

# CONTENT PER TERM

## • LIFE SKILLS •

### GRADE 7

#### TERM 1

- Self-esteem • Safety issues with Fitness Activities •
- Participation in Fitness Program • Puberty & Gender Identity • Peer Pressure •

#### TERM 2

- Democracy & Human Rights • Native and Invasion Games • Career Paths •

#### TERM 3

- Environmental Health • Drug Abuse •

#### TERM 4

- Personal Diet & Nutrition • Common Diseases •
- The Role of Oral Traditions in Major South African Religions •

# EXAMPLE:

## EXTRACT FROM A TEST PAPER



### • LIFE SKILLS •

**GRADE 7**

**TERM 1**

- Self-esteem • Safety issues with Fitness Activities •
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## Section A | Multiple Choice

1. Circle the letter next to the correct answer.
  - 1.1 What is meant by *personal qualities*?
    - a. The way others see us
    - b. Aspects of ourselves that we can change
    - c. Aspects of ourselves that make up our personalities
    - d. Positive thoughts about ourselves
  - 1.2 How can an individual improve their self-esteem?
    - a. By having negative thoughts about yourself
    - b. By striving for perfection
    - c. By seeing mistakes as learning opportunities
    - d. By comparing yourself to others
  - 1.3 What is a strategy for improving other people's self-esteem?
    - a. To ignore them
    - b. To forget their name
    - c. To be sensitive and listen when they talk about themselves
    - d. To point out other people's mistakes
  - 1.4 Why is respect for others important in self-development?
    - a. Because others' opinions are not important
    - b. Because all people think the same
    - c. Because your own opinions are not important
    - d. Because it helps to appreciate a variety of opinions and ideas
  - 1.5 What is the purpose of warming up before a fitness activity?
    - a. To prepare your body and mind for the activity
    - b. To increase your body's core temperature
    - c. To lower your heart rate
    - d. To decrease your breathing rate
  - 1.6 What is necessary for safe participation in a fitness program?
    - a. Nice sneakers
    - b. Dynamic exercises
    - c. Warming up and cooling down
    - d. Passive rest

- 1.7 What is an example of gender awareness?
  - a. Girls should have long hair
  - b. Boys should have short hair
  - c. The man is considered to be the head of the household
  - d. All of the above
  
- 1.8 What is a physical change that occurs during puberty in boys?
  - a. Hips widen
  - b. Hips narrow
  - c. Mustache and beard begin to grow
  - d. Ovaries begin to develop
  
- 1.9 What is an emotional change a teenager may experience during puberty?
  - a. Strong relationships with parents
  - b. Emotional stability
  - c. Frustration because you feel different
  - d. Constant energy levels
  
- 1.10 How can a teenager facilitate the puberty process?
  - a. By spending less time on self-care
  - b. By going to bed later
  - c. By washing hair less
  - d. By eating healthily and sleeping especially during rapid growth
  
- 1.11 What is the meaning of the word *moody*?
  - a. A constant feeling of happiness
  - b. A tendency towards anger outbursts
  - c. Emotional stability
  - d. A constant feeling of sadness
  
- 1.12 What is the definition of peer pressure?
  - a. When you deliberately disobey your parents
  - b. When you feel you have to do the same things as your peers to be accepted
  - c. The influence of parents on your life
  - d. The pressure to achieve a good grade