA. Read the scenario below before and answer the questions that follow.

[2]

A Hindu family has moved into a neighbourhood that is dominated by people of another religion. The members of the family are frequently harassed in the streets and certain shopkeepers refuse to serve them. Someone recently spray-painted the words “get out of here” on their garden wall.



8.1. Interpret the Constitution of S.A. with regard to religion so that you can advise the neighbours about their behaviour towards the family.

(2)

TOTAL SECTION B: 25 MARKS

SECTION C (20 marks)

Answer only two of the three questions in this section.



QUESTION 9: Volunteerism

Being a volunteer can have a big impact on the lives of others, as well as on the life of the volunteer. You don't have to have a specific qualification when you volunteer, and you may actually end up learning a lot.

9.1 Describe 6 ways that volunteering can benefit the life of a volunteer. (6)

9.2 Suggest 4 ways in which you could volunteer your time to help someone

affected by HIV/AIDS.

(4)

[10]

QUESTION 9: THE WORLD OF WORK

For most people, money plays an important role when choosing study and career options. Many families find it difficult to send their children to study further. The good news is that there are solutions if you cannot afford to study after school. Share seven (7) possible financial options with regard to studying and further training with parents.

[10]

QUESTION 10: SPORT ETHICS IN ALL PHYSICAL ACTIVITIES.

(TIP: Give a definition, why is ethical behavior important, fair play when I participate)

[illegible]

GRAND TOTAL: $25+25+20=70$

Duration: 90 minutes
MEMORANDUM
GOOD LUCK!

- HOD SHOULD DO MODERATION OF DISTRICT COMMON QUESTION PAPER
- TRY AND DO TEAM MARKING IN SCHOOLS WITH MANY CLASSES
- PLEASE DO TEAM DISCUSSION OF MEMORANDUM BEFORE TEACHERS START MARKING ➤ GOOD LUCK!

SECTION A (28 marks= lower order)

Answer all the questions in this section.

QUESTION 1: Match the items in Column A with the correct expectation in Column B. Write down only the correct LETTER in Column C.

Column A: Concept	Column B: Definition	Column C
1.1 physical disability	A. Sense of belonging in the community, worthy	L
1.2 community organisations	B. Jumping, crawling, walking and climbing	F
1.3 xenophobia	C. A way of nation building	J
1.4 balance	D. Registration of national standards and qualification	H
1.5 human dignity	E. Believes about what is right or wrong	A
1.6 NQF	F. Focus on specific needs of people	D
1.7 obstacle course	G. Something we believe is important	B
1.8 national day	H. Distribute weight evenly to be steady	C
1.9 crisis	I. Skills development	M
1.10 SETA	J. Dislike of and discrimination against foreigners	I
 	K. Unable to produce children	
	L. Difficulty using limbs	
	M. Danger or difficulty	[10]

QUESTION 2: Indicate if the following statements are true or false.

(Underline). Motivate your answer if false.

[4]

1. South Africa's education system consists of a 12-year level framework.

_____ **10-year level** . TRUE/**FALSE:**

(2)

2. Violence in the house is often referred to as home abuse.

_____ as **domestic violence** TRUE/**FALSE**

(2)

[4]

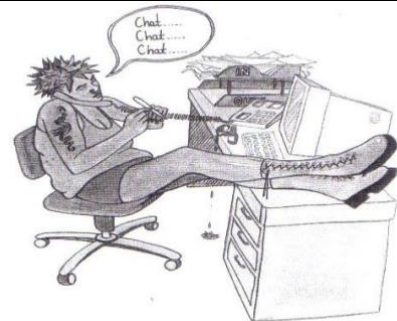
QUESTION 3: Multiple choice: **UNDERLINE** the CORRECT answer. [4]

3.1. **Social health includes:**

- A. reducing pollution
- B. ensuring that people have access to water
- C. protecting diversity
- D. **helping communities overcome difficulties**

3.2. **A positive role model is someone who:**

- A. blames others for his or her mistakes
- B. values money over most things.
- C. **admits faults and mistakes**
- D. acts without worrying about consequences



3.3. **Using drugs and alcohol to deal your problems is, known as a:**

- A. Productive coping technique
- B. Effective coping technique
- C. **Counterproductive technique**
- D. Efficient coping technique

3.4. **Which one is NOT a good guideline to working in the best possible manner?**

- A. Setting aside time for relaxing.
- B. Prioritizing your work
- C. **Working all through the night until you have finished everything**
- D. Don't procrastinate/postpone

(4)

QUESTION 4: Constitutional Rights and Responsibilities

Complete the following paragraph by filling in the missing words. Choose from the list below:

Spirit, thinking, friendship, equality, respect [3]

When you learnt about the constitution, you learnt that the most important values is a) **Equality**, which also means treating everyone fairly. In sports, we refer to this as fair play. The United Nations Educational, Scientific and Cultural Organization (UNESCO) say the following about fair play: "Fair play is defined as much more than playing with the rules. It incorporates the concepts of b) **friendship** and c) **respect** for others [3]

QUESTION 5: THE WORLD OF WORK

Differentiate between **a National Senior Certificate and a National Certificate Vocational.**

A National Senior Certificate is a qualification obtained at the end of grade 12 at level 4 on the national qualifications framework (NQF) [2]

A National Certificate Vocational offers Grade 9 learners a vocational alternative to an academic grade 10-12 by offering specialized training on the NQF Levels 2-4. [2]

TOTAL SECTION A: 25 MARKS



SECTION B (25 marks)

Answer all the questions in this section.

QUESTION 6: DEVELOPMENT OF SELF IN SOCIETY

Read the letter below and answer the questions that follow.

[8]

Dear Agony Aunt

I am constantly unhappy with myself. I hate the way my body looks and I hate my thoughts. I am tired all the time, yet I'm having trouble sleeping. Most mornings, I don't even feel like getting out of bed! I don't feel like doing anything and going anywhere. I want my friends to leave me alone. My parents are nagging about my school marks that are dropping.



I can't help it if I can't concentrate. I just don't see the point to life anymore. Depressed

6.1. Identify THREE signs of depression from the letter above.

- Constantly unhappy with myself
- Tired all the time
- Having trouble sleeping
- Don't feel like getting out of bed
- Don't feel like doing anything or going anywhere
- Want my friends to leave me alone
- School marks are dropping
- I can't concentrate
- Thinking about death (any three)



(3)

6.2. Give TWO causes of depression?

- Grief
- Stress
- Being a victim of violence
- Witnessing violence
- A chemical imbalance in your brain

(2)

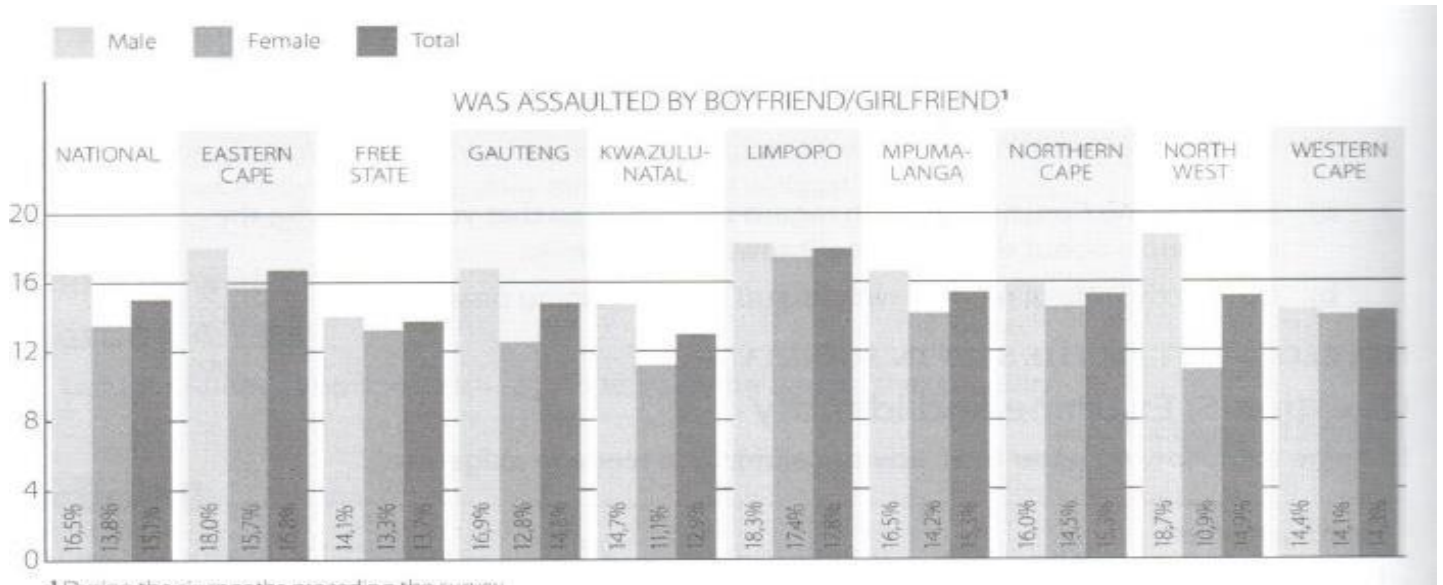
6.3. Suggest THREE ways you can cope in a challenging situation.

- Talk to a professional or someone you can trust
- Call a counseling help- line
- Try to identify the parts of the situation that are making it challenging
- If possible take yourself away from any potential dangers. Get away from things that may harm you
- Identify your options for dealing with things □ Set small goals for fixing your problems.
- Don't try to fix everything at once

(3)

QUESTION 7: HEALTH AND SAFETY ISSUES RELATED TO VIOLENCE. Study the graph below and answer the questions that follow.

[15]



7.1. Analyse the statistics in the graph above and comment on the trend of violence among the youth? (What does the information on the graph tell you?)

The trend noticeable in the graph of the latest youth survey shows that more girls than boys experience violence in all provinces. It seems that the gender imbalances are continuing in the younger generation. (3)

7.2. List any FIVE (5) types of violence and/or abuse and give an example of each.

Types of violence and/or abuse	Example
7.2.1. Physical Abuse	hitting, punching, slapping, biting, choking, pushing, burning and tying up
7.2.2. Self abuse	self –mutilation and suicidal behaviour
7.2.3. Sexual abuse	forcing a person to engage in sexual activity
7.2.4. Emotional abuse	Threatens, intimidates
7.2.5. Verbal abuse	Name calling, blaming, mockery, disrespect, criticism, swearing.

(10)

7.3. Suggest TWO ways in which violent behaviour can be decreased or prevented?

- Do not watch too much violence on television
- Be part of a sport or social group
- Be tolerant
- Avoid degrading, humiliating, bullying behaviour
- Stay away from alcohol and drugs
- Decrease the amount of time spent playing violent video games
- do not play with guns



(2)

QUESTION 8: CONTRIBUTIONS OF VARIOUS RELIGIONS IN SOUTH AFRICA.

Read the scenario below before and answer the questions that follow.

A Hindu family has moved into a neighbourhood that is dominated by people of another religion. The members of the family are frequently harassed in the streets and certain shopkeepers refuse to serve them. Someone recently spray-painted the words “get out of here” on their garden wall.



8.1. Interpret the Constitution of S.A. with regard to religion so that you can advise the neighbours about their behaviour towards the family.

- ✓ According to the Constitution, everyone has the freedom to practice the religion of their choice.

(2)

TOTAL SECTION B: 25 MARKS

SECTION C (20 marks)

Answer only two of the three questions in this section.

QUESTION 8: Volunteerism

Being a volunteer can have a big impact on the lives of others, as well as on the life of the volunteer. You don't have to have a specific qualification when you volunteer, and you may actually end up learning a lot.

8.1 Describe 6 ways that volunteering can benefit the life of a volunteer. (6)

8.2 Suggest 4 ways in which you could volunteer your time to help someone affected by HIV/AIDS. (4)

[10]

8.1

- You can learn valuable knowledge
- You can learn and practice certain skills
- It can make you feel good
- It can build your confidence
- It can teach you to be responsible
- It can help you recognize that you are worthwhile and important
- It can help you discover your hidden talents and abilities



(6)

8.2

- Do a load of washing or laundry for someone.
- Make them a meal once a week.
- Do grocery shopping for someone if it is hard for them to get to the shop.
- Offer to help children with their homework, if their parents are too sick to help them.
- Spend time with them, as a friend, to show them that you care.



(4)

[10]

QUESTION 9: THE WORLD OF WORK

For most people, money plays an important role when choosing study and career options. Many families find it difficult to send their children to study further. The good news is that there are solutions if you cannot afford to study after school. Share seven (7) possible financial options with regard to studying

and further training with parents.

[10]

- **Studying part-time**: you can choose to pay for your own studies while working
- **Student loan**: All major banks offer a student loan to those people who meet their criteria. The loan should be paid back.
- **Bursary**: Intended for students who have financial needs. Student's academic and sporting achievements will also be considered. Some are required to be paid back and some can be worked back after your studies.
- **Scholarship**: Usually awarded on merit to students with top academic results or outstanding talent and achievement in sport. Scholarships are renewable each year provided students maintain high academic achievement. No need to be paid back unless you do not pass or end your studies.
- **Learnership or internship**: Give people the opportunity to join the workforce and develop skills that can lead to permanent employment. Work while you study.
- **The National Student Financial Aid Scheme(NSFAS)**: A financial aid system for study loans or bursaries allowing academically deserving and financially needy students to realise their potential and hopes for the future.
- **FET College Bursary**: Department of Higher Education and Training FET College Bursary Scheme makes funds available to assist students who are enrolled/intend to enroll at FET colleges for NCV programmes but who are unable to fund their studies. They should show potential for academic success. Funds will directly be paid to the college on their behalf.

[10]

QUESTION 10: SPORT ETHICS IN ALL PHYSICAL ACTIVITIES.

Critically evaluate the importance of sport ethics in all sports and games, regardless of the level at which they are played. (Definition, why important, fair play)

[10]

Ethics are morals or principals.

- ✓ Sport ethics are the code of conduct that you need to follow whenever you participate in physical activities
- ✓ Sport Ethics should be applied to all sporting and physical activities, including competitive sports and recreational activities.
- ✓ Everyone involved in sport, whether playing, captaining, coaching, managing or viewing sport, should comply with sport ethics.
- ✓ Sport ethics apply to people of any age.
- ✓ According to the Constitution is equality one of the most important values, which means to treat everyone fairly. In sport we call this fair play.
- ✓ Fair play is much more than playing by the rules.
- ✓ Fair play includes the concepts of friendship, respect for others, and always playing with the right spirit.
- ✓ Fair play includes cheating, doping, violence, sexual harassment, abuse and corruption, etc.
- ✓ Rules and ethics ensure that people play games in a safe and honest way. This makes sports more enjoyable for all involved and ensures that people are not injured or disadvantaged because of bad sportsmanship.

- ✓ When playing for a team, you are representing all other team members and your community or school. If you set a bad example, or are seen to be broking the rules of a game, you will damage the reputation of your community or school.

TOTAL SECTION C: 20 MARKS

GRAND TOTAL: 25+25+20=70
