



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

LIFE ORIENTATION

EXAMINATION ITEM BANK

SHORT QUESTIONS

1. Question 1:

Answer the following questions by writing the answer next to the question number (1.1.1–1.1.5) in your answer sheet.

- 1.1. Provide ONE advantage of electronic media. (1)
- 1.2. State TWO meanings of censorship with regards to the media. (2)
- 1.3. Provide THREE reasons why sport and recreation are important for South Africans. (3)
- 1.4. State TWO reasons why School Based Assessment is important for a grade 12 learner. (2)
- 1.5. Briefly explain the following concepts in terms of physical activity:
 - A. endurance (2)
 - B. flexibility (2)
- 1.6. State the chronic disease that affects glucose levels in the blood. (1)
- 1.7. Name the RIGHT that protects you from anyone taking your belongings, opening your mail and listening to your phone calls. (1)
- 1.8. State TWO personal safety measures to take when doing Physical Education. (2)

[16]

2. Question 2:

Give the correct word/term for the following statements by writing only the correct answer next to the question number (2.1.a - 2.8)

- 2.1. The reading technique that is the most suitable to find the following in newspaper:
 - A. Main ideas, for example identifying stereotyping (1)
 - B. Specific information, for example sports scores (1)
- 2.2. When people in positions of power unfairly give the best jobs to their family and friends. (1)
- 2.3. The illegal movement of people, typically for the purposes of forced labour or commercial sexual exploitation. (1)
- 2.4. A system of government in which people choose their rulers by voting for them in elections. (1)

- 2.5. Journalists who try to find information that is normally hidden from the public. (1)
 - 2.6. The process of observing the work that a person does at the workplace for a limited period with the purpose of getting to know what the job is about. (1)
 - 2.7. A meeting during which a potential employee is evaluated by an employer for possible employment in the company. (1)
 - 2.8. The type of conflict you experience when a part of you wants to study the whole weekend and the other part wants to visit a friend. (1)
- [9]**

DEVELOPMENT OF SELF IN SOCIETY

1. Question 1:

Read the extract below and answer the questions that follow.

Upon completing your grade 12 year, you will join either the world of work or institutions of higher learning where you will meet people from all “walks of life” for the first time. To start and maintain good relationships with people from different cultural groups and backgrounds you should be able to apply communication skills and conflict management skills.

Source: Unknown

Write an essay on conflict resolution skills in which you include the following:

- Explain THREE ways in which your positive attitude can lead to resolving conflict between your peers and family. (3 x 2 = 6)
- Critically evaluate how TWO conflict management skills and ONE communication skill that can help you in sustaining positive relationships with other people. (3 x 3 = 9)

[15]

2. Question 2:

Read the extract below and answer the questions that follow.

Lifestyle Diseases in South Africa

A survey conducted by the Human Science Research Council (HSRC) warns that "South Africa is heading for a disaster" if the number of people living with "chronic diseases of lifestyle" does not change.

Globally 2.1 billion people are overweight or obese, or just over 30% of the world's population – however, the situation is much worse in South Africa, according to new statistics published by Discovery Vitality.

"The big picture is worse in South Africa. Nearly 70% of South African women and 31% of South African men are overweight or obese," said Dr Craig Nossel, head of Wellness at Vitality.

Adapted from <https://businesstech.co.za/news/lifestyle/331389/heres-how-many-south-africans-are-overweight-according-to-discovery/> Retrieved on 12 May 2020

Write paragraphs on lifestyle diseases in which you include the following...

- 2.1. Mention **THREE** possible causes for the increase of chronic diseases in South Africa. (3 x 1 = 3)
- 2.2. According to the passage: "There was a higher prevalence of obesity in women than in men." Briefly discuss **THREE** reasons why you think women in today's society could be more obese than men. (3 x 2 = 6)
- 2.3. Identify **TWO** interventions strategies that have been put in place by the government to address lifestyle diseases. Explain a positive and a negative impact that each strategy has on society. (2 x 3 = 6)

[15]

Question 3

Look at the diagram below and answer the questions that follow:



- 3.1 Why do you think Jackson is holding the world on his shoulders in the picture above? (2)
- 3.2 Explain why it would be important for Jackson to communicate how he is feeling with someone he trusts. (2)
- 3.3. Describe how stress could affect Jackson's ability to communicate. (3)
- 3.4 Explain TWO ways in which stress could impact on Jackson's performance at work. (2x2)(4)
- 3.5 Advise Jackson on how to manage his stress. (2x2)(4)

DEMOCRACY AND HUMAN RIGHTS

1. Question 1:

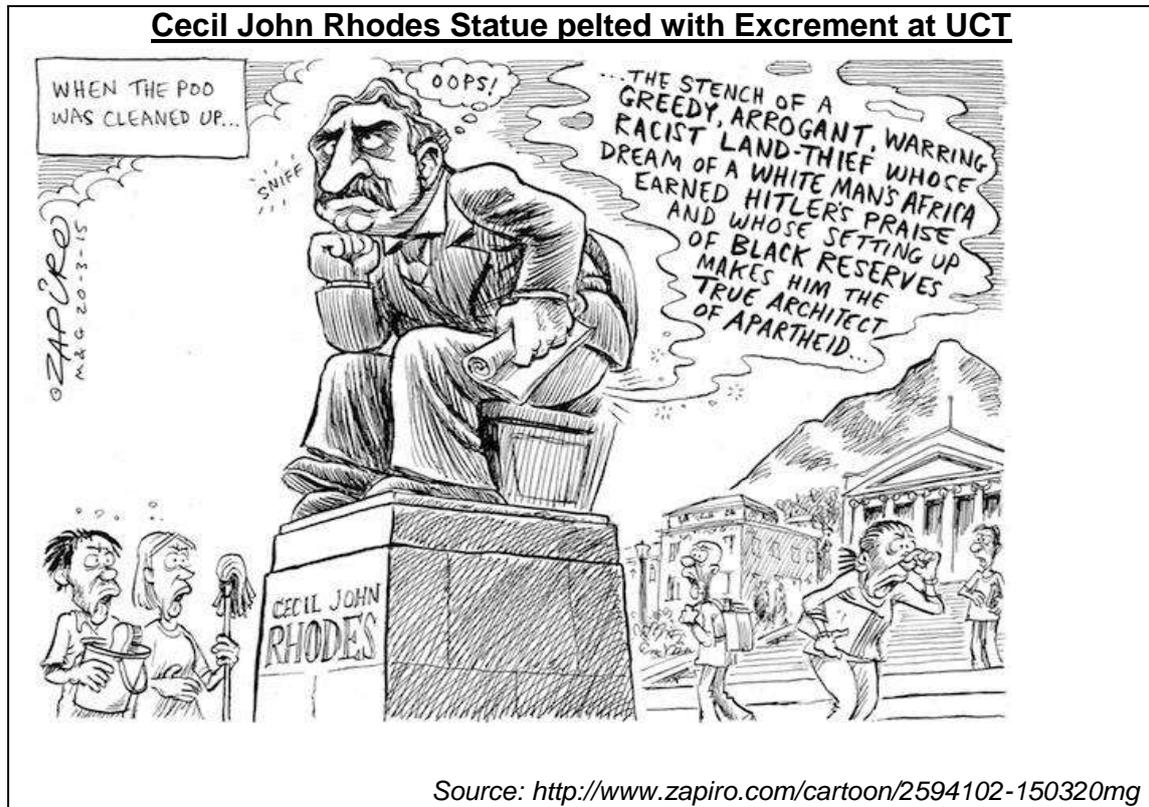
Study the cartoon below and answer the questions that follow.



- 1.1. Define the term “human rights abuse” and give ONE example of such an abuse. (2 + 1 = 3)
- 1.2. Explain the following TWO concepts:
- A. Racism
 - B. Religious intolerance
- (2 x 2 = 4)
- 1.3. Discuss TWO strategies that can be applied to ensure the success of the anti-xenophobia campaigns. (2 x 2 = 4)
- 1.4. Assess how an anti-Xenophobia campaign can equip the youth in engaging in societal issues. Give TWO answers. (2 x 2 = 4)
- [15]**

2. Question 2:

Study the cartoon and answer the questions that follow.



Write an essay on the extent to which media reporting reflects in a democratic South Africa in which you include the following:

- Analyse THREE ways in which the cartoon reflects freedom of the press. (3 x 2 = 6)
- Critically evaluate THREE roles of the media in a democratic society. (3 x 3 = 9)

[15]

3. Question 3:

Study the extract below and answer the questions that follow:

Campaign Against Crime

The local police, together with members of the community policing forum (CPF) recently conducted a door-to-door campaign aimed at sensitising the community (making them aware), especially the youth, about the effects of using nyaope (heroin) and other drugs. This Blitz Awareness campaign was held on Thursday and Friday in Soshanguve. "We chose to start with Mabopane Station, then went to other sections like Block T, W and Batho Plaza, where we distributed pamphlets and spoke to people, because these areas are associated with drug use." explained CPF chairman Paul Makgoba.

It is alleged that most crimes in the community are committed by young boys who smoke nyaope and other drugs. The community also pleaded with the police to increase their visibility in the community, especially at night.

Homes of victims were also visited, "We will refer them for professional help, and next time we will invite other stakeholders to come with us," said Makgoba.

During the visits, members of the public complained about the growing rate of house robberies as well as cable theft, which often left the community without electricity.

Author: David Matsena Adapted: REKORD: 13 MARCH 2015, PAGE 15

- 3.1 Mention **THREE** aims of this campaign. (3)
- 3.2 Provide **TWO** reasons why you think boys are more likely to use drugs. (2)
- 3.3 Suggest **THREE** ways in which the community can support the campaign so that it would be more effective. (3 x 2 = 6)
- 3.4 Critically discuss **TWO** ways in which one could evaluate the impact of this campaign. (2 x 2 = 4)

[15]

4. Question 4:

Study the extract below and answer the questions that follow:

What is 'Fake News'?

Fake news is the deliberate spread of misinformation, be it via the traditional news media or via social media, with the intent to mislead in order to gain financially or politically. It often employs eye-catching headlines or entirely fabricated news-stories in order to increase readership and, in the case of internet-based stories, online sharing. Profit relies on advertising regardless of the truth of the published stories. Anonymously-hosted fake news websites lacking known publishers have also been implicated, because they make it difficult to prosecute sources of fake news.

Anon

Write paragraphs on the media in South Africa in which you:

- Explain THREE ways in which truthful investigative journalism contributes to our democratic society. (3 x 2 = 6)
- “The limitation to freedom of expression is applied when it threatens national security, justice or the personal safety of an individual.” Critically discuss THREE ways in which this limitation protects the citizens in a democratic South Africa. (3 x 3 = 9)

[15]

5. Question 5:

Read the text below and answer the question that follows.

Physical activity in various forms has always been part of human history. Different cultures have different views on physical activity. Most societies in the past were patriarchal, where men were dominant.

Anon

Write an essay on worldviews on physical activity across genders and include the following:

- Evaluate the past patriarchal society's influence on women's participation in sport in South Africa. (3 x 2 = 6)
- Assess how this inequality has been redressed in South Africa (3 x 3 = 9)

[15]

PHYSICAL EDUCATION

1. Question 1:

Write an essay on which you briefly explain the benefits of participating in programmes that promote achievement of personal fitness and health goals based on the following:

- Physical (3)
- Mental (3)
- Social (3)
- Emotional (3)
- Academic performance (3)

[15]

2. Question 2:

Read the extract below and answer the questions that follow.

As we get older we seem to lose energy and we tend to be less active. There always seems to be more important things to do. Because we are no longer fit, the idea of regaining our fitness seems to be unattainable and out of our reach.

Anon.

Write paragraphs on physical education activities in which you...

- Explain **THREE** ways in which sports and recreational activities differ. (3 x 2 = 6)
- Critically discuss **THREE** ways in which physical activities could improve your quality of life after school. (3 x 3 = 9)

[15]

3. Question 3:

Read the extract below and answer the questions that follow.

Reasons for Lack of Exercise in Teens

Approximately 50 percent of young South Africans aged 12 to 21 lack a regular, vigorous activity routine, according to the Centres for Disease Control and Prevention. Children and teens need regular exercise for strong muscles and bones, fewer health problems and a reduced risk for obesity. Identifying the exercise barriers that keep your teen from being active allows you to help her become more physically fit.

A decrease in the amount of physical education time in schools contributes to less teen exercise. According to the Centres for Disease Control and Prevention, about 19 percent of teens in high school participate in a daily physical education class lasting at least 20 minutes. If PE class is the primary source of exercise for a teen, he/she does not get enough regular daily exercise. In some cases, teens are able to opt out of PE or are only required to take it during certain school terms, meaning he/she could go for long stretches of time without any exercise during the school year.

Like adults, teens often lack the motivation or desire to exercise. If physical fitness hasn't been a valued activity in the family, a teen is less likely to put forth the effort or find the motivation to exercise.

By Shelly Frost Sept. 11, 2017

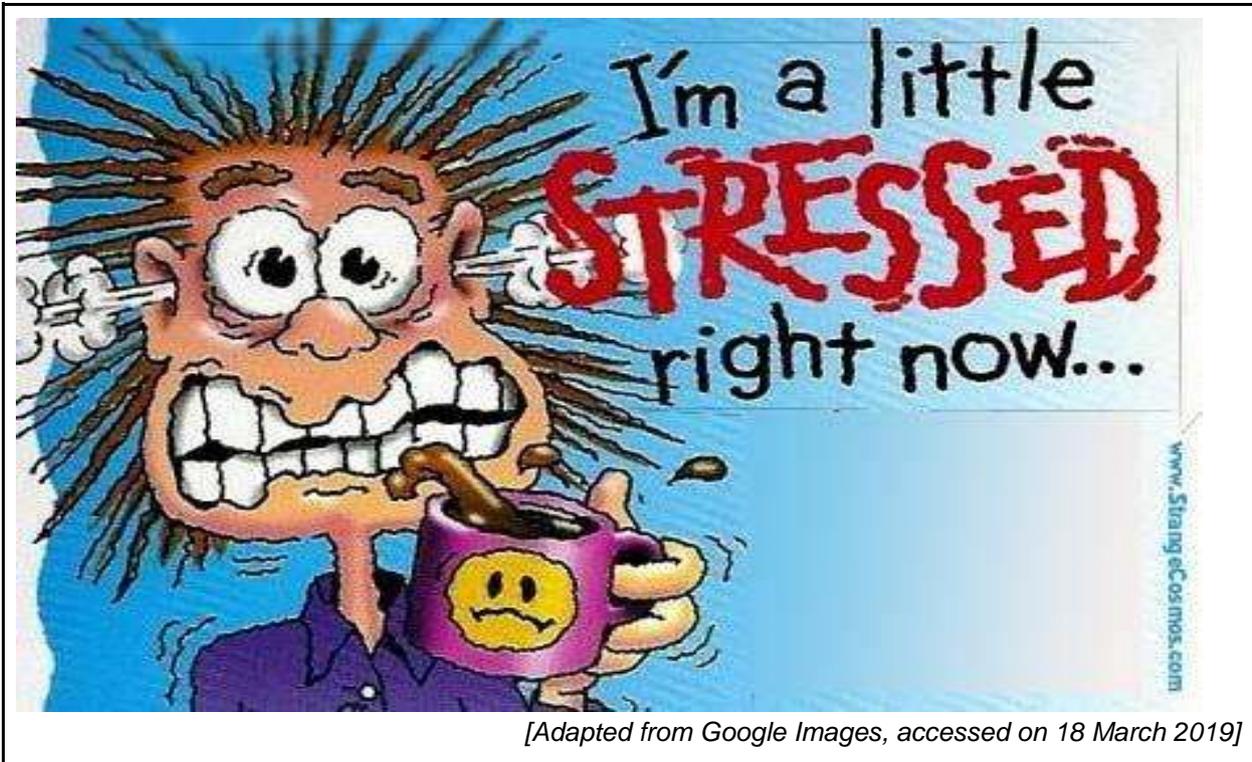
- 3.1. Name any THREE lifestyle diseases that can occur as a result of no or minimal physical exercise. (3)
- 3.2. Apart from schools, explain how local government (municipalities) can involve teens in physical activities? (2)
- 3.3. Discuss THREE factors that may prevent teens from taking part in regular physical activity. (3 x 2 = 6)
- 3.4. Suggest TWO ways in which schools can motivate learners to attend Physical Education classes. (2 x 2 = 4)

[15]

STUDY SKILLS & STRESS

1. Question 1:

Analyse the cartoon below and answer the questions that follow.



- 1.1. Identify THREE physical symptoms of stress. (3)
 - 1.2. Discuss how stress negatively affects your academic performance. (1 x 2 = 2)
 - 1.3. By using an example explain the meaning of positive stress. (1 x 2 = 2)
 - 1.4. Evaluate how the following may reduce examination stress:
 - Revision
 - Relaxation (2 + 2 = 4)
 - 1.5. Propose and explain TWO practical solutions that a learner can use to resolve conflict with their friends. (2 x 2 = 4)
- [15]

SOCIAL AND ENVIRONMENTAL RESPONSIBILITY

1. Question 1:

Read the statement below and answer the questions that follow.

For Our Protection

The following is a way in which the national government has promoted safe and healthy living.

The Consumer Protection Act, (CPA), which came into effect on 1 April 2011, regulates goods and services that impact the environment and/or health. The obligation to provide information in respect of potential or actual environmental or health impacts of goods or services is covered by CPA regulation.

Anon

Write paragraphs on safe and healthy living in which you...

- Discuss **THREE** ways in which the local governments should provide services that promote safe and healthy living. (3 x 2 = 6)
- Provide **THREE** critical evaluations of your own contribution to environmental health and safety in your community. You may use examples to illustrate your answer. (3 x 3 = 9)

[15]

2. Question 2:

Read the extract below and answer the questions that follow.

Residents no longer report water leaks

Many streets in the locations have a river of water running from either a burst pipe or a valve that needs replacing.

Two weeks ago a team from the municipality came to attend to one of the major leaks, but they left without fixing it after they dug up a huge hole on the side of the road.

Instead of fixing the leaks the municipality is cutting off the water leading to blocked toilets.

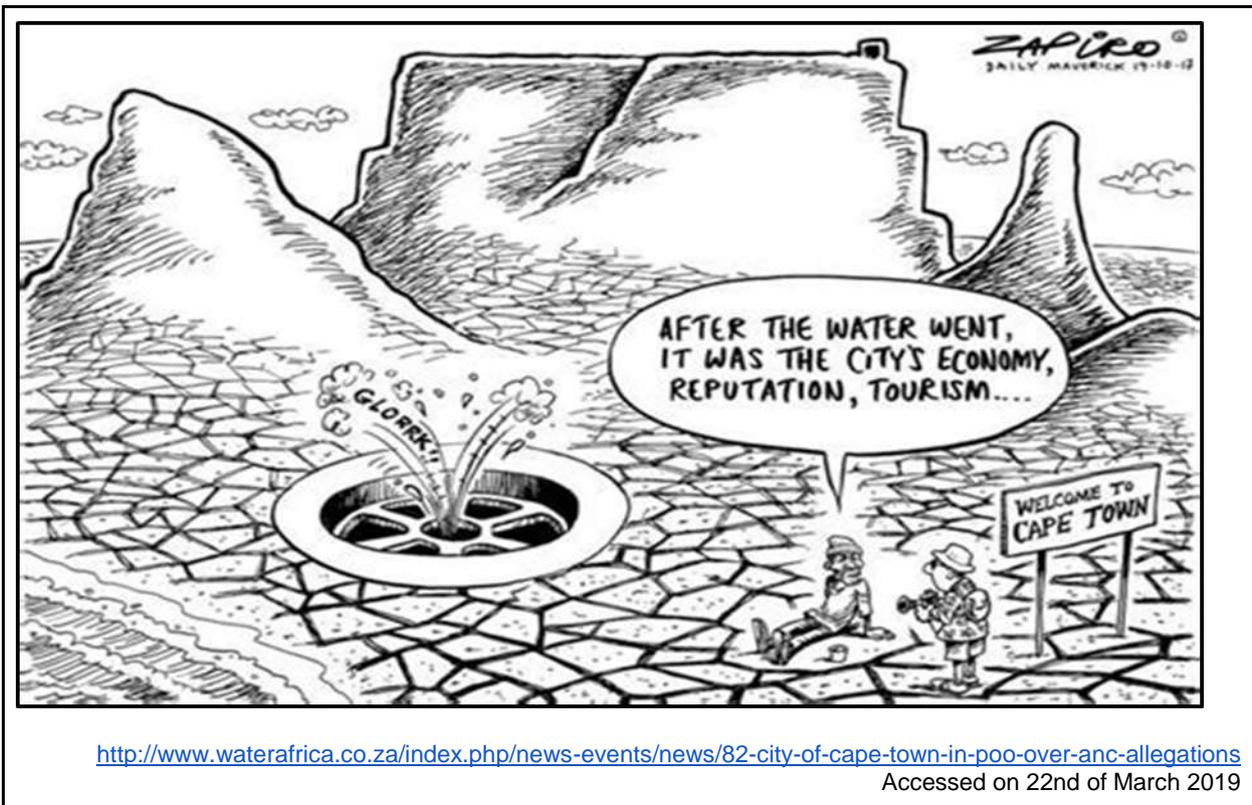
Adapted from the witness. Accessed on 24 October 2018.

Write paragraphs on the responsibility of communities in providing safe and healthy living. Use the following guidelines to answer the questions:

- Name THREE diseases that can affect the community because of the unhealthy environment. (3)
- Discuss THREE human rights violations in the extract. (3 x 2 = 6)
- Suggest THREE legal actions that the community can take to make the municipality aware of their dissatisfaction concerning service delivery. (3 x 2 = 6)

[15]

3. Question 3: Human Rights And Social And Environmental Responsibility
Study the cartoon below and answer the questions as follows.



- 3.1. Which human right is Zapiro, the cartoonist exercising for himself? (1)
- 3.2. Identify ONE human right from the cartoon and briefly explain how it is applicable in the illustration (1 + 2 = 3)
- 3.3. Which level of government is responsible to address the water crisis? Provide ONE reason for your answer (1 + 2 = 3)
- 3.4. Briefly discuss TWO ways in which every citizen can contribute in preventing water scarcity in their communities. (2 + 2 = 4)
- 3.5. Suggest TWO intervention strategies that the government can implement to address the water crisis that faced Cape Town. (2 x 2 = 4)

[15]

4. Question 4:

A personal mission statement becomes the DNA for every other decision we make.

Stephen Covey

QuoteAddicts

<https://za.pinterest.com/lindashepherd/mission-statementtime-management/> Accessed on 20th of March 2019

- 4.1. What do you understand by the term Personal Mission statement and why do you think that every person should have a personal mission statement? (1 + 1 = 2)
- 4.2. What does Stephen Covey mean by saying that a personal mission statement is the DNA of all other decisions? (2)
- 4.3. Distinguish between a *Mission* and a *Vision*. (2 + 2 = 4)
- 4.4. List THREE essential components of a personal mission statement. (3 x 1 = 3)
- 4.5. Suggest TWO ways in which a personal mission statement could help you to achieve your life goals. (2 x 2 = 4)

[15]

CAREER AND CAREER CHOICES

1. Question 1:

Read the extract below and answer the questions that follow.

The potential of young entrepreneurs in South Africa

South Africa, along with the rest of the world, is facing a youth employment crisis of unprecedented proportions. The country's National Youth Policy (NYP) of 2009-2014 made mention of the mid-year population estimates for 2008 where the young people (aged 14 - 35) are said to comprise 37.4%.

It confirms that the vast majority of the South African population constitute youth, while the population analysis statistics indicate that the youth also constitute a significant proportion of the adult population.

According to the International Labour Organisation (ILO), "... compared to adults, young people today are more than three times as likely to be unemployed ... (and being without work means being without a chance to work themselves out of poverty".

A matriculation certificate also, does not guarantee employment for those wishing to enter the labour market after school. Self-employment and entrepreneurship in South Africa is what is needed at this point for the youth of the country.

(<https://www.skillsportal.co.za/>accessed on 18 April 2019)

- 1.1. Identify THREE reasons why 'young people today are more than three times as likely to be unemployed'. (3)
- 1.2. Briefly explain the term entrepreneurship. (2)
- 1.3. Discuss why entrepreneurship could be a good option for an unemployed person. (2)
- 1.4. Evaluate TWO reasons why people should support entrepreneurs in their communities. (2 x 2 = 4)
- 1.5. Suggest and explain TWO methods that entrepreneurs can use to succeed in their businesses. (2 x 2 = 4)

[15]

Question 2:

Read the following extract and answer the questions that follow.

Unemployment: is there a way forward?
Reducing unemployment should be the top priority of the government.

Unemployment is South Africa's biggest problem. And it's not just a matter of statistics: every one of the 6.1 million people who are unemployed at present has a story to tell.

More than one in four people who want to work cannot find any. Officially, unemployment has increased over the past decade from 21.5% to 27.1% of the working-age population, one of the highest rates in the world. If you take into account people who have given up looking for work, the unemployment rate is even higher; 37%.

One thing economists agree on is that poor education policies are a big part of the problem. There are in fact jobs available in South Africa — if you're qualified. Only 1.7% of the country's unemployed are graduates. Many of these graduates have been absorbed by the financial sector, which has created over 620,000 jobs since 2008.

What does seem to be clear is that major interventions are necessary. The status quo is not creating jobs. Even in periods when South Africa's economy was growing much faster than the 1.5% predicted for 2019, job creation was not fast enough to mop up unemployment.

Unemployment destroys people's health and self-worth. Finding ways to fix our biggest problem should be the top priority of the government.

28 February 2019 by Ground Up Editors

2.1 Define the term unemployment. (2)

2.2 Discuss TWO specific reasons for youth unemployment. (2 x 2 = 4)

2.3 Assess how the following skills-based training can assist you
with future employment or acceptance to a university or college:

2.3.1 Volunteering

2.3.2 Work experience

2.3.3 Community Service (3 x 3 = 9)

[15]

Question 3

Read the extract below and answer the question that follows.

Recruitment processes

The recruitment, selection and development of suitable candidates are crucial strategic functions to ensure the competitiveness of corporate and public sector organisations

Anon

Write a short essay on the recruitment process.

Use the following as a guideline:

- Define the term *recruitment process* and explain the importance of such a process. (1+2)
- Describe THREE actions which will ensure that your job application is accepted. (3 x 2)(6)
- Explain ONE way in which EACH of the following labour acts creates a fair working environment:
 - The Labour Relations Act (LRA), 1995 (Act 66 of 1995)
 - The Employment Equity Act (EEA), 1998 (Act 55 of 1998)
 - The Basic Conditions of Employment Act (BCEA), 1997 (Act 75 of 1997)(3 x 2)(6)

[15]

Question 4

Work ethics

Many job seekers struggle though to understand that work ethic is more than just an innate mix of a good family upbringing and personal qualities, but rather a trait you can actually nurture.

Adapted from <https://www.paymoapp.com/blog/work-ethic/>. Accessed on 12 May 2020

Write paragraphs on work ethics in which you include the following:

- State THREE societal expectations with regard to work ethics of companies/organisations. (3x1)(3)

- Explain THREE ways in which a strong work ethic helps you in your career path. (3x2)(6)
- Propose THREE ways in which you can develop strong work ethics when you enter the job market. (3x2)(6)

(15)