



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

**PROVINCIAL MID YEAR
JUNE EXAMINATIONS 2019**

GRADE 12

**LIFE ORIENTATION
JUNE 2019
MID YEAR EXAMINATION**

MARKS : 80

DURATION : 2Hrs

INSTRUCTIONS AND INFORMATION TO LEARNERS

1. This question paper consists of NINE pages.
2. This question paper consists of THREE sections, namely SECTION A, SECTION B and SECTION C.
3. The questions in SECTION A and SECTION B are COMPULSORY
4. Answer any TWO questions in SECTION C
5. Read ALL the questions carefully.
6. Read the instructions for each question carefully and answer only what is required.
7. Number the answers correctly according to the numbering system used in this question paper.
8. Answer each SECTION on the New page.
9. Use blue or black pen.
10. Make sure you have written your name and surname on the answer sheet.
11. Write neatly and legibly.

SECTION A (COMPULSORY)

Answer ALL the questions in this section

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 numbers
(1.1.1 to 1.1.5) in the ANSWER BOOK, e.g. 1.1.6 D.

1.1. 1 Emotional benefits of physical activity include...

- a) an increase in the level of anxiety.
- b) an increase in the fitness level
- c) an increase in the flexibility of muscles
- d) an increase in the level of teamwork

1.1.2 A summary of yourself that best describes your manners, beliefs and values as well as your vision or future plans, is called a/an...

- a) action Plan
- b) personal mission statement
- c) vision Statement
- d) action plan statement

1.1.3 If you respect the feelings of others , you must ensure that you listen and ...

- a) make light on what they are saying
- b) point out mistakes in what they are saying
- c) reflect on what they are saying
- d) judge and comment on what they are saying

1.1.4 A person commits fraud when he/she ...

- a) gives employment opportunities to family or friends
- b) obtains money or favours through force or threats
- c) gives special favours to those who do not deserve it
- d) misleads his/her employer about his/her qualifications

1.1.5 Communication in healthy relationships ...

- a) both parties express their desires and both do not understand that some issues are private
- b) both parties enjoy spending time apart because they are secure and can explain their needs clearly
- c) both parties determine who the other friend interacts with
- d) both parties keep record who wins the arguments (5X1)(5)

- 1.2 Give ONE word /term for EACH of the following descriptions. Write only the word Or term next to the question numbers (1.2.1 to 1.2.5)
- 1.2.1 Constant worry, strain pressure, anxiety and nervous sensory. (1)
- 1.2.2 The study style that uses pictures, maps and colours to organise information (1)
- 1.2.3 A type of stressor that originates from destructive relationships with others (1)
- 1.2.4 Identify the study skill that involves quickly reading through a text or chapter to get the general picture. (1)
- 1.2.5 A recreational activity in which you find your way from point to point in unfamiliar places within specific time. (1)
- 1.3. Answer the following questions by writing the answer next to the questions numbers (1.3.1 to 1.3.4) in the ANSWER BOOK .Write your answers in full sentences.
- 1.3.1 Give TWO purposes of warm up activities. (2x1)(2)
- 1.3.2 Explain TWO importance of school based assessment. (2x2)(4)
- 1.3.3 Discuss TWO disadvantages of informal jobs. (2x2)(4)

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 source and answer the questions that follow:

Corruption ruins the country

According to the allegations of bribery, comprising 22.8% of the corruption cases, officials in hospitals and clinics solicited bribes from job seekers and companies bidding for goods and services contracts. In terms of the former, Corruption Watch understands that job applicants called to formal interviews were told that recruitment could only be secured through a facilitation fee, while other bribes related to securing tender contracts. **Source: Adapted from News24: accessed on 28 March 2019**

- 2.1 Define the term bribery. (1x2)(2)

2.2 Mention THREE examples of the results of the impact of bribery on the individual.
(3x1)(3)

2.3 Give TWO reasons why people are reluctant to report corruption.
(2x2)(4)

2.4 Suggest THREE ways in which citizens can deal with bribery in their communities.
(3x2)(6)

[15]

QUESTION 3

Read the extract below and answer the questions that follow.

PHYSICAL ACTION CAN BE FUN AND VITAL

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong. **Source: Anonymous**

3.1 Define the term Cardio endurance.
(1x2)(2)

3.2 Give THREE social benefits of participation in indigenous games in our communities
(1x3)(3)

3.3 Explain TWO factors that may prevent youth from participating in Physical activities.
(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.
(3x2)(6)

[15]

TOTAL SECTION B: 30

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

Read the extract below and answer the questions that follow:

South Africa's workforce is stressed and depressed

Over the last couple of months, with the economic stress and financial pressures that a lot of South Africans are experiencing

We are seeing more callers phoning for help. Financial pressure does increase an individual's stress, especially compounding problems in relationships at work and responsibilities.

Source: www.sowetanlive.co.za :accessed on 20 March 2019

Write paragraphs on interpersonal conflict.

Use the following as a guideline:

- Explain the difference between positive and negative stress and show how a personal life crisis can result in positive stress (2+1)(3)
 - Discuss how each of the following personality deals with interpersonal conflict:
 - Passive/introvert
 - Aggressive/bully
 - Assertive/Extrovert (3x2)(6)
 - Justify why each of the following attitudes and behaviour will be ineffective when dealing with interpersonal conflict:
 - Avoiding conflict
 - Competing with one another
 - Compromising your viewpoint (3x2)(6)
- [15]**

QUESTION 5

UNEMPLOYMENT IS THE CRISIS IN SOUTH AFRICA

Unemployment rate in South Africa averaged 25.63 percent from 2000 until 2018, reaching an all-time high of 31.20 percent in the first quarter of 2003 and a record low of 21.50 percent in the fourth quarter of 2008.

Source: www.sowetanlive.co.za :accessed on 20 January 2019

Write paragraphs on informal job as innovative solution to unemployment in the country.

Use the following as a guideline:

- Define informal job and explain how it is an innovative way to counteract unemployment In the country. (1+2)(3)
- Discuss THREE challenges that people in informal jobs may experience. (3x2)(6)
- Propose THREE strategies the local Municipality can employ to help the youth sustain informal jobs in the community. (3x2)(6)

[15]

QUESTION 6

ASSESSMENT IS THE KEY IN TEACHING AND LEARNING

The issue of assessment is critical in a context-based teaching approach. Consistent and effective methods of assessing the knowledge of learners are crucial to student engagement and improved learning outcomes.

Source : Anonymous

Write paragraphs on school based assessment

Use the following as a guideline:

- Define emotional stressor and explain why the fear of failure in the examination can be classified as such a stressor. (1+2)(3)
- Discuss THREE ways in which school based assessment can assist in reducing the pressure of external examinations. (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
 - Planning responses
 - Answering questions (3x2) (6)

[15]

**TOTAL SECTION C: 30
GRAND TOTAL: 80**