

# CONTENT PER TERM

## • LIFE SKILLS •

### GRADE 6

#### TERM 1

• Positive Self-Esteem • Abilities • Interests & Potential • Peer Group Pressure •

#### TERM 2

• Self-management Skills • Bullying • Cultural Rites •

#### TERM 3

• Animal Care • Caring for People • Nation Buildings & Cultural Heritage •  
• National Symbols • Gender Stereotyping • Sexism & Abuse •

#### TERM 4

• Basic First Aid • Food hygiene • Communicable Diseases • HIV & AIDS •

# EXAMPLE: EXTRACT FROM A TEST PAPER



## • LIFE SKILLS •

**GRADE 6**

**TERM 1**

• Positive Self-Esteem • Abilities • Interests & Potential • Peer Group Pressure •

## Section A | Multiple Choice

1. Circle the letter in front of the correct answer:
  - 1.1 What is produced by your body to cause changes during puberty?
    - A hormone
    - B self confidence
    - C emotions
    - D oxygen
  - 1.2 Circle the statement which is FALSE:
    - A The media shows us 'perfect' people.
    - B Perfection is an illusion (it does not really exist).
    - C Advertisements in magazines are photoshopped.
    - D The media shows us realistic societies.
  - 1.3 What is the definition of a skill?
    - A Something you like to spend time on.
    - B You have the knowledge, skill, and power to do it.
    - C Something you do well because you have learned and practiced to do it.
    - D The hormone that causes adolescence.
  - 1.4 What is the definition of ability?
    - A Something you like to spend time on.
    - B You have the knowledge, skill, and power to do it.
    - C Something you do well because you have learned and practiced to do it.
    - D The hormone that causes adolescence.
  - 1.5 What is the definition of interest?
    - A Something you like to spend time on.
    - B You have the knowledge, skill, and power to do it.
    - C Something you do well because you have learned and practiced to do it.
    - D The hormone that causes adolescence.
  - 1.6 A good mediator will:
    - A worsen conflict
    - B be unfair
    - C choose sides
    - D be objective

- 1.7 What does it mean to listen to someone:
- A You hear sounds.
  - B You hear, but don't understand.
  - C You take note of someone's facial expression and body language.
  - D You only listen to the verbal message.
- 1.8 What does SMART stand for in goal settings?
- A S: specific M: measurable A: achievable R: realistic T: time-based
  - B S: simple M: modern A: attainable R: realistic T: tactical
  - C S: simple M: modern A: achievable R: realistic T: time-based
  - D S: specific M: measurable A: attainable R: realistic T: tactical
- 1.9 What is the time called when young people change into adults?
- A hormones
  - B puberty
  - C metamorfosis
  - D growing
- 1.10 What arises when two people cannot agree?
- A harmony
  - B compromise
  - C motive
  - D conflict

## Section B | True or False

1. Are the following statements True or False:

1.1 Adolescence can be a difficult time in a child's life.

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1.2 If you are unhappy with your appearance, you will have positive self-esteem.

\_\_\_\_\_

1.3 If you set goals, break it down into manageable parts.

\_\_\_\_\_

1.4 "They made me do it" is a good excuse for peer pressure.

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