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education

Department of
Education
FREE STATE PROVINCE

LIFE ORIENTATION

Grade 9

Learners Activity Book

2020

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Term 1

Week 1

Activity 1

What is meant by ‘personal lifestyle choices’? Explain by means of 2 examples? (6)

Week 2

Activity 2

Give an example of:

Positive peer pressure (1)

Negative peer pressure (1)

Discuss how media may influence your life style choices (2)

Suggest ONE way in which your family could be a positive influence on your lifestyle choices (2)

Week 3

Activity 3

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Exams are approaching in a couple of weeks. You are not confident and feel there is not enough time left to study all the material.

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Work through the decision making steps in order to find the best solution for the problem mentioned above. List at least FIVE factors and support reasons or examples? (10)

Week 4

Activity 4

Write a paragraph of FIVE lines titled “Being sexually healthy” (10)

Week 5

Activity 5

Discuss THREE implications of when girls get pregnant and drop out of school. (6)

Week 6

Activity 6

Read the following case study and answer the questions that follow in full sentences.

SHOCKING HIGH PERCENTAGE SCHOOL LEAVERS

Ten percent of Grade 10 and 11 learners drop out of school before they matriculate. A report of the Department of Basic Education indicates that the average percentage of school leavers is four percent and that the most leaving school are in Grade 9 and higher grades.

It was found that the dropout rate before Grade 9 is 'extremely low', with about one percent of learners leaving school in Grades 1 to 4.

From Grades 5 to 8 the dropout rate is minimal, ranging from 2 to 4 percent. The report found that from Grade 9 upward, the rate increases, reaching almost 12 percent in Grades 10 and 11.

The report cited a number of researchers who had found that dropping out of schools is not a single event, but the result of a combination of inter-related factors.

[Adapted from: RAPCAN, 2008. A Teacher's Guide to Positive Discipline]

Give FOUR possible reasons why there is a high percentage of learners in South African schools that drops out before they matriculate. (4)

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Week 7

Activity 7

Unhealthy or risky sexual behaviour can lead to serious and unwanted results that may affect your life.

Name TWO of these (2)

Explain how each of these could be avoided and describe the long term effects each has on the life of the person or sufferer (8)

Explain how each of these could be avoided and describe the long term effects each has on the life of the person or sufferer (8)

Week 8

Activity 8

The content and style of writing, changes depending on the purpose of writing.

Write FIVE sentences about the benefits of keeping a journal (5)

Give the definition of a summary, and suggest FOUR ways in which you can improve your summary writing. (10)

Week 9

Activity 9

Give TWO examples of formal writing, and TWO examples of informal writing, and explain how the style and content may change depending on whether writing is formal or informal? (6)

Week 10

Activity 10

FORMAL ASSESSMENT: WRITTEN TASK (70 marks)

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TERM 2

Week 1

Activity 1

A new study of human rights has revealed horrific cases of rape and abuse of women and children living with HIV/AIDS by their own families and health care workers.
Rapes, beatings, stabbings and even murder were the most commonly experienced forms of abuse. HIV positive women revealed how family members were labeling them “useless”, “careless”, “stupid”,” nobodies”, and “prostitutes” who got what they deserved.
In 57% of the cases, the study found that family members were the main culprits while about 10% of the abuse occurred in health care institutions.
Over the past few years there have been high profile cases of HIV related human rights violations in the Eastern Cape. One such case was that of Nokuzola Mfiki, who killed herself and her four young children because of unbearable stigmatization by her community.

From Daily Dispatch, 14 June 2012

1.1 Name FOUR examples of human rights violations listed in the report. (4)
1.2 Which people are more vulnerable to abuse and why? (3)
1.3 How can the right to information help to protect people living with HIV and AIDS from abuse? (2)

1.4 How can we respect the rights of people living with HIV/AIDS? (2)

1.5 What are the responsibilities of HIV positive people? (3)

1.6 Who are the people affected by HIV? (2)

(16)

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Week 2

Activity 2

Briefly explain when and why the following national days are celebrated:

2.1 Human Rights day (3)

2.2 Freedom day (3)

2.3 Heritage day (3)

2.4 Reconciliation day (3)

2.5 Women's day (3)

(15)

Week 3

Activity 3

Write a paragraph of FIVE lines on the following topic: **The importance of having a code of conduct in sport.** **(10)**

Week 4

Activity 4

Study the pictures below and answer the question that follows.

Source: http://www.mandela.gov.za/gallery/index.html

Discuss why you consider Nelson Mandela a positive role model. Write a paragraph of FIVE lines.

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Week 5

Activity 5

Discuss how you can apply the following values in your daily life:

5.1 Being hard-working (2)

5.2 Dedication (2)

5.3 Honesty (2)

5.4 Well respected (2)

5.5 Standing firm against corruption (2).

5.6 Educated (2)

5.7 Making a contribution towards nation building (2) **(14)**

Week 6

Activity 6

Write the following abbreviations in full:

6.1 GET (1)

6.2 FET (1)

6.3 HET (1)

6.4 NSC (1)

6.5 NCV (1) **(5)**

6.6 Advise someone who struggles academically on what alternatives they could consider should they not wish to continue with NCS in Grade 10. (2)

Week 7

Activity 7

There are two main options for study after completing grade 9:

7.1 Name the options and explain the differences between them? (4)

7.2 Discuss TWO advantages of each option? (2)

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7.3 Is an employer obliged to offer pension scheme as part of the employment package? (2)

7.4 Discuss TWO possible consequences for an employee who bridges some of the conditions of an employment contract? (2)

Options available after completing grade 9:NSC and NCV qualification

This year you are in the last year of the General Education and Training (GET) phase of schooling, which starts in Grade R and finishes in grade 9.In South Africa, the law requires all learners to complete schooling from Grade R to grade 9.Legally you can leave school at the end of grade 9,but learners are encouraged to continue their education for a minimum of three more years and continue to the Further Education and Training (FET) phase, which is either Grades 10-12 at school or to study at an FET College

Oxford Successful;2013

7.5 Give the detailed difference between National Senior Certificate (NSC) and National Certificate Vocational (NCV) qualifications

7.6 Briefly discuss one benefit of:

7.6.1 NCV qualification (3 points) **(6)**

7.6.2 NSC qualification (3 points) **(6)**

Week 8

Activity 8

ETHICS IN THE WORKPLACE

'I recently read an article about the new technologies in the workplace. It is possible, the article reported, to make it seem as if you are actually at the office doing work when you are really somewhere else. As an example, the writer briefly talked about the guy that used his cell phone to change the screen on his office computer to make it look like he was working, yet all the time he was sitting in a nearby restaurant.

At the company I work for, the CEO recently warned people about coming in late and leaving early. He asked the question: Am I getting my money's worth. 'And

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that's the point. We all want to make sure that we get value in return for money that we pay out.

Beyond the earthly concerns of wages and responsibilities to our companies, we are not allowing ourselves to fully experience the dignity that comes through work. Being out of office when we should be working actually robs you of your integrity and self-respect.
www.amazon.com.Montgomery,J.2011

8.1 List ONE ethical issue discussed in the extract and explain why you see this as an ethical issue? (3)

8.2 What do you think your responsibilities are as an employee in a workplace? (2)

8.3 What action do you think can be taken against employees who do not comply with company policies? (2)

Week 9

Activity 9

GET A RYHTHM GOING

Sprinting is running at the top speed. To sprint, you first have to learn how to move your legs faster by making your stride length longer-this is called leg speed.

Alexander; 2013

9.1 If you are going for a run outdoors, there are many safety tips that you should keep in mind. List 5 of these safety tips (5)

9.2 Mention two benefits of doing circuit training? (2)

9.3 Give two ways in which cardiovascular activities improve your wellness levels? (4)

9.4 List four benefits of keeping healthy (4)

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Week 10

Activity 10

FORMAL ASSESSSMENT- MID YEAR EXAMINATION (70 Marks)

TERM 3

Week 1

Activity 1

1.1 List THREE minimum pass requirements for obtaining National Senior Certificate at the end of Grade 12. (3)
1.2 What are the FOUR compulsory subjects in Grade 12 to qualify for NSC certificate? (4)

(7)

Week 2

Activity 2

Making decisions about which subject to study in grade 10-12 can be a very difficult task. It is important to take many things into consideration, including the following: Where you are planning to study; what each subject is about; your interest and abilities; your strengths and weaknesses.

In a paragraph of FIVE lines, critically discuss the above statement, explain why it is important to consider each of the things mentioned above, e.g. your abilities, your interests etc. **(10)**

Week 3

Activity 3

3.1 Mention FIVE steps that you must follow to help you choose suitable subjects in Grade 10 for the career of your choice. **(5)**

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3.2

google.news pictures

Discuss FIVE safety issues relating to movement activities? (10)

Week 4

Activity 4

Being a volunteer can have a big impact in the lives of others, as well as the life of a volunteer. You do not have to have any specific qualifications when you volunteer, and you may learn a lot.

Describe FIVE ways in which volunteering can benefit the life of a volunteer? (5)

Week 5

Activity 5

Define the following terms:

5.1 Sustainable development

5.2 A Trust

5.3 Non-profitable organization

5.4 Counselling (8)

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Week 6

Activity 6

6.1 Suggest FIVE ways in which you could volunteer your time to help someone infected with HIV or AIDS? (5)

Week 7

Activity 7

Write a paragraph of five lines discussing the impact of violence on a young person's life. Your discussion must include:

- Possible reasons for violence (2)
- The impact that it will have on him/her: (a) emotionally (2) and (b) physically(2)
- Alternatives to violence (2)

Week 8

Activity 8

Write a paragraph in which you discuss at least FIVE different ways of avoiding violent behaviour. (10)

Activity 9

Week 9

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Mention any TWO organizations where you can get help and support should you experience violence at home.
(2)

Explain any FOUR main steps in problem solving skills and managing conflict as an alternative to violence? (8)

Week 10

Activity 10

FORMAL ASSESSMENT –PROJECT (70 marks)

TERM 4

Activity 1

Week 1

Read the following extract and answer the question that follows. Write your answers in paragraph form.

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 after school. The good news is that there are solutions to finance your studies if your parents cannot afford it. [Adapted from: http://w.w.w.wits.ac.za/prospective/financialaid/undergraduate/11610/scholarshipsawards.html]

Name and explain FIVE possible ways to pay for your studies. (10)

Week 2

Activity 2

Complete this paragraph by choosing the correct words in the box:

Grow, tertiary, job market, competitive, personal development, labour market, responsibility, foundation, skills.

We will all use skills we have learnt to enter a 2.1 educational institutions, or to enter the 2.2. Continuously and actively managing your own learning and 2.3 is a critical part of growing up and it is your own 2.4 to ensure that you 2.5 throughout life. Learning new 2.6 lays a firm 2.7 for you to remain 2.8 in the 2.9.

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Week 3

Activity 3

Choose FIVE of the main world religions that you have studied about and give an example of how each of them contributes to the promotion of peace. (10)

Week 4

Activity 4

Hansie Cronje: a fallen cricket hero

Hansie Cronje, the captain of the Proteas in the 1990s died in an aeroplane crash in 2002. He has often been hailed as a brilliant leader of men. But the man who inspired thousands in post-apartheid South Africa showed his ugly side in 2000.

He admitted to accepting bribes from illegal bookmakers to influence the result of cricket matches. Cronje testified before the South African King Commission that was investigating corruption in cricket. He said that this "Great passion of the game and for my team mates, was matched by an unfortunate love of money."

Cronje was banned from the game for life in October 2000.

(Life Orientation Oxford Headstart)

4.1 How do you know that Cronje was a role model? Explain in your own words. (2)

4.2 Hansie was guilty of match fixing. Explain what this is and why it is unfair play. (4)

4.3 What reasons did Cronje give for taking part in match-fixing? (2)

4.4 What is "sports ethics" and "fair play"? (4)

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Week 5

Activity 5

Throughout your life, you will find yourself in challenging situations, whether it at school or work, or somewhere far from home. You can't always avoid these experiences, and it is important to know some guidelines for dealing with them. Via Afrika: 2013

Give five examples of how physical trauma can affect your thoughts and emotions (5)

Explain the link between grief and loss. Write two sentences. (4)

Week 6

Activity 6

Give THREE examples of factors that can cause depression. (3)

Explain non- physical trauma and give an example. (3)

Week 7

Activity 7

Suggest THREE useful options that could help you cope in a challenging situation. (3)

List THREE types of professionals that you can consult to get help for depression (3)

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Activity 8-10

FORMAL ASSESSMENT- END OF YEAR EXAMINATION (70 marks)

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