

FONS LUMINIS SECONDARY SCHOOL

LIFE ORIENTATION DEPARTMENT

GRADE 10

NOVEMBER EXAMINATION

DURATION: 2:00

MARKS: 100

03 November 2023

EXAMINER: MR MKHONZA & MISS SOKHELA

MODERATOR: MR SHABALALA

This question paper consists of 9 pages

INSTRUCTIONS



1. This question paper is divided into **THREE SECTIONS**

SECTION A: COMPULSORY **20 Marks**

SECTION B: COMPULSORY **40 Marks**

SECTION C: CHOOSE ANY TWO **40 Marks**

2. ALL sections should be answered on the folio paper provided.
3. Section B answers should be written in full sentences
4. Section C consists of essay type questions and must be answered in full sentences and paragraphs.
5. PLEASE START EACH SECTION ON A NEW PAGE
6. Number the answers correctly according to the numbering system used in this question paper.



SECTION A (COMPULSORY)

QUESTION 1

1.1. Various options are provided as possible answers to the following questions.

Choose the correct answer and write only the letter (A-D) next to the question number on the answer sheet provided.

1.1.1. Cardiovascular fitness means you have:

- A. A large lung capacity
- B. Lower blood pressure
- C. Exercising for longer periods without running out of breath
- D. all of the above

1.1.2. If you like to educate and inform people and you get on well with people your personality type is:

- A. Social
- B. Investigative
- C. Conventional
- D. Realistic

1.1.3. One of the following is a study method.

- A. Concentration
- B. Note taking
- C. Comprehension
- D. Time management

1.1.4. The government uses tax contributions from working individuals, businesses and companies to:

- A. Compensation of employees
- B. Run the country and pay for infrastructure
- C. Only B is correct
- D. Both A and B are correct



1.1.5. It is very important to obtain a National Senior Certificate (NCS) because it gives you the opportunity to...

- A. Receive feedback and to know your strengths and weaknesses.
- B. Use your time effectively and focus on studying.
- C. Develop through further studies and to find employment.
- D. Track your progress and shows what you need to focus on.

(1 x 5) (5)

[5]

[5]

1.2. Provide a suitable word/phrase for EACH of the following sentences. Write only the word/term next to the question numbers on your ANSWER SHEET.

1.2.1. The measure of your body composition, a calculation of your body weight in comparison to your height.

1.2.2. The biological qualities which differentiate women and men from each other.

1.2.3. A condition caused by the loss of too much fluid from the body.

1.2.4. Unfairly treating a person or group of people differently from other people of groups.

1.2.5. This takes place when players and/or administrators decide before the time who will win or lose the game.

(1 x 5) (5)

[5]

1.3 Answer the following questions by writing the answer next to the question numbers (1.3.1 to 1.3.3) in the answer book. Write your answers in full sentences.

1.3.1 What are interests? State the benefits of having interest (1x 1)= 1

1.3.2 Explain the term life domains? (1x2)= 2

1.3.3 Discuss one benefit of having an ideal occupation (1x2)=2

(5)

1.4 Study the picture below and answer the questions that follow:



- 1.4.1 State the name of the statutory body that is responsible for establishing and maintaining quality within the higher education and training sector and implement the NQF. (1)
- 1.4.2 Write the full name of NQF. (1)
- 1.4.3 Provide the NQF level that the National Senior Certificate (NSC) represents. (1)
- 1.4.4 Outline TWO functions of the NQF. (2)

[5]

TOTAL SECTION A: [20]

SECTION B (COMPULSORY)

Answer ALL the questions in this section on the folio paper provided. Write your answer in full sentences.

QUESTION 2

Read the case study below and answer the questions that follow.

CHALLENGING HOMOPHOBIC BULLYING IN SCHOOLS

Tanesha is 13 years old, very boyish, and identifies as a lesbian.

Tanesha reported that one teacher at her school said to her [that] “if she [the teacher] gave birth to a **stabane** (*person with two sexual organs; insulting word for homosexual*), she would kill it.” Tanesha said: She tried to chase me from the class because she didn’t want to teach a stabane. I try to ignore all this because I have to finish school and support my family.... There’s no one at school I can talk to. Tanesha’s mother came to school to complain but was careful to not mention Tanesha’s sexual orientation for fear that things would get worse for her child.

Adapted from Department of Education: Homophobic Bullying in Schools.
Accessed on 08 October 2021

- 2.1. Define the term *Gender*. (1 x 1) (1)
- 2.2. Describe THREE biological differences between male and female. (3 x 2) (6)
- 2.3. Explain THREE of Tanesha’s basic human rights being violated. (3 x 1) (3)
- 2.4. Discuss TWO negative effects of homophobic bullying. (2 x 2) (4)
- 2.5. Suggest THREE ways how the educator and the school as a whole can create a safe environment for learners such as Tanesha. (3 x 2) (6)

[20]



QUESTION 3

Study the cartoon below and answer the questions that follow.



- 3.1. Differentiate between study skills and study methods. (2 x 2) (4)
- 3.2. Identify FOUR time wasters students are guilty of when studying. (4 x 1) (4)
- 3.3. Mention and explain THREE study methods that will enable students to effectively prepare for examinations. (3 x 2) (6)
- 3.4. Advise students on the best way to solve problems while studying by referring to SIX practical steps to take. (6 x 1) (6)

[20]

TOTAL SECTION B: [40]



SECTION C (CHOOSE ANY TWO)

Answer any TWO questions in this section.

Your response must be in the form of an essay, and NOT in list/point format.

QUESTION 4

Study the extract below and answer the questions that follow:

SOCIO-ECONOMIC CHALLENGES DURING LOCKDOWN

The lockdown has unfortunately taken a significant toll on countless impoverished communities across South Africa – especially those who live from hand to mouth. Many individuals employed on a no-work-no-pay basis are not receiving any form of income during this period.

Many communities across the country still do not have access to a basic supply of water, housing or adequate food supplies. The lack of income and food security has, unfortunately, reportedly led to incidents of looting of grocery stores and food delivery trucks, and growing social unrest.

Adapted from www.cliffedekkerhofmeyr.com. Accessed on 10 October 2021

Write a paragraph about **social and environmental justice**.

Use the following as a guideline:

- State FOUR examples of environmental injustice. (1 x 4) (4)
- Analyse the effect of social justice (Crime and poverty) in relation to the education of the youth :
 - crime
 - poverty
- Critically discuss the importance of social and environmental justice in our societies and environment.

(2x 4) (8)

(4 x 2) (8)

[20]

QUESTION 5

Study the picture below and answer the questions that follow:



In South Africa, there are diversity of religions that help to promote understanding and tolerance.

Adapted from www.google.com: Accessed on 10 October 2021

Write in **paragraphs** on the major religions in South Africa.

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Use the following as a guideline:

- State FOUR types of religions (4x 1) (4)
- Analyse two ways in which different religions can find a way to tolerate each in order to promote peace and harmony in South Africa (4 x 2) (8)
- Discuss the importance of different religions in South Africa. (2 x 4) (8)

[20]



QUESTION 6

Study the extract below and answer the questions that follow:

OVERCOMING GENDER BIAS THROUGH SPORT

The International Olympic Committee (IOC) says sport enhances women's and girls' health, self-esteem, empowerment and leadership opportunities as it addresses discrimination and facilitates social inclusion.

The positive results of sport for promoting gender equality and women's empowerment are, however, hindered by gender-based discrimination in all areas and at all levels of sport and physical activity.

Despite South Africa's progressive constitutional stance on gender equality, the impact is yet to be fully manifested in the sporting arena. Sport - being historically a male-dominated sphere - has left female athletes to encounter various forms of discrimination, including inequality, sexual harassment, violence and victimisation.



Adapted from [www. iol.co.za](http://www.iol.co.za): Accessed on 10 October 2021

Write in **paragraphs** on gender bias through sport.

Use the following as a guideline

- Define what is meant by *bias in sport*. (2 x 1) (2)
- Discuss FIVE ways in which women are treated unequal in the sporting field. (5 x 2) (10)
- Suggest FOUR ways on how society and the media can take up their responsibilities and make positive changes to gender bias in sport. (4 x 2) (8)

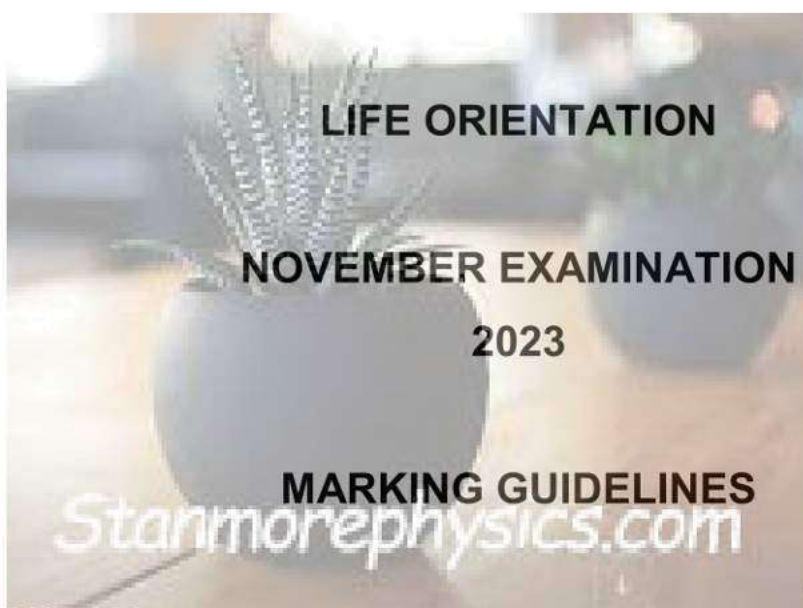
[20]

TOTAL SECTION C: [40]

GRAND TOTAL: [100]



GRADE 10



MARKS: 100

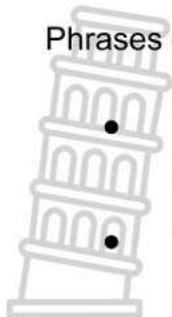
TIME: 2 HOURS



This marking guideline consists of 13 pages

IMPORTANT NOTE TO ALL MARKERS

Phrases or ANY OTHER RELEVANT RESPONSE should be marked as follows:



- The learners' responses **MUST** show that they have answered the question.
- These responses **MUST** also **LINK** to the responses in the marking guideline.
- In Section B marks are awarded for full sentences only. **No marks will be awarded for single word responses.**
- In Section C, learners' response must be in paragraph/essay format. Marks are awarded for full sentences only. **No marks will be awarded for bullet point format.**
- Also In Section C, learners must answer any **TWO** questions. Should the learner answer **ALL THREE** questions, **ONLY the first TWO** will be marked. Draw a line through the remaining question and mark ENRQ.



SECTION A (COMPULSORY)

QUESTION 1

1.1.1. D

1.1.2. A

1.1.3. B

1.1.4. D

1.1.5. C

(1 x 5) (5)

[5]

1.2.1. C

1.2.2. F

1.2.3. G

1.2.4. B

1.2.5. A

(1 x 5) (5)

[5]

1.3.1. BMI/Body Mass Index

1.3.2. Sex/Sexuality

1.3.3. Dehydration

1.3.4. Discrimination

1.3.5. Match-Fixing

(1 x 5) (5)

[5]

1.4.1. SAQA / South African Qualifications Authority

(1)

1.4.2. National Qualifications Framework

(1)

1.4.3. Award ONE mark for any TWO of the following responses

(2 x 1) (2)

- Records learner achievement
- Allows national recognition of skills and knowledge
- Promotes an integrated system that promoted lifelong learning
- It represents the national effort to integrate education and training into one structure of recognised qualifications

1.4.4. NQF Level 4

(1)

[5]

TOTAL SECTION A: [20]

SECTION B (COMPULSORY)

In this section, learners' answers must be written in full sentences as far as possible.

NO MARKS will be awarded for single word responses.

QUESTION 2

2.1. **Define the term Gender.**

The role in society that you are expected to play depending on whether you are man/male/boy or woman/female/girl (1 x 1)(1)

2.2. **Tabulate THREE biological differences between male and female.**

ONE mark for THREE difference mentioned in both male and female

FEMALE	MALE
Ovaries that produce eggs <input type="checkbox"/>	Testicles that produce sperm <input type="checkbox"/>
Have two X chromosomes <input type="checkbox"/>	Have one X and one Y Chromosome <input type="checkbox"/>
Vagina inside the body <input type="checkbox"/>	Penis outside the body <input type="checkbox"/>
Less body hair <input type="checkbox"/>	More body hair <input type="checkbox"/>
Larger body fat <input type="checkbox"/>	Less body fat % <input type="checkbox"/>
Skull is thinner and weaker <input type="checkbox"/>	Skull is thicker and stronger <input type="checkbox"/>
Have to work harder to build muscle <input type="checkbox"/>	Builds muscle easily <input type="checkbox"/>

Award ONE mark for any relevant biological difference in both male and female. (3 x 2) (6)

2.3. **Identify THREE of Tanesha's basic human rights being violated.**

Award ONE mark for any THREE basic human rights

- Right to Equality
- Right to human dignity

- Right to freedom and security ☐
- Right to freedom of religion, belief and opinion ☐
- Right to education ☐

(3 x 1) (3)



2.4. **Outline FOUR negative effects of homophobic bullying**

Award ONE mark for any FOUR negative effects of homophobic bullying

- Have higher levels of absenteeism and truancy ☐
- Be less likely to enter higher/further education ☐
- Be more likely to contemplate self-harm/suicide ☐
- Have low self-esteem ☐
- Show signs of physical ill health ☐
- Underachieve academically ☐
- Leave school early ☐
- Engage in risk-taking behaviours, such as unprotected sex ☐ (4 x1) (4)

2.5. **Suggest THREE ways how the educator and the school as a whole can create a safe environment for learners such as Tanesha.**

Award TWO marks for any THREE relevant responses to the question.

- Educators can become positive role models ☐ when they respect the human rights and dignity of every learner ☐.
- The school can set up☐ and enforce school rules and policies on bullying☐.
- School Safety Committees ☐ can integrate bullying into their activities ☐.
- Hold anti- bullying campaigns ☐ and encourage learner pledges ☐.
- Increase adult supervision in bullying hot spots ☐ to prevent bullying from taking place ☐.
- Focus class time on bullying prevention ☐ where the aim is to change norms around bullying ☐.
- Display anti-homophobia poster ☐ campaigns and positive images of LGBTI people and families ☐.



- Utilise existing Department of Basic Education training programmes and resources that deal with homophobia.
- Begin discussions about the negative impact of homophobia on young people and about strategies to stop homophobia in the school community.
- Involve parents in the school commitment to providing a safe and inclusive school community.

(3 x 2) (6)

[20]

QUESTION 3

3.1. Differentiate between study skills and study methods.

Study skills are your abilities such as listening, reading, concentration, etc which ultimately allow students to effectively learn, organize, and recall new information, while study methods involve ways to study, learn and remember.

(2 x 2) (4)

3.2. Identify FOUR time wasters students are guilty of when studying.

- Award ONE mark for any FOUR relevant responses relating to the question.
- Listen to your music
- Spend time on social media
- Play computer games
- Run around looking for your pens, paper, dictionary, textbooks, etc.
- Sharpen your pencil
- Let people interrupt you

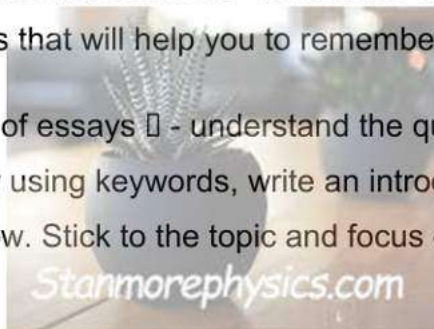
(4 x 1) (4)

3.3. Mention and explain THREE study methods that will enable students to effectively prepare for examinations

Award ONE mark for the study method, and ONE mark for the relevant explanation.



- Note-taking □ - Use your own words to connect/group ideas together to help you understand better and memorise easily □
- Mind-mapping □ - a tool to help you sort and arrange (summarise) information in such a way to help you understand the topic, revise information and learn more easily and faster □.
- Study concepts and content □ - look at the headings, sub-headings and keywords that will help you to remember the content □.
- Construction of essays □ - understand the question or topic, plan your task or essay using keywords, write an introduction and body to show what you know. Stick to the topic and focus on relevant facts □.



(3 x 2) (6)

3.4. Advice students on the best way to solve problems while studying by referring to SIX practical steps to take.

Award ONE mark for each STEP in sequential order

1. First you have to know what the problem is. What is the question? □
2. Write down what you know. What are the facts? What information do you have? □
3. What information do you need? Gather information. □
4. List the possible options or choices to the solutions. □
5. Decide on the best solution. Give a reason for your choice. □
6. Evaluate. Check how well you have done. Is your solution correct, if not try again. □

(6 x 1) (6)

[20]

TOTAL SECTION B: [40]





SECTION C (CHOOSE ANY TWO)

In this section, learners must answer any TWO questions. Should the learner answer ALL THREE questions, **ONLY the first TWO** will be marked.

Draw a line through the last question and indicate ENRQ.

Marks are awarded for full sentences only. **No marks will be awarded for bullet point format.**

QUESTION 4

Write an essay in which you examine how the following social issues can have and harmful effect on the society that are exposed to them.

Use the following as a guideline:

Define the concept *environmental justice*.

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- It is the right to a safe, healthy, productive and sustainable environment

(1 x 2) (2)

Discuss the harmful effects of the following social issues:

Award TWO marks for well discussed response to EACH of the social issues

- **Crime:**

- Poor people are easier targets of crime as they have fewer resources to defend and protect themselves. Crime may let the crime in your area increase and become unsafe for you and others.
- You will have to pay more to protect your own property and personal safety and security if crime in your area increase.
- Crime makes people angry, distrustful. When people lose their lives or possessions to crime, it affects them and those around them in a bad way. Violence causes people to die or be injured.



- The economy also suffers because so many people who contribute to building our country die too young and cannot work. This leads to a vicious cycle of crime and violence, because the problem goes round and round, getting worse all the time ☐☐.

- **Poverty:**

- People cannot take care of their own families and have to rely on government or others to help them to see to their own basic needs. This leads to injustice as everybody do not have equal access to resources ☐☐.
- Poverty are most of the time the result of unemployment and people rely on others to provide for them e.g. they will need government to provide housing and basic health services or church to feed them☐☐.
- Poor people suffer the most form e.g pollution as they don't have the resources to protect themselves ☐☐.
- Social justice cannot happen because poor people have less choices than others e.g. education, health facilities etc. ☐☐
- If people in community rely on government to support them other people in community will have to pay for it, so taxes will increase ☐☐.

- **Lack of housing:**

- Poor people do not have access to proper housing and live in shacks and need government to provide for them. Shacks devalue your own value of your house if it is close to township with informal settlement ☐☐.

- **Unemployment:**

- Unemployed my try to solve problems by getting involved in crime. This will cause crime rate to increase in your area and let investors take their money out of the country ☐☐.



- **Lack of basic services e.g. health services:**

- Will contribute to spread of diseases. This will put more pressure on health services and cost government more money for health services needed ☐☐.
- Lack of basic services such as water my cause communities to protest against local governments and damage state and your own property that will cost money to restore ☐☐.

(5 x 2) (10)

Propose **FOUR** practical solutions you can implement in your community on any of these social issues to make the society you live in a better and safer place.

Award **TWO** marks for **FOUR** well explained responses

- 
- 
- Encourage young people to study hard at school □ so that they can take care of themselves and their own families □.
 - Become a volunteer □ and share your skills with others in need □.
 - Use water sparingly□ so everybody has enough□.
 - Become part of the local police forum □ or start an action group to help protect the safety of all citizens □
 - Start an action group in your church such as feeding schemes □ to help those in need □.
 - Get youth involved in sport and off the streets □ to combat crime □.
 - Support victims in your community□□.
 - Any other practical solution must be taken into consideration for **TWO** marks.

(4 x 2) (8)

[20]

QUESTION 5

Write paragraphs on the major religions in South Africa

Use the following as a guideline:

In South Africa, there is a diversity of religions that help to promote understanding and tolerance. Briefly explain the term *tolerance*.

- Tolerance is the allowing, permitting, or acceptance of an action, idea, object, or person □ which one dislikes or disagrees with□.

OR

- Tolerance is willingness to accept feelings, habits, or beliefs □ that are different from your own □.

(2 x 1) (2)

Discuss the FIVE largely practiced religions in South Africa.


Award ONE mark for the name of the religion and ONE mark for the discussion.

- Judaism □ - Judaism is based on the Hebrew Bible in which they believe that God has developed a relationship with the children of Israel. The Jewish laws are the commandments in the Torah (teaching). The laws guide Jewish people on what to do when you wake up, what food to eat, what to wear, whom to marry etc. □
- Christianity □ - Christianity teaches that Jesus is the Son of God and the saviour of Humanity. Christians are guided by the Ten Commandments as the basis of right and wrong. The three largest groups of Christianity in the world are the Roman Catholic Church, the Eastern Orthodox churches and the various churches of the Protestantism □.
- Islam □ - The Islam are called Muslims and believe in only one God called Allah. Muhammad is seen as the last prophet and messenger of God. Islamic law is captured in the Koran and encourages Muslims to live a life of moral virtue. The Islam law covers all the aspects of life, including family relations, inheritance, taxation, purification and prayer, banking, welfare, warfare, the environment and laws about food □ .
- Hinduism □ - Hinduism refers to a wide variety of religious traditions and philosophies. It includes monotheists (people believing in one God) and polytheists (people who believe in more than one god). Hindus focus their devotion to God whom they see as Brahma, Shiva, Vishnu or Shakti. Hindus believe in four stages of life – school years (acquire knowledge); middle years (marriage, family and career); older years (focus on spiritual life and spend more time on religious practices); and last years (give up all worldly thoughts and desires) □.
- Buddhism □ - Buddha never claimed to be God or a prophet of God. Buddhism does not include the idea of worshipping a creator god, but rather follow a path of practice and spiritual development to gain insight into true nature of life. Buddhism is very tolerant and agrees with the moral teaching of other religions, but practice meditation as a way to change and to develop awareness, kindness and wisdom □.

(5 x 2) (10)

Critically discuss FOUR advantages of living in a multi-religious society in South Africa.

Award TWO marks for FOUR well explained responses

- 
- Most religions promote peace, harmony and tolerance □ which limits discrimination and leads to a peaceful society □.
 - Living in a society that values freedom of religion □ allows people to choose for themselves how they worship □
 - People learn about religious and cultural differences including beliefs, practices, rituals, clothing and food □ which creates a sense of solidarity/camaraderie amongst citizens when they get to know each other □.
 - Many faiths have aspects that are similar □, such as the belief in one God. This creates unity and a sense of belonging to society □.
 - When people take time to get to know people of different backgrounds □, they can learn not to discriminate □.
 - A successful multi-faith society is one where people of all faiths and beliefs can live side by side □ in friendship, understanding and respect □
 - You get the chance to get to know people from all religions □, and then you will build relationships □.

(4 x 2) (8)

[20]

QUESTION 6

Construct an essay in which you:

Briefly describe what *bias in sport* means.

- Bias in sport refers to some people are better than others□, this results in treating some people unfairly□

(2 x 1) (2)

Discuss FIVE ways in which women are treated unequal in the sporting field.

Award TWO Marks for FIVE well explained responses

- Women are considered to be weak □, and it is not considered 'lady-like' to have the strength and speed that a sportsperson requires to compete □.

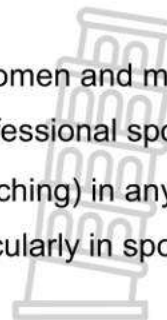


- Because of the smaller support for women in sport □ there is less public support resulting in less people watching the sports□.
- There are still some sporting codes that do not allow women to become coaches□, due to it still being regarded as a male dominant position in society□.
- On TV and at the actual games the support for female sport is lesser□, so this means that there is less sponsorship available because companies want to fund where there will be more people watching□`.
- Nearly all major sports do not offer equal pay for female athletes□ . This means that on average, female athletes make less than their male counterparts□.
- Less money results in less ability to grow the sport□, and create the kinds of events that many people want to watch and so the cycle continues□.
- Award TWO marks for any relevant response from the learner that addresses the question. (5 x 2) (10)

Suggest FOUR ways on how society and the media can take up their responsibilities and make positive changes to gender bias in sport.

Award TWO marks for FOUR well explained responses

- Society can become involve in awareness-raising and information campaigns □ on the necessity of practising sport, in particular for women of all ages, including handicapped women□.
- Sporting codes could ensure equal treatment for women and men □ in terms of pay, prize-money and bonuses derived from professional sport □.
- Seeing women in key posts (management and coaching) in any field □ may serve as an example to younger generations, particularly in sport, where discrimination is particularly present□.
- Members of the society can compare the media coverage given to men’s and women’s events □ and put pressure on sport commentators and sponsors to be more inclusive of women’s sport □.
- The media should avoid sexist language in communications such as. When belittling athletes by referring to their outfits or family roles outside the game



□. Media should use the same vivid language when describing both female and male athletes' performances □.



- Members of the society can Speak up: Identify and report bias □. Write letters to newspaper, speak about the bias on call-in radio programmes, post a blog on social media or report bias to local sports council □.
- The society can avoid buying brands that sponsor or showcase only male sports □ to convince the sponsors to provide equal access of sponsorships to both male and female athletes □.
- Schools in the society can encourage girls to participate in physical education and sporting codes □ this way girls will stop continuing to think that they have physiological limitations□.
- Members of the society can attend women's sports games at all levels. Support female athletes by watching their games on television or following them on social media □ this way, female athlete will receive better media coverage □.
- Award TWO marks for any relevant response from the learner that addresses the question. (4 x 2) (8)

[20]

TOTAL SECTION C: [40]

GRAND TOTAL: [100]

