basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL ASSESSMENT EXEMPLAR

2023

GRADE 9

Subject: Life Orientation

Marks: 70

Duration: 120 Minutes
excluding 15 minutes reading time

EXEMPLAR

The test consists of 21 pages excluding the cover page.

Instructions to the learner

1. You will receive 15 minutes reading time before you begin answering this test.
2. Read all the instructions and questions carefully.
3. Answer all the questions.
4. Use the answer sheet to write all your answers.
5. Write neatly and legibly.

The test starts on the next page.

Do not start writing until you are told to do so.

SECTION A

Question 1

Choose the correct option from the responses provided. Write down only the correct letter.

1.1 What are the four compulsory subjects in Grades 10 - 12?

A Two official languages: a Home Language and a First Additional Language, Mathematics or Physical Science and Life Orientation

B Two official languages: a Home Language and a First Additional Language, Mathematics or Mathematical Literacy and Life Sciences

C Two official languages: a Home Language and a First Additional Language, Mathematics or Mathematical Literacy and Life Orientation

D Two official languages: a Home Language and a First Additional Language, Mental Mathematics or Mathematical Literacy and Life Orientation (1)

1.2 In Grades 10 to 12, subjects are grouped into eight learning areas.
Elective subjects are subjects grouped into specific fields of study to prepare learners for future career paths.
Which group of subjects qualifies as electives?

A Languages, Mathematics and Computer Application Technology

B Physical Science, Life Science and Computer Application Technology

C Information Technology, Consumer Studies and Mathematical Literacy

D Computer Application Technology, Business Studies and Mathematics (1)

EXEMPLAR

1.3 Choosing the right subjects to take in Grade 10 can be a stressful experience. Which personal qualities should be kept in mind when exploring subject choices?

A potential, strengths, weaknesses and abilities
B strengths, weaknesses, hobbies and attitude
C abilities, attitude, self-awareness and interests
D strengths, weaknesses, abilities and interests (1)

1.4 Mpho is interested in becoming a veterinarian. She helps her neighbours by looking after their pets when they are away for work and on holiday.
Which compulsory subjects would she need in order to apply to study Veterinary Science?

A Home Language, Mathematics, Life Science and Physical Science
B Additional Language, Mathematics, Life Science and Physical Science
C Home Language, Mathematics, Life Science and Technical Science
D Additional Language, Mathematics, Life Orientation and Physical Science (1)

1.5 Looking at your Grade 9 June examination results, your Economic and Management Science performance was 90%.
Which elective subject package will best suit you in Grade 10?

A Business Studies, Economics and Accounting
B Business Studies, Tourism and Accounting
C Consumer Studies, Economics and Accounting
D Consumer Studies, Economics and Tourism (1)

EXEMPLAR

1.6 Most teenagers hear the words, ‘learn and think’ only at school.
Select the most appropriate definition of lifelong learning.

A learning until you complete matric
B learning through practical training
C learning until you complete a diploma
D learning continuously throughout your life (1)

1.7 Setting goals is a skill that can be developed and help you become successful.
What are the characteristics of goal setting?

A Goals should be focused and difficult.
B Goals should be challenging to motivate a person.
C Goals should be objective to motivate a person.
D Goals should be fixed to motivate a person. (1)

1.8 Rasheeda is in Grade 9. She enjoys dancing and wants to be chosen for the lead role in the Dance Academy’s pantomime in six weeks’ time. If she achieves this, there is a chance that she could be chosen to receive a scholarship to study dance after leaving school.
What goal does Rasheeda want to achieve?

A to get a lead role in the music academy
B to get a lead role in the dance academy
C to get a lead role in the art academy
D to get a lead role in the acting academy (1)

EXEMPLAR

1.9 Goals should be measurable over time.
If Rasheeda is chosen for the lead role in the pantomime, what type of goal will she have achieved?

A short-term goal
B medium-term goal
C long-term goal
D lifetime goal (1)

1.10 What action should Rasheeda take to make her goals become a reality?

A get enough rest
B wake up earlier
C improve nutrition
D practise daily (1)

1.11 What is Rasheeda's timeframe to achieve her goal of qualifying for the scholarship?

A one year
B two years
C three years
D four years (1)

1.12 All careers involve some form of continuous learning.
Which of the aspects listed below are the most important when it comes to career choice and lifelong learning?

A knowledge and skills
B interests and abilities
C strengths and weaknesses
D knowledge and abilities (1)

EXEMPLAR

1.13 Motor mechanics repair vehicles and replace their parts for customers. Their duties include repairing the vehicle's mechanical components, diagnosing problems with cars/trucks and performing maintenance work on them.
What are the requirements to become a motor mechanic?

A Minimum Grade 9 certificate; no compulsory subjects; recommended subjects: Mathematics and Physical Sciences

B Enjoy solving problems; have knowledge of machines and how they work; enjoy working with hands and have physical strength

C Theoretical training done in colleges; practical training under a skilled artisan and trade test compulsory

D Three-year national diploma in Motor Mechanics; four-year B Tech degree at a university; one year diploma in professional Motor Mechanics at technical or private college (1)

1.14 Lakeisha is a Grade 9 learner who likes to sing and wants to pursue a career in music. Her parents want her to be an engineer.
Which decision-making steps should Lakeisha follow to make the best possible choice?

A Identify the problem; think of the possible solutions; list the pros and cons of her choice; decide on the best choice

B List the pros and cons of her choice; figure out the problem; identify solution; decide on the best choice

C Decide on the best solution; name the pros and cons of her choice; decide on the best choice; identify solutions

D Identify solutions; decide on the best solution; list the pros and cons; figure out the problem (1)

EXEMPLAR

1.15 Dimitri wants to be a Stockbroker and work at the Johannesburg Stock Exchange (JSE).
Which subject package would work in his favour?

A Accounting, Business Studies, Economics and Mathematical Literacy
B Accounting, Business Studies, Economic Management Sciences
C Accounting, Business Studies, Economics and Consumer Studies
D Accounting, Business Studies, Economics and Mathematics (1)

1.16 A career path is defined as a series of jobs that leads you closer to your career goals and vision for life.
Sipho is performing very well in Drama and Music. Which career path will best suit him?

A Health services
B Human services
C Business and Technology
D Arts and communication (1)

1.17 The Department of Basic Education intends to certify learners after completing Grade 9. However, that alone does not prepare learners to enter the world of work.
What are the options available after completing Grade 9?

A Higher Education and Training, National Vocational Training
B National Vocational Training and Further Education and Training
C General Education and Training, National Vocational Training
D Higher Education and Training and National Vocational Training (1)

EXEMPLAR

1.18 Goals are specific, clear and well-defined objectives. Being specific about your goals makes it easier to complete them.
Which characteristics best describe a specific goal?

A A goal should be linked to many ideas.
B A goal should be linked to many plans.
C A goal should be linked to one idea.
D A goal should be linked to one plan. (1)

1.19 Community violence is a societal issue that needs immediate attention and action. The young and the elderly are most vulnerable to the effects of violence.
Where does gang violence mostly occur?

A home
B library
C tavern
D church (1)

1.20 Most schools have anti-bullying campaigns to raise awareness that bullying is also a form of violence.
Which one of the following is a physical sign of bullying?

A hesitant to go to school
B academic performance drops
C unexplained bruises
D often alone (1)

EXEMPLAR

1.21 The 16 Days of Activism campaign promotes an end to violence against women and children.
Which is the most suitable description of the campaign?

A It is an international campaign; it takes place every year from the 25th of November.

B It is a South African campaign; it takes place every year from the 25th of November.

C It is a provincial campaign; it takes place every year from the 25th of November.

D It is a district campaign; it takes place every year from the 25th of November. (1)

1.22 Violence against women and girls is common in South Africa.
Why are women and children more frequently victims of violence?

A They experience gender inequality, poverty, abuse of alcohol and other substances, frustrations and lack of opportunities. They have difficulty communicating and are exposed to violence.

B They experience gender equality, poverty, abuse of alcohol and other substances, frustrations and lack of opportunities. They have difficulty communicating and are exposed to violence.

C They experience gender inequality, poverty, abuse of non-alcohol and other substances, frustrations and lack of opportunities. They have difficulty communicating and are exposed to violence.

D They experience gender inequality, poverty, abuse of alcohol and other substances, frustrations and lack of opportunities. They communicate easily and are exposed to violence. (1)

EXEMPLAR

1.23 There is a huge noise coming from your neighbour's house. It turns out that the husband is beating his wife and she is screaming for help.
In this situation, which of the following alternatives would be your best action to take?

A Call the police and tell them about what is happening.
B Go to the house and tell them to stop.
C Go to the house and beat the husband.
D Ignore them because it is none of your business. (1)

1.24 Grade 9 boys arrived late for class and the teacher applied corporal punishment. The next day a boy did not come to school due to a swollen arm and he missed a test.
Differentiate between the physical and the emotional abuse.

A Physical abuse is an unintentional act causing injury or bodily harm. Emotional abuse is to criticise and manipulate others.
B Physical abuse is an intentional act causing injury or bodily harm. Emotional abuse is to criticise, embarrass, shame, blame or manipulate others.
C Physical abuse is an intentional act causing injury or emotional harm. Emotional abuse is to praise and respect others.
D Physical abuse is an intentional act causing injury or bodily harm. Emotional abuse is to cause trauma and anxiety to others. (1)

EXEMPLAR

1.25 In a community with a high rate of violence, people are less likely to open businesses.
How does violence affect the economy in a community?

A People lose jobs and unemployment rates increase.
B There is an increase in economic growth and investment opportunities.
C People lose jobs and unemployment rates decrease.
D There is an increase in economic growth and employment rate. (1)

1.26 How does violence impact communities in a social sense?

A People can attend social gatherings.
B People are confident and talk about violence.
C People become afraid and insecure.
D People see domestic violence incidents. (1)

1.27 Religion can be defined as an organised system of beliefs, ceremonies and rules that are very important to a specific group.
What is meant by ‘diverse religions in South African society’?

A same people with different religious beliefs and practices
B different people with different religious beliefs and practices
C same people with similar religious beliefs and practices
D different people with similar religious beliefs and practices (1)

EXEMPLAR

1.28 Sport ethics is about doing the right thing and ensuring that the event is fair and enjoyed by all involved.
Which of the following best describes the spectators' code of ethics?

A respecting the decision of the umpire and referee
B making positive comments and discouraging team players
C showing support for the players or team by criticising them
D remembering that the team plays for the spectators' enjoyment (1)

1.29 Many religions regard women as caretakers of the home and it is expected that they take the greater responsibility for the upbringing of their children.
What strategies could you apply to show respect for differing religious views on gender?

A Doing research, listening to other perspectives, being kind and learning about another faith
B Doing research, listening to other perspectives, being yourself and considering own faith
C Doing research, listening to other perspectives, being kind and criticising own faith
D Doing research, listening to other worldviews, being yourself and considering own faith (1)

EXEMPLAR

1.30 Respecting other people and living in peace is at the heart of all major religions in the world.

What is the ‘golden rule’ of all religions as a call for peace and rejection of all war and violence?

A Treat others as you would wish them to treat you.
B Treat other Christians as you would wish them to treat you.
C Treat other Muslims as you would wish them to treat you.
D Treat other Jews as you would wish them to treat you. (1)

1.31 What is the similarity between Islam and Christianity?

A supporting non-violence and helping others
B encouraging war and self-defence
C promoting oppression and persecution
D supporting rejection and violence (1)

1.32 What is depression?

A It is a medical condition that allows you to live a normal life.
B It is a medical condition that makes you feel less stressed.
C It is a medical condition that makes you feel unhappy all the time.
D It is a medical condition that allows you to deal with life challenges. (1)

EXEMPLAR

1.33 Trauma refers to an event or circumstances that are experienced by an individual. It could be physically or emotionally harmful, life-threatening and have lasting effects.
What are the signs of trauma?

A feeling terrified and helpless
B feeling anxious and enthusiastic
C feeling fearful and neglected
D feeling stress-free and sleepless (1)

1.34 Learners in almost every classroom experience grief, which affects their learning.
What is the best explanation of grief?

A It is psychological suffering you feel when you have lost someone or something.
B It is social suffering you feel when you have lost someone or something.
C It is emotional suffering you feel when you have lost someone or something.
D It is physical suffering you feel when you have lost someone or something. (1)

1.35 Where can you get help at school, if you are struggling with challenging situations?

A extended family and friends
B school counsellor and Life Orientation teacher
C school campaigns and classmates
D watch You Tube videos and read books (1)

EXEMPLAR

1.36 Grief is often painful. People experience and express grief in their own unique way.

Which series of emotions describes the stages of grief?

A denial, anger, depression, negotiating, acceptance

B acceptance, negotiating, depression, anger, denial

C negotiating, depression, anger, denial, acceptance

D depression, anger, denial, acceptance, negotiating (1)

1.37 Using alcohol may make you feel better for a while, but it does not help solve your problems.

How would you advise a depressed teenager, using alcohol and drugs, to cope in a more productive way?

A Shout at the teenager and persuade others to threaten and beat him/her up.

B Persuade the teenager to talk to the teacher/counsellor or trusted adult friend.

C Persuade the teenager to run away as far as possible until circumstances improve.

D Persuade the teenager to scream for help and hope that a passer-by will help. (1)

EXEMPLAR

1.38 Challenging situations should be used as learning opportunities in order to do things better next time.
What are the skills and approaches that should be used when dealing with difficult situations?

A Realise that you have a choice in how you handle difficult situations; give up; build a good support system; do not lash out when you feel angry; blame others for the way you feel and think before you act.

B Realise that you have a choice in how you handle difficult situations; never give up; build a good support system; lash out when you feel angry; blame others for the way you feel and think before you act.

C Realise that you do not have a choice in how you handle difficult situations; never give up; build a good support system; do not lash out when you feel angry; blame others for the way you feel and think before you act.

D Realise that you have a choice in how you handle difficult situations; never give up; build a good support system; do not lash out when you feel angry; don't blame others for the way you are feeling and think before you act. (1)

EXEMPLAR

1.39 Before participating in any physical activity, safety measures must be adhered to.

Why is it important to warm up and cool down during physical activity?

A to prepare the muscles; reduce soreness; lessen the risk of injury; and allow gradual recovery

B to prepare the body; reduce soreness; lessen the risk of injury; and allow gradual recovery

C to prepare the muscles; reduce soreness; increase the risk of injury; and allow gradual recovery

D to prepare the body; increase soreness; lessen the risk of injury; and allow gradual recovery (1)

1.40 Physical Education provides cognitive content and instruction designed to develop motor skills, knowledge and behaviours for physical activity and physical fitness.

What does the term ‘rotation’ mean?

A turning around until you face in the opposite direction

B turning around until you come to a stop

C turning around until you face the same direction again

D turning around until you get tired (1)

1.41 Which option best defines the word ‘balance’?

A an even distribution of weight causing someone to fall

B an uneven distribution of weight causing someone to fall

C an uneven distribution of weight enabling someone to remain upright

D an even distribution of weight enabling someone to remain upright (1)

EXEMPLAR

1.42 When does elevation occur in Physical Education?

A when the body part is moved downwards
B when the body part is moved upwards
C when the body part is moved to the left
D when the body part is moved to the right (1)

[42]

EXEMPLAR

SECTION B

Question 2

Read the following scenario and answer the question that follows.

Siphokazi needs help

Siphokazi is a Grade 9 learner at Saint Patrick's High School. She is very stressed because she is not sure what she wants to do in future. Her best friend, Ann, is good at Mathematics and Physical Sciences and wants to be a medical doctor.

Siphokazi is concerned because it seems as though all her peers know exactly what they want to do.

[Adapted from www.google theguardian.com, accessed on 2 April 2023]

What should Siphokazi do to identify her strengths, weaknesses, interests and abilities? Name **TWO** ways and explain each. (4)

Question 3

Name and explain **THREE** types of funding or funding providers that can help one to study further. (6)

EXEMPL

Question 4

A house that burnt to ashes

[Adapted from Google Images, accessed on 3 April 2023]

Give **THREE** suggestions on how you can volunteer to assist the family affected by fire. Motivate your suggestions. (6)

Question 5

After an unfair decision was made at a soccer match between two local schools, a big fight broke out and a boy was fatally stabbed.

Discuss **ONE** principle of sport ethics that could have been applied to prevent such behaviour. Motivate your answer. (2)

Question 6

Discuss in detail **TWO** causes of depression. (4)

EXEMPLAR

Question 7

Study the extract and answer the question that follows.

Substance abuse remains the challenge

A teenager who abuses drugs or alcohol is unlikely to tell anyone about it. In fact, he/she is likely to be as secretive as possible. One of the first responses is to recognise that the person is abusing. If you notice changes in your friend or family member, these changes could be signs of substance abuse. You could be a key person to help your friend to cope with the situation.

[Adapted from https://www.news24.com. Accessed on 4 April 2023]

Provide **THREE** suggestions that will help the teenager to deal with alcohol and drug abuse. Explain each suggestion. (6)

[28]

[70]

EXEMPLAR

End of test

EXEMPLAR