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Formal Assessment 1: Written test

Total marks: 70

1: Self-concept

In Unit 1, you learnt about factors that influence our self-concept. Write down any five of these factors. Then write two sentences about each factor, explaining how it can influence our self-concept.

(10 marks)

2: Safety First

In Unit 2, you learnt about safety when you exercise. Write down a safety consideration that matches each of the letters in the words SAFETY FIRST.

(11 marks)

3: Sexuality – negative feelings

In Unit 4, you learnt about negative feelings about sex. Write a paragraph about at least three situations in which sex can turn into a bad experience. Name contributing factors and how they can impact. Also write about how you can avoid these situations.

(10 marks)

4: Sexuality – resisting pressure

In Unit 4, you learnt about peer pressure relating to sex. Write appropriate and effective ways to say “no” to each of the following arguments for sex:

- a) But everybody is doing it.
- b) If you won't have sex with me, I'm going to leave you and find someone who will.
- c) You cannot get pregnant the first time.
- d) If you loved me, you would have sex with me.

(8 marks)

5: Problem-solving

You need money desperately and have a good holiday job offer. You have also been invited on a free trip with a friend during the same holiday. What should you do?

To reach a decision, apply the six problem-solving steps you learnt in Unit 4 to the situations. Write out your thinking step-by-step.

(10 marks)

6: Friendships

In Unit 7, you learnt about ways of sustaining a relationship. Use the following sentences to give good advice on the topic of friendship. Fill in the missing words:

- _____ your promises.
- Show _____ in people's problems.
- Always _____ things that you borrow.
- _____ _____ for a friend that is being criticised or bullied.
- Say _____ _____ when a friend is helpful.
- _____ well to what your friend says and tells you.

(6 marks)

7: Communication skills

In Unit 7, you learnt about the ability to disagree in constructive ways. Name three ways to do this and write a paragraph about each of these.

(9 marks)

8: Learning styles

In Unit 9, you learnt about the three most common learning styles. Write down the name of each style, and one word that describes the nature of each style.

(6 marks)

Total: 70 marks

Formal Assessment Task Term 2

Mid-year examination

Time: 60 minutes

Total marks: 70

Instructions:

1. Make sure you number each answer correctly and write clearly.
2. There are three separate sections in this exam. In sections A and B, all the questions are compulsory. In section C, you must choose two of the three questions to answer.

Section A

25 marks

Answer all the questions.

1. Complete the following sentences:
 - a) We receive information through our _____ senses and process it in our brain.
 - b) Siya remembers pictures easily, so he is probably a _____ learner.
 - c) Sam is an _____ learner as he remembers everything said in lessons.
 - d) Tim is a _____ learner; he likes kicking a ball while learning. (4)
2. Which of these statements about your self-concept are true and which are false? Rewrite the false statements to make them true:
 - a) If you feel unsafe in your environment it cannot affect your self-concept.
 - b) We tend to compare ourselves to what media images portray as beauty.
 - c) It boosts our self-concept to be surrounded by people more successful than us.
 - d) If people enjoy spending time with you, it can make you feel good.
 - e) A child who grows up feeling loved seldom becomes a caring adult. (8)
3. From the list, choose three correct definitions of positive self-talk.
 - a) any information you give yourself that builds your self-concept
 - b) telling yourself you can do something
 - c) asking people for compliments
 - e) saying encouraging, positive things to yourself
 - f) avoiding making wrong poor decisions (3)
4. Choose a word from the box to match the definition of a personality type:

artistic	conventional	investigative
enterprising	realistic	social

 - a) People who prefer action to talk. They like being outside and prefer working with machines, tools, plants and animals. _____
 - b) People who like to think, organise and understand. They are good problem-solvers. They like working alone and can be shy. _____
 - c) People who like to express themselves. They dislike rules, like tasks involving personal or physical skills. _____
 - d) People who are happy teaching or helping. They like close relationships and are less likely to enjoy academic or physical activity. _____

- e) People who are good with words and like to persuade rather than support others. They value prestige. _____
- f) People who don't mind rules. They prefer order and don't like getting too personal. _____ (6)
- 5. Name four signs of drug addiction. (4)

Section B

25 marks

Answer all the questions.

1. Imagine you are a life coach. Write positive statements to counteract the negative things that the person you are coaching says:
 - a) "I am hopeless – I can't do this."
 - b) "I don't know how to do this."
 - c) "I am stressed. It's all too much!"
 - d) "I wish I were someone else." (4)
2. Lauren is embarrassed about the changes happening to her physically. She is confused about her emotions. Nobody has talked to her about puberty yet. Write Lauren a letter in which you explain:
 - a) What sexuality is (2)
 - b) What influences sexuality (4)
 - c) How to make healthy decisions regarding her sexuality. (5) (11)
3.
 - a) Name your learning style. (1)
 - b) Explain and describe your learning style. (3)
 - c) Explain how you knew what your own learning style was. (2)
 - d) Explain how somebody with your learning style studies best. (4) (10)

Section C

20 marks

Answer TWO of the three questions.

1. Mikayla is in Grade 8 and has never had any career education. She is confused about careers and subject choice. Since you have done career education, you have been asked to advise her. She is an outgoing girl who speaks easily to people of all ages. People enjoy her kind, patient and helpful nature. Her peers at school say she is good at listening and explaining things.
 - a) Name and describe the type of person or career category that Mikayla most closely represents. (3)
 - b) Suggest three careers from Mikayla's career category and four skills and abilities typical of that career type. (5)
 - c) Suggest four school subjects that would be related to Mikayla's career category (2) (10)
2. Mark has just moved to the area and today is his first day at his new school. He is feeling quite anxious about making new friends. Give Mark advice on how to initiate a friendship and what he can do to sustain them. (10)
3. Your little brother has just started going to parties and has already been offered alcohol, cigarettes or drugs. Write him a letter in which you:
 - a) explain the consequences of substance abuse (4)
 - b) give advice on how to refuse (6) (10)

Formal Assessment Task Term 3

Project: Reduce, Reuse, Recycle

Total marks: 70

This project involves collecting, analyzing and evaluating information related to your household waste and then coming up with and implementing a strategy to reduce, reuse and recycle your household waste. The outcome is a written report based on your findings.

It will involve the following tasks:

1. Researching what effect plastic, glass, tins and cans, etc. have on the environment if they are not recycled. This will need to be written down and included in your report.
2. Setting up a system in your home for everyone to apply the 3 Rs every day and with every piece of rubbish. You will have to have separate containers for recycling. You will need to devise ways of involving the others at home.
3. Producing a report on this project. You will be assessed on this report.

It must be completed outside of school time. It is therefore important that you stick to the suggested schedule so that you don't have a last minute rush to complete the task. Your teacher will give you the date that your project needs to be handed in.

Week 1 (week 5 of Term 3)

Over two days, collect and put aside all the things that are thrown away in your home. Look through all the stuff. You must do this for two days. Divide the rubbish into recyclable, non-recyclable and organic waste. Write your results down: How much of the waste could be recycled? How much of the waste could be reused?

Research what effect plastic, glass, tins and cans, etc. have on the environment if they are not recycled. Refer to the information on page 88–89 of this book. Plan how you will implement the 3 Rs in your home. Refer to the information on page 88–89 of this book. Write down step-by-step how you plan to implement the 3 Rs in your household, include the positives and negatives.

Week 2 (week 6 of Term 3)

Get all you need in place e.g. different containers for compost (organic waste), recyclable things and non-recyclable. You may need to explain to your family what can and cannot be recycled, what organic waste is, etc. Write lists, so everybody knows what to throw in which container.

You must arrange for the recyclable material to be collected or dropped off (Refer to the contact details on page 89 of this book.) Write down how you have organised for your waste to be recycled – where is it going, have you arranged for someone to collect it; is there a drop-off point?

Week 3 (week 7 of Term 3)

Keep notes on what is being reused, reduced and recycled. Make sure that the people in your home are sticking to the recycling plan.

Week 4 (week 8 of Term 3)

Continue to keep notes on what is being reused, reduced and recycled. Continue to make sure that the people in your home are sticking to the recycling plan.

Week 5 (week 9 of Term 3)

Continue to keep notes on what is being reused, reduced and recycled. Continue to make sure that the people in your home are sticking to the recycling plan. Start putting together the information on what has been reduced, reused and recycled over the last few weeks. Make notes on what you have learnt by doing this project – for example, what things have changed in your home with regards to how you deal with waste and rubbish.

Week 6 (week 10 of Term 3)

Write your report. First write a rough draft of your report, explaining what you did and how you did it. You must include the following headings, on which you will be assessed as follows:

- Assessment of household waste: explain how you assessed your household waste and what you managed to recycle. **(10 marks)**
- Implementing 'Reduce, Reuse, Recycle': explain step by step how you implemented this in your household. Make sure you mention what and how you managed to reduce your rubbish, what and how you managed to reuse and what and how you recycled. Explain how you organised the recycling. **(20 marks)**
- The effect that waste has on our environment: this will be the information that you researched **(15 marks)**
- Write down what you have learnt by doing this project – what things have changed in your home with regards to how you deal with waste and rubbish. **(25 marks)**

Total: 70 marks



Formal Assessment Task Term 4

End-of-year examination

Time: 60 minutes

Total marks: 70

Instructions:

1. Make sure you number each answer correctly and write clearly.
2. There are three separate sections in this exam. In sections A and B, all the questions are compulsory. In section C, you must choose two of the three questions to answer.

Section A

25 marks

Answer all the questions.

1. Say whether the following statements are true or false, then rewrite the false sentences to be true:
 - a) South Africa's National flag was first shown on Freedom Day, 27 April 1994.
 - b) Our National coat of arms has a secretary bird, a sunflower, shield, spear and drums.
 - c) South Africa's National flag was first flown on the day Nelson Mandela was inaugurated as President.
 - d) Our national animal is the rhinoceros. (6)
2. Give the missing words to complete the following sentences:
 The _____ of _____ is part of our constitution. It says we are all _____ before the law and that _____ based on race, gender, culture, religion or language is wrong. Our Constitution emphasises the principle of _____. (4)
3. Complete the table with the missing greetings:

English	Hello	Thank you
Afrikaans	Goeiedag	
Sesotho		Ke a leboha
Setswana	Dumela (s) Dumelang (pl)	
Tshivenda	Ndaa (by male) Aa (by female)	
isiXhosa	Molo (s) Molweni (pl)	
isiZulu		Ngiyabonga

(6)

Formal Assessment Task Term 4

4. List four important resources that can run out if we use them carelessly. (4)
5. What is the purpose of Earth Day? (1)
6. List four ways that a person can become infected with HIV. (4)

Section B

25 marks

Answer all the questions

1. Your neighbours have always been noisy and you often hear them fighting. There is often a lot of screaming, shouting, slamming of doors and banging. You are friends with the youngest daughter of the house, Sarah. Sarah is very quiet and seldom discusses personal problems with you. The noise from next door was bad last night and your family discussed whether something should be done. Today, at school you noticed that Sarah had a big bruise on the back of her leg.
 - a) Explain the term 'human rights violations', referring to Sarah's situation. (3)
 - b) Explain what 'gender-based violence' is and give some examples. (2)
 - c) Write a letter to Sarah, giving her some advice about how to handle the situation. (4) (9)
2.
 - a) Explain what 'reduce, reuse, recycle' means. (2)
 - b) Explain how it benefits our environment. (2)
 - c) Give tips on how people can apply it in their everyday lives. (6) (10)
3. Write a paragraph on each of these topics:
 - a) How to stop water pollution (3)
 - b) How to stop the spread of water-borne diseases (3) (6)

Section C

20 marks

Answer TWO of the three questions.

1. You are thinking about what subjects you should choose for Grade 10 and which careers you would like to follow one day. Use the decision-making steps and write down the steps of the process. (10)
2. Gareth's family electricity bill is too much, they are struggling to pay the amount every month and so the family is having to buy less food and clothing so they can afford to keep the electricity on. Create a ten-point plan for the family to reduce their electricity bill. (10)
3. You have just been told that your sister is HIV+; she is devastated and can only think of the worst. Write a short paragraph explaining to your sister the things she should do so that she can live a long and healthy life. (10)