



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.



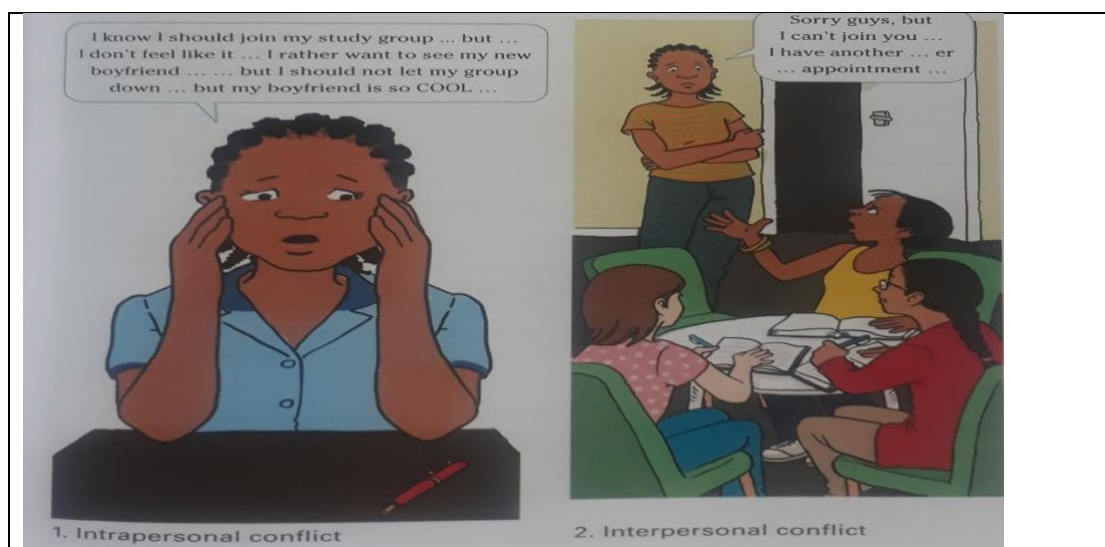
Question 1.1

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

- 1.1.1 The type of stressor resulting from your relationships with other or one's esteem or sense of belonging within a group or large or large society. (1)
 - 1.1.2 Specific physical activities done at different stations each with a set of instruction in a marked area. (1)
 - 1.1.3 A word that refers to how one lives his/her life and what he/she consider to be important. (1)
 - 1.1.4 A behaviour where one can communicate confidently, firmly and politely. (1)
 - 1.1.5 Type of conflict which happens within yourself. (1)
- [5]

Question 1.2

Read the extract below and answer the questions that follows.



Adapted from: Focus Life Orientation Grade 12 learner's book

1.2.1 Define interpersonal conflict and give an example. 1+2 (3)

1.2.2 What are the conflict resolution skills you can apply to conflict you may encounter in the next few weeks? 3X2 (6)
[9]

Question 1.3

Study the picture and answer questions which follow.



1.3.1 Why is it important to warm-up and cool down before engaging in physical exercise? (1)

1.3.2 What are the benefits of participating in physical activities under the following?

a) Emotional (2)

b) Physical (2)

[5]

Question 2

- 2.1 Define the term communication. (1)
- 2.2 Except for being attentive and sharing interests, name and discuss two other skills needed to initiate a positive relationship. 2x2 (4)
- 2.3 Personality is one of the factors that influence effective communication, choose any three personality types and explain why they make communication difficult or have a negative impact on communication in any type of relationship. (3x2=6)
- [11]

Question 3

Study the picture and answer the questions which follow.



Adapted from: *Focus Life Orientation Grade 12 learner's book*

- 3.1 List three challenges you will have to face when transiting between school and post school destination (tertiary or working away from home). (3X1=3)
- 3.2 Discuss one implication of being on your own with no teacher or someone to check on you. (2)
- 3.3 Advise school learners on two ways to develop a positive attitude towards change that will assist them to adapt to a work environment or tertiary. (2X2=4)

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 (2)
- Relationship with friends and family. (2)
- Fitness activities or exercises. (2)

[15]

[Total: 45 marks]

