

SUBJECT: Life Skills

DATE: Staggered

TERM:2

GRADE: 7

TASK: 1

TIME: 5

TOTAL: 1

EXAMINER: 1

Moderator:

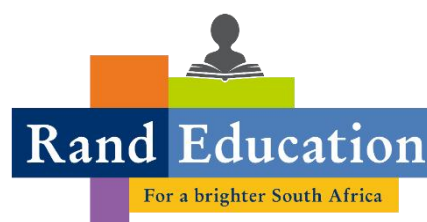
Signature of Moderator: _____

Name:	Grade:
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Instructions:

1. Carefully read the instructions at the top of each question before you answer.
2. Answer all the questions.
3. Write readable and neat with a blue pen. Marks will be deducted for untidy work.
4. Number of pages (including cover page):**13**

Content Area	Learners Mark	Marks
Beginning Knowledge		50
Visual Arts		20
Performing Arts		20
Physical Education		20
Total		



LIFE SKILLS - ASSESMENT TASK

GRADE 3 TERM 2

Name: _____ Grade 3: _____ Date: _____

Study Area: Beginning knowledge, Personal & Social Well-being (I)

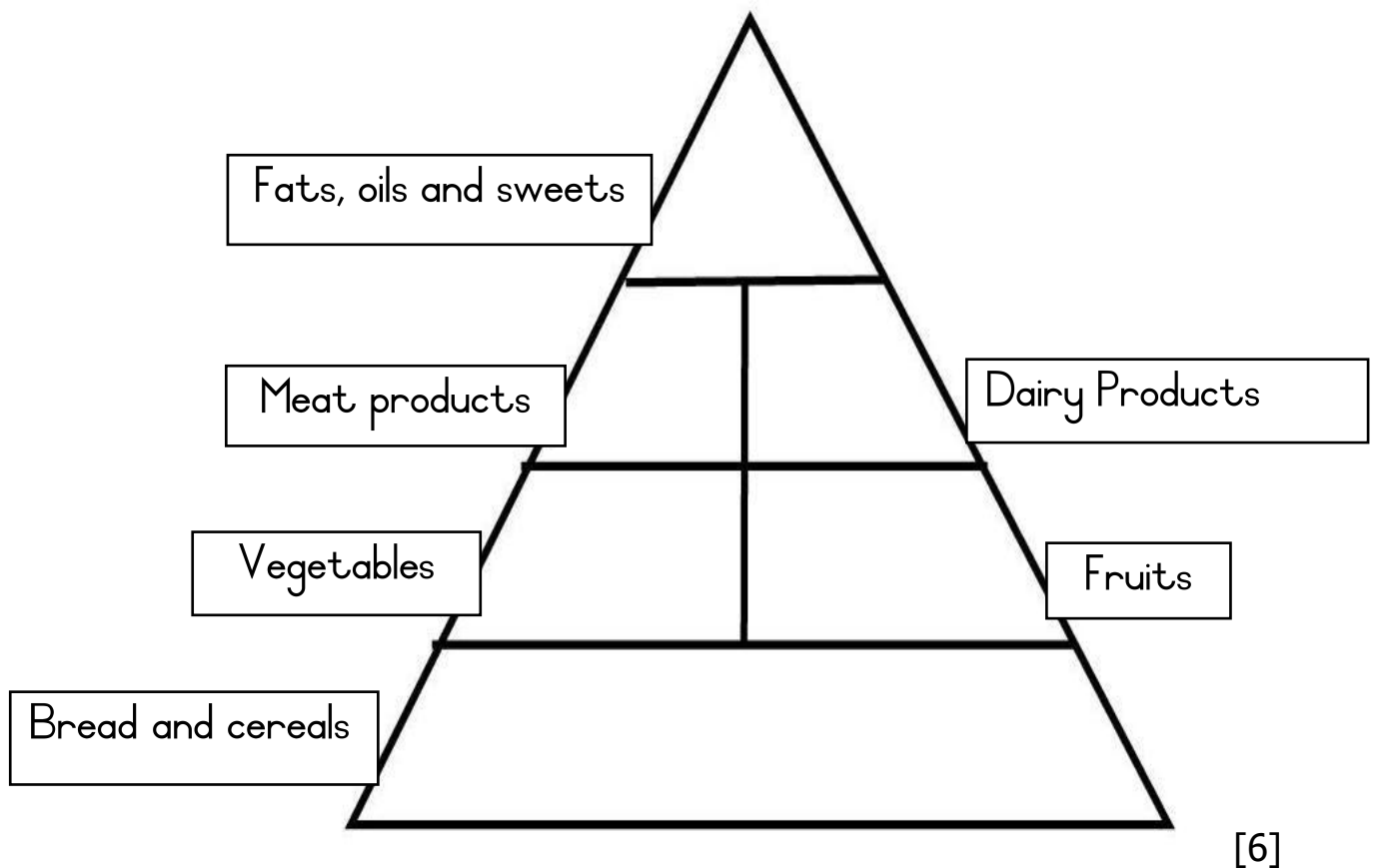
Activity I

Time: 45 minutes

Topic: Healthy eating

la) Classify each of the foods listed below by writing it in the correct section of the food pyramid.

butter	carrots	grapes	oats	buns	fish
yoghurt	chicken	banana	cabbage	chocolates	cheese



2. Answer the following questions with True or False.

a) Carbohydrates gives us energy to play and run.

_____ [1]

b) Rice and potatoes are examples of proteins.

_____ [1]

c) Proteins help build strong muscles and repair our bodies.

_____ [1]

d) Chicken, Fish and beans are rich in proteins.

_____ [1]

e) Apple, bananas and carrots are unhealthy snacks.

_____ [1]

f) Vitamins come only from meat and egg.

_____ [1]

Activity 2

Topic: Insects

3a) Match each insect to its characteristics.

Grasshopper	Sucks blood, makes buzzing sound and spread diseases.
Bee	Lives in colonies, very strong works together.
Ants	Jumps high, has long legs and make chirping sounds.
Mosquito	Makes honey, has a stinger, help pollinate flowers.

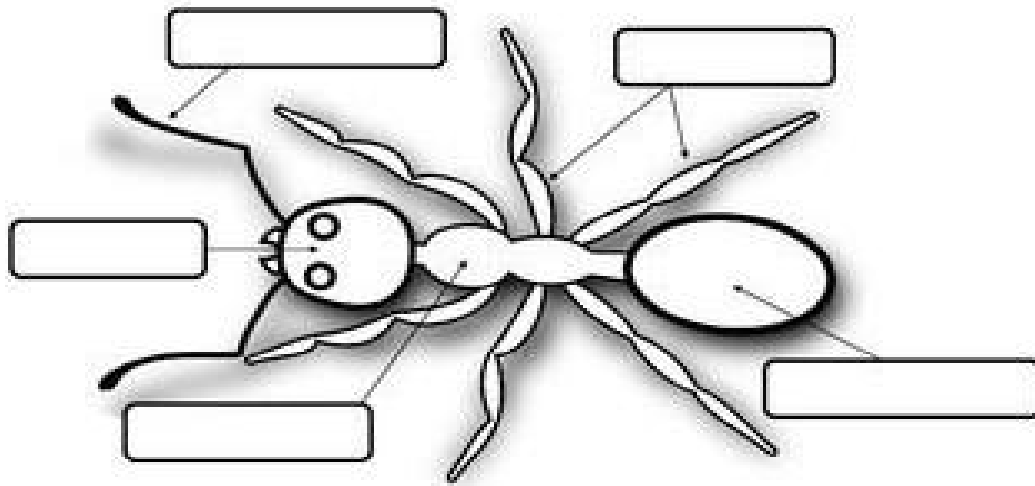
[4]

b) Ants bees and termites all live in groups called colonies. Why do you think living in a colony helps these insects survive better? Give two reasons.

[2]

[2]

4a) Label the ant below.



[5]

b) Write down any characteristics of an insect.

_____ [1]

Total 26 Marks

The end

LIFE SKILLS - ASSESMENT TASK

GRADE 3 TERM 2

Name: _____ Grade 3: _____ Date: _____

Study Area: Beginning knowledge, Personal & Social Well-being (2)

Activity: 3

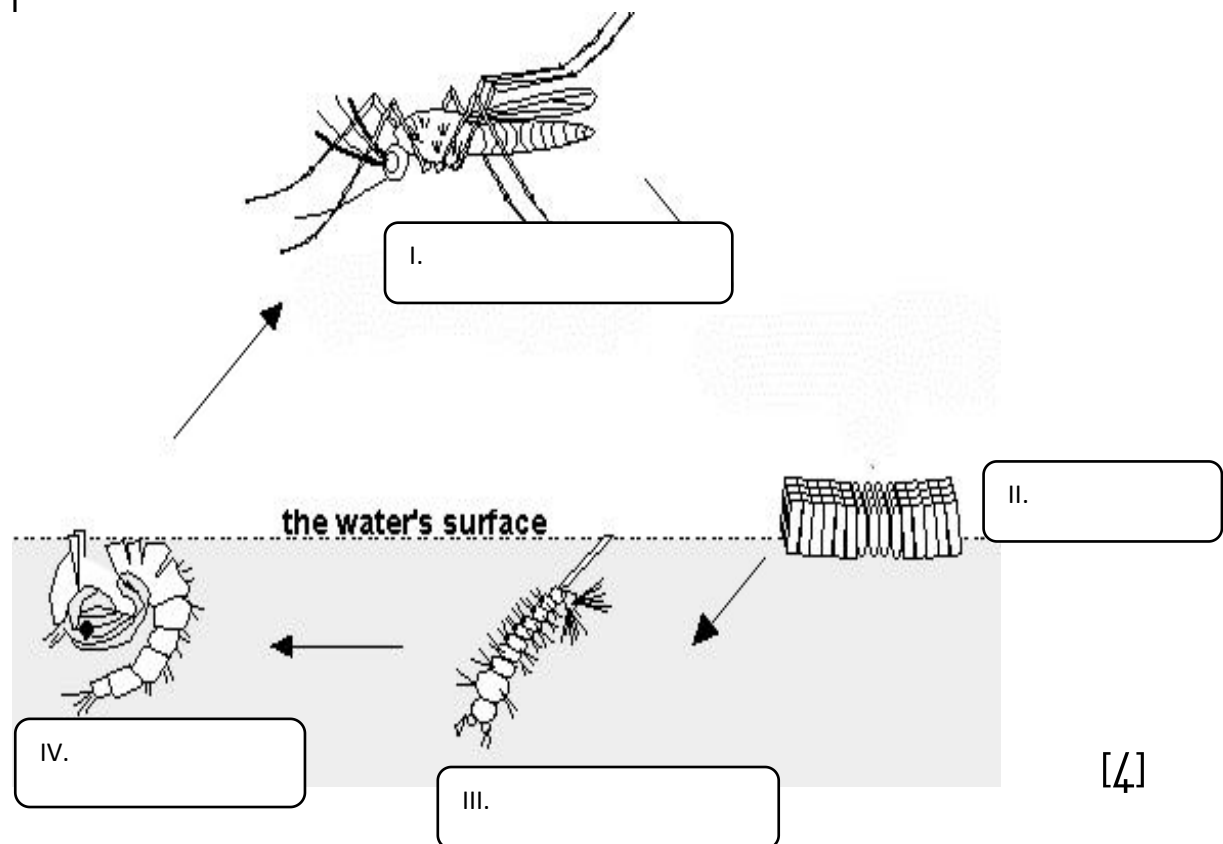
Time: 45 minutes

Topic: Life cycle.

5a) What is a life cycle?

_____ [1]

b) Label the stages of the life cycle of a mosquito in the spaces provided.



c) Why do mosquitoes lay eggs in water?

_____ [1]

d) How long does it take for a mosquito to grow from an egg to an adult?

_____ [1]

e) Why are mosquitoes problem to people?

_____ [1]

f) A baby mammal is born from its_____ and it feeds on_____ [2]

e) What is a male chicken called?

_____ [1]

f) How long does it take for a chick to hatch?

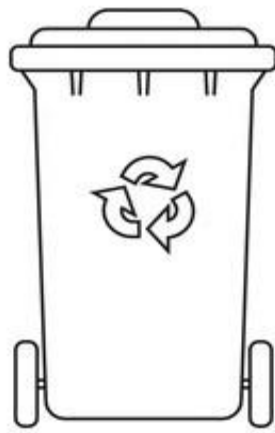
_____ [1]

Activity 4

Topic: Recycling.

6. Circle the word that best completes the sentence.

Reduce, Reuse, Recycle



a) _____ means to use less of something. []

I. Reduce

II. Recycle

b) To _____ is to use something more than once. []

I. Reduce

II. Reuse

c) The learners toss their papers in the _____ bin. []

I. Reducing

II. Recycling

d) Manson sells his toy trucks at a yard sale. His toy trucks will be_____ by someone else. [1]

I. Reused

II. Reduced

e) The old cardboard was used to make new boxes. The cardboard was_____. [1]

I. Recycled

II. Reduced

f) Explain 2 ways in which glass can be recycled.

I. _____

II. _____ [2]

g) What materials can be recycled?

_____ [1]

h) Why recycling important for the environment.

_____ [2]

i) What happens to recyclable materials after they are collected?

_____ [2]

The End

Total 24 Marks

LIFE SKILLS -ASSESSMENT TASK

GRADE 3 TERM 2

Learners Name: _____ Date: _____

Study Area: Creative Arts-Visual Arts

Activity 5: Topic: Create your own insect using recycled material.
Choose any insect of your choice. 20 Marks

Marks	4	3	2	1
Recycled materials used.	Excellent use of recycled material.	Good use of recycled material.	Used some recycled materials.	Did not use materials.
Creativity	Very creative unique design and colourful.	Creative and well-made.	Creative but lacks designs.	The insect lacks creativity and
Neatness	Very neat.	Neat and well presented.	Some parts are messy but effort's visible.	Messy and little effort shown.
Effort	Shows effort hard work and enthusiasm	Shows good effort and participation	Some effort is visible but more could be done.	Little to no effort.
Knowledge of insects	Shows Knowledge of insects.	Shows good understanding of insects.	Shows some understanding of insects.	Show little or no understanding of insects.

LIFE SKILLS -ASSESSMENT TASK

GRADE 3 TERM 2

Learners Name: _____ Date: _____

Study Area: Creative Arts- Performing Arts.

Activity 6: Learners in groups act out a short scene that shows the importance of recycling. Your performance should include at least a problem related to waste and solution that promotes recycling. Be creative and expressive in your performance. [20]

Marks	4	3	2	1
Creativity	High original and engaging performance on recycling.	Creative and engaging with some originality on recycling.	Some creativity but lacks originality and engagement.	Minimum creativity performance lacks clarity.
Clarity of message	Recycling message explained clearly.	Recycling message is clear but could be stronger.	Message is unclear or lacks depth.	Message is difficult to understand.
Teamwork	All members contributed effectively.	Most members participate and work well together.	Some participation but teamwork need improvement.	Little teamwork some member do not contribute.
Expression and performance	Strong voice gestures and facial	Good expression and	Some expression but needs	Lacks expression and energy.

	expression.	performance.	improvement.	
Problem and solution	Scene presents a clear problem related to waste and a strong recycling solution.	Problems and solution are present but could be more detailed.	Either the problem or the solution is unclear.	No clear problem or solution is shown.

The End

LIFE SKILLS ASSESSMENT TASK

GRADE 3 TERM 2

Learner's name: _____ Date: _____

Study Area: Physical Education.

Activity 7: Children can balance on planks, balance beams and exercising balls.

[20]

Marks	5	4	3	2	1
Balance and control	Maintain excellent balance.	Good balance with slight wobble	Some difficulty in balancing.	Frequent loss of balance.	Cannot maintain balance on activities.
Posture and alignment	Excellent posture and proper alignment.	Good posture with minor adjustments.	Fair posture some misalignment during the activities.	Poor posture and frequent misalignment.	No attention to posture or alignment.
Co-ordination	Excellent co-ordination.	Excellent co-ordination.	Adequate co-ordination.	Limited co-ordination.	Lacks co-ordination.
Focus and effort	Fully engaged focuses	Mostly focused occasionally distraction	Focus is inconsistent sometimes distracted.	Frequently distracted minimal effort.	Lacks focus and effort during activities.

The End