



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
EDUCATION

CAPRICORN SOUTH DISTRICT

LIFE ORIENTATION GRADE 12

TERM: 1

TASK 1: ACTIVITY 1

MARKS: 45

DURATION: 1Hour 30 Minutes

DATE: 21 February 2020

Instructions

1. Answer all question.
2. Write neatly and legibly.
3. Number the answers correctly according to the numbering system used on this question.



Question 1.1

Answer the following questions by writing the correct answer next to the question number.

- 1.1.1** Social stressor ✓
- 1.1.2** Circuit training / circuit exercises ✓
- 1.1.3** Values ✓
- 1.1.4** Assertive ✓
- 1.1.5** Intrapersonal conflict ✓

[5]

Question 1.2

- 1.2.1** Interpersonal conflict is
 - conflict between people ✓
 - disagreement between two or more people ✓

Example of interpersonal conflict:

- ❖ **Learners are required to give example of disagreement between two or more people for two marks.**

1.2.2 Conflict resolution skills:

Be assertive:✓ do not become aggressive, but state your problem clearly and explain which of your rights are being ignored or violated.✓

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Question 1.3

1.3.1 It is important to warm-up because:

- It prevents injuries by increasing the body's core and muscles temperature✓
- It increases the rate of energy production which increases reflexes and lower the time it takes to contract a muscle ✓
- It prepares the body for exercise by increasing heart rate and blood flow to working muscles. ✓
- It helps in mental preparation by getting our minds away from the issues plaguing us as the mind becomes calm, clear and serene. ✓
- It prepares the soft tissue for flexibility during exercise. ✓
- It warms up the nervous system about the body's upcoming workout. ✓

1.3.2 the benefits of participating in physical under:

a) Emotional:

- Alleviate anxiety ✓
- Brings joy when you are used to it ✓
- Reduces stress✓
- It promotes self-confidence ✓
- It makes one feel good✓

b) Physical:

- Exercise controls body weight / reduces obesity ✓
- Exercise combats health conditions and diseases✓
- Exercise boots energy ✓
- Exercise promotes good sleep✓

[5]

Question 2

2.1 Communication is:

- about understanding others and communicating feelings, beliefs and attitudes. ✓

2.2 The other two skills needed to initiate a relationship except for being attentive and sharing interests are:

- Keep up to date with the latest news and topics that people are discussing ✓ because if people find that you are informed and interesting, they will enjoy talking to you. ✓
- Humour is a way to make people relax and open up communication ✓, so tell jokes and avoid dirty jokes. ✓

2.3 Personality types that influence effective communication are:

- Introvert ✓ -shy, doesn't communicate easily it is hard to understand what he/she is thinking because they don't speak up ✓
- Attention seekers ✓ - overbearing, takes over, wants to be the centre of attention, this person will not be a good listener or give others a chance to talk ✓
- Gossip ✓ - talks about other people, this person may pass lies on and won't be trusted as they can cause misunderstanding ✓
- Insincere ✓ - two or hypocritical, this person cannot be believed what this person says won't be taken seriously so people won't really listen ✓
- Bully ✓ – hurts people with words or actions, this person harms relationships and hurts people ✓
- Unreliable ✓ - makes promises but don't stick to them, this leads to lots of misunderstandings. ✓

[11]

Question 3

3.1 The three challenges that can be face when transiting between school and post school destination (tertiary or working away from home are:

- Separation from friends and family may be stressful and traumatic✓
- There may be concerns for one's safety and security ✓
- Difficult to balance business and leisure✓
- One may have inadequate finances to meet the cost of living ✓
- There may be no/lack of transport to and from place of work.
- There may be no/lack of suitable accommodation✓
- One may experience difficulties with household chores (cooking, cleaning, laundry) ✓
- One may be unable to manage to budget (paying rent, electricity and water , grocery shopping etc.) ✓
- One may succumb to negative peer pressure(risky behaviour)✓
- One may be unable to deal with the freedom to explore sexual relationship. ✓

3.2 One implication of being on your own with no teacher or someone to check on you:

- The need to be self-motivated and responsible for oneself✓ so that you can achieve the goals in life✓
- Being in charge your own destiny and life✓ this will help you to take control of your life✓
- Being responsible and accountable for if you don't make it ✓ so that I don't blame anyone✓
- Keeping a diary to note test, assignments and examination date and have a study timetable✓ so that I don't forget the due dates✓
- The need to study on your own every time though nobody will check up on you. So that you will achieve your goal.✓

3.3 Two ways to develop a positive attitude towards change that will assist them to adapt to a work environment or tertiary:

- Think of previous changes in your life and how you coped with them. ✓ Use some of the again if they worked for you. ✓
- Talk to somebody you trust ✓ how you felt about the change so that you get advice ✓

- Develop a positive attitude towards change and take charge ✓ see change as challenge and opportunity for your personal development and growth. ✓
- Avoid resisting change and face your fears of change talk about your fears of change and tell your friend, family member or teacher how you feel. ✓
- Know what change will be and make a plan to deal with each aspect✓. Where possible do this before the change happens. ✓

3.4 Assess how a personal lifestyle plan could assist you to experience quality of life during period of change by discussing the following components of such a plan:

Diet and nutrition

- Eating regular, healthy and balanced meals (avoid junk food)✓ will provide your body with necessary nutrients to stay healthy✓
- Drinking enough water to avoid dehydration ✓will keep you energised so that you will be able to complete tasks. ✓
- Avoid substance that are harmful to you like alcohol and drugs ✓ as this will keep the body free from possible diseases ✓

Relationship with friends and family

- Maintaining good relationships with your family✓ as they will provide a reliable support network during period of change✓
- Keep touch with your friends by phone/emails/social media and also try to set up time to see them face to face✓ as they will be to listen and support you during the time of change✓
- Opening to new friends/joining social/developing new friendships✓ as this will broaden your social support network and will feel less isolated.✓
- Ensure healthy relationships✓ by not engaging in risky behaviours e.g. unprotected sex that may endanger the quality of life. ✓

Fitness activities or exercises

- Participating in physical activity will help you to maintain your physical fitness and boost your immune ✓ thus keeping you healthy✓

- Engaging in other activities like dancing/listening to music /reading a book √ help to refresh your body and mind and bring balance to your life. √
- Getting enough sleep√ may assist your mind and body to recuperate in order to have a fresh outlook on life√
- Relaxing and engaging in leisure activities √ help you to enjoy life and relieves the stress that you may experience. √

[15]

[Total: 45 marks]

