



Education and Sport Development

Department of Education and Sport Development
Departement van Onderwys en Sport Ontwikkeling
Lefapha la Thuto le Tlhabololo ya Metshameko

NORTH WEST PROVINCE

LIFE ORIENTATION GRADE 12 MARKING GUIDE 2019 JUNE EXAMINATION SECTION A

1.1.1 A✓

1.1.2 B✓

1.1.3 C✓

1.1.4 D✓

1.1.5 A✓

(1x5)(5)

1.2.1 Stress✓

1.2.2 Visual✓

1.2.3 Social Stressor✓

1.2.4 Scanning/skimming✓

1.2.5 Orienteering✓

13.1 Give TWO Purpose of warm up activities:

To prevent injuries✓

To prepare the body for physical activity✓

They increase body temperature, heart rate, and breathing rate✓

They help the person mentally prepared for exercises✓ (2x1)(2)

1.3.2 Explain TWO importance of school based assessment:

Provides feedback on learners 'performance'✓✓

Evaluate various learning strategies to improve understanding ✓✓(2x2)(4)

1.3.3 Discuss TWO disadvantages of informal jobs:

Little or no job security✓✓

Unprotected labour laws✓✓

Odd working hours✓✓

Difficult to make any savings due to low wages ✓✓(2x2)(4)

TOTAL SECTION A: 20



SECTION B

QUESTION 2

2.1 Define the term bribery

Bribery is the crime which includes the offering, giving or receiving of any item of value to influence the actions or other person in the company. ✓✓(2)

2.2 Mention THREE examples of the results impact of bribery on the individual

Financial losses /bankruptcy✓

Emotional and social problems ✓

The image can be destroyed✓

Poor performance in the job✓

Being blacklisted✓

Decline of the Self Esteem✓

Any other relevant response for ONE mark each (3x1)(3)

2.3 Give TWO reasons why people are reluctant to report corruption

People think it is a pointless task as authorities do not do anything about it✓✓

People benefit from the bribes they hand out to officials in high positions✓✓

It is common practice in South Africa and people think it cannot be changed✓✓

People fear the results of whistle blowing✓✓

Some people do not know where to report crimes of corruption✓✓

Any other relevant response for TWO marks each (2x2)(4)

2.4. Suggest THREE ways in which citizens can deal with bribery in their communities.

Taking note the incident and report /whistle blow it to relevant supervisors✓ in order for the correct procedures to take place✓

Reporting bribery to local in the community to local newspapers or local radio stations i✓n order to make people aware of bribery✓

Voting against leaders or organisations who are involved in bribery ✓in order to uphold moral ethics✓

Drawing up petitions against bribery or people who are involved in bribery✓ to draw attention and demand action against these acts. ✓

Dem



Becoming involved in raising awareness within communities by joining meetings and forums✓
in order to alleviate bribery in the community. ✓

Any other relevant response for TWO marks each (3x2) (6)

[15]

QUESTION 3

3.1 Define the term Cardio endurance:

Cardiovascular endurance is how efficiently your heart, blood vessels, and lungs to supply oxygen rich blood to working muscles during physical. ✓✓(1x2)(2)

3.2 Give THREE social benefits of participation in indigenous games in our communities:

Unites communities and neighbourhoods which adds to community identity and creates a sense of belonging✓

Instill a sense of pride in cultural games and this inspires people to share their cultural beliefs with others✓

Promotes ethnic and cultural harmony among people as they will be able to understand and appreciate the difference of others✓

Social cohesion and peaceful living will be promoted through reinforcement of community values and interaction between communities✓

Any other relevant response for ONE mark each (3x1)(3)

3.3 Explain TWO factors that may prevent youth from participating in Physical activities:

Lack of motivation Many young people show no interest in participating in any physical activities✓✓

Lack of time many learners spend most of their time on social media✓✓

Low energy levels because of too much school work and studying✓✓

Environmental barriers In some areas there is lack of resources such as sport facilities✓✓

Unsafe neighbourhoods Crime and violence can make it unsafe to spend time outdoors✓✓

Any other relevant response for TWO marks each (2x2)(4)

3.4 Advise your School Management Team on THREE ways in which your school could work with community organisations to promote physical activities among the learners:

Schools can organise friendly games with neighbouring schools✓ to enhance involvement of physical activities✓

Senior members of the community with expertise could be used by the school✓ to teach and demonstrate these physical activities to the learners✓

Schools can host competitions regularly and invite community members and the winners to be awarded with certificates✓ to enhance motivation✓

Schools can establish partnership with organisations in the community specialising with physical education✓ to encourage participation of physical activities✓

Any other relevant response for TWO marks each (3x2) (6)

[15]

TOTAL SECTION B [30]

SECTION C

Candidates must answer any TWO (2) questions in this section. Should candidate answer all three questions, only **first TWO** will be marked.

QUESTION 4

Marks should be awarded as follows:

TWO marks (✓✓) for indicating the difference between positive and negative stress
AND

ONE mark (✓) for the link between life crisis and positive stress

- **Explain the difference between positive and negative stress and show how a personal life crisis can result in positive stress :**

Positive stress is the stress that motivates you, encourages you and makes you push yourself✓ and negative stress is the stress that makes you unable to cope with pressure of the stressors negatively affecting relationship✓ (2)

LINK: Life crisis such as death of the breadwinner or parent losing a job can motivate a child to work hard at school to succeed in career✓ (1)

- **Discuss how each of the following personality deals with interpersonal conflict:**
 - Passive/introvert
 - Aggressive/bully
 - Assertive/Extrovert

Marks should be awarded as follows:

Two marks for each for THREE well formulated responses

Passive/introvert

A person can make his/her own decisions which is more likely to make him/her unable to cope with interpersonal conflict✓✓

May suffers from a loss of confidence and self-esteem and may be unable to communicate effectively in a conflict situation✓✓

May allow his basic human rights to dignity and respect to be ignored and may be powerless to defend his/her point. ✓✓

Aggressive/bully

A person may try to solve conflict by hurting others either verbally or physically and this may result in conflict✓✓

May be rude and uncompromising and does not leave room for negotiation or discussion in a conflict situation✓✓

Assertive/Extrovert

A person may be able to relate well with most people because he/she may be considerate of the feelings of others when dealing with conflict✓✓

May be able to effectively express his/her own opinions and this may help to successfully address conflict situation✓✓

Any other relevant response on each personality type **for TWO** marks each (3x2)(6)

- **Justify why each of the following attitudes and behaviour will be ineffective when dealing with interpersonal conflict:**

Marks should be awarded as follows:

TWO marks each for three well explained responses

▪ **Avoiding conflict**

Avoiding conflict is an attempt to avoid directly confronting the issue at hand✓ and is temporary measure to buy time and does not solve the conflict✓ (2)

OR

Sometimes avoiding conflict is done by removing yourself from the people who can cause conflict✓ and if you are to meet or relate with the same people again for a particular purpose, the conflict may erupt again. ✓ (2)

Competing with one another

Concerns and positions of others are ignored when one tries to win the argument and this will not resolve the conflict ✓ because either those who compete with fight or simply give in for peace sake. ✓ (2)

Compromising your viewpoint

Your viewpoint is not effective because even though one agrees in the interests of peace, one may still harbour the feelings ✓ that can emerge again if the parties continue to have contact with each other ✓ (2)

Any other relevant response for TWO marks each (6) [15]

QUESTION 5

- **Define informal job and explain how it is an innovative way to counteract unemployment in the country :**

Marks should be awarded as follows:

ONE mark for definition of informal jobs and TWO marks for TWO innovative countering measures

Informal jobs are those that are not registered with the Department of Labour/South African Revenue Service (SARS) ✓/jobs that fall in the informal sector of the economy ✓(1)

NOTE TO THE TEACHER: Learners should not be credited for providing examples of informal jobs.

AND

It is innovative because it:

- Helps you to become an entrepreneur✓
- Helps to earn your own money and you don't need to share your profit✓
- Absorbs additional labour when economy is low✓
- Reduces poverty✓

Creates more jobs ✓(2x1)(2)

- **Discuss THREE challenges that people in informal jobs may experience :**
Marks should be awarded as follows:

TWO marks for each of THREE well explained challenges.



People in informal jobs have no employment security ✓ as they are self-employed with no guaranteed remuneration/profit/labour protection ✓ (2)

Those employed have no basic benefits such as pension or medical aid contributions or a written contract of employment ✓ and this puts them at a serious disadvantage when they get sick, old or want to lodge a complaint ✓ (2)

They are exposed to criminal activity/marches/strikes ✓ which may sometimes impact negatively on their businesses ✓ (2)

They are exposed to greater financial risks ✓ as they do not have any support systems ✓ (2)

They do not have all types of leave benefits ✓ and they are forced to carry on working even if they are sick or have urgent matters ✓ (2)

Bylaws enforced by local governments ✓ make it difficult for people of informal jobs to operate in certain locations ✓ (2)

Any other relevant response for TWO marks each (6)

- **Propose THREE strategies the local Municipality can employ to help the youth sustain informal jobs in the community :**

Marks should be awarded as follows:

TWO marks for each of THREE well explained strategies.

Local Municipality can use the services of informal businesses such as transport, catering, printing and distribution facilities ✓ so that informal job owners can make money ✓ (2)

Local Municipality can help informal jobs owners by providing places for them to do business ✓ so that they have permanent business sites ✓ (2)

Local Municipality can help the informal job owner by conducting workshops ✓ on saving money, budgeting and management of finances ✓ (2)

Local Municipality can organise financial institutions to provide loans for the prospective informal job owner ✓ to start a business ✓ (2) Any other relevant response for TWO marks each (6)

QUESTION 6

- **Define emotional stressor and explain why the fear of failure in the examination can be classified as such a stressor :**

Marks should be awarded as follows:

One mark for the definition and TWO marks for the reason

An emotional stressor is emotional strain which may include a person's feelings (anxiety, nervousness)/thoughts/personality/self-image and reaction to change ✓ or the condition /event that affects a person's feelings ✓ (1)

AND

Fear of failure may pressurise and create anxiety in a person ✓ to ensure that he/she performs at his/her best at all times during examinations regardless of the circumstances ✓ (2)

May result in a person feeling afraid and stressed out ✓ because he/she may be unable to produce good results ✓ (2)

May create a sense of nervousness ✓ and may render a person unable to concentrate on the actual task of writing examination ✓ (2)

Any other relevant reason for TWO marks (3)

- **Discuss THREE ways in which school based assessment can assist in reducing the pressure of external examinations :**

Deals with similar quantities of content regularly throughout the year ✓ to help learners to grasp the content more easily ✓

Helps learners to identify their strengths ✓ and to improve on their weaknesses throughout the year ✓

Provides feedback on learners' progress ✓ and provides the opportunity to make adjustments or take corrective measures before external examination ✓

Provides opportunity for regular feedback to parents ✓ to engage their guidance and support ✓

Serves as revision of previous content and minimises the amount of work to be mastered for the external examinations

Leads to early detection ✓ for challenges and enables intervention ✓

Improves learner's self-confidence ✓ and reduces the pressure when writing external examination ✓

Any other relevant response for TWO marks each. (3x2)(6)

- **Advise your classmates on how to effectively implement the following examination writing skills to help reduce stress when you write examination :**

Reading questions:

Read the questions carefully ✓ to get overview of what is required ✓

Look/underline for instruction words in the questions✓ as they will tell you what is expected✓

Check the composition of the questions ✓so as to identify if there is more than one part or sub section✓

Check the mark allocation of the questions✓ as it will indicate the scope and depth of the answer required✓

Any other relevant answer for TWO marks (3x2)(6)

Planning responses:

Organise your ideas by drawing a mini mind map/writing down key ideas ✓to keep you focused on what is required in the question✓

Write down the answer roughly✓ to help you to effect changes before compiling the final answer✓

Planning your responses✓ helps you to minimise wastage of time and not finishing the question paper✓

Any other relevant answer for TWO marks (3x2)(6)

Answering questions:

Watch the time allocated to each question✓ in order to complete all the questions✓

Calculate the time if not given✓ in order to facilitate the completion of the paper✓

Do not write more than what is required✓ in order to save time✓

Leave the spaces between the responses you are uncertain of ✓to enable you to add points later✓

Answer all the questions✓ because a blank space contributes to zero for that particular question✓

Start with the question you are familiar with✓ so that you gain confidence in answering the rest of the paper✓

Always keep the mark allocation in mind ✓as it would guide the depth of your responses✓

Any other relevant answer for TWO marks (3x2)(6)

[15]

TOTAL SECTION C [30]

GRAND TOTAL (80)