



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
EDUCATION

DISTRICT : SEKHUKHUNE SOUTH
SUBJECT : LIFE ORIENTATION CONTROLLED TEST
MARKS : 70
GRADE : 07
DURATION : 1HR(60Minutes)
DATE : MARCH 2023

INSTRUCTIONS:

1. Read every question carefully before you answer.
2. Write neatly and legibly.
3. Number all question as numbered on the question paper.

SECTION A

Question 01

Choose the correct answer

1. How you see yourself and how you feel others see you.
 - A. Respect
 - B. Self-Image
 - C. Self-Esteem
 - D. Quality
2. The physical or mental skills or qualities that you need to do something.
 - A. Potential

- B. Interest
- C. Abilities
- D. Hobby

3. The hormones that stimulates the ovaries to produce hormone B called.

- A. Ovary
- B. Oestrogen
- C. Testosterone
- D. Pituatry

4. The five parts of emotional intelligence are self awareness, managing emotions, emphathy, handling relationship and

- A. Emotion
- B. Puberty
- C. Motivation
- D. Bodily responses

5. A state of disagreement between two or more people.

- A. Conflict
- B. Goals
- C. Identity
- D. Self-image

6. Someone in your age group

- A. Friend
- B. Father
- C. Peer
- D. Oponent

7. Emphathy means.

- A. To bully others
- B. To be social
- C. To show support and care
- D. To work with others

8. The feeling that someone of your own age is pushing you towards making certain choices.

- A. Pressure

B. Peer Pressure

C. Peer

D. Abuse

9. Any type of written material

A. Literature

B. Competent

C. Humorous

D. Generous

10. We may use _____ to summarize the material you have to study.

A. Mind Map

B. Study Plan

C. Memory test

D. Test

10 X 1 = 10

Question 02

State whether the statements are True or False and write only True or False

2.1 Puberty in girls starts between the ages of 10 and 15 years.

2.2 Menstruation takes place in both boys and girls.

2.3 If you are fit and active you will sleep better.

2.4 Exercise makes us weak.

2.5 You have to be assertive when responding to peer pressure.

1 X 5 = 5

Question 03

Match column A with Column B

COLUMN A	COLUMN B
3.1 Friendly	A. Are used to memorize list of things
3.2 Stamina	B. The time of life when boys and girls become man and woman
3.3 Mnemonic devices	C. Example of a good quality
3.4 Adolescence	D. A high or special regards for someone.
3.5 Respect	E. The ability to keep doing something for a long period.

1 X 5 = 5

Question 04

Choose the correct answer and fill in the missing words.

Study, Techniques, World, In-service, Qualification, Career, Work

In the 4.1 _____ of work, reading and studying are very important. In any work you do or 4.2 _____ you want to follow, and also when you prepare yourself for your career, for example, by obtaining a 4.3 _____ or doing 4.4 _____ training, you have to 4.5 _____

TOTAL 1 X 5 = 5

TOTAL = 25 MARKS

SECTION B

Question 05

Answer all the questions in these section

Read the following case study and answer the questions that follow

Refilwe is in grade 7 Her parents both passed away before she was ten years old. She and her two older brothers live with her grandmother. Her brothers often tease her because she is shy and quit. She feels as if she is not good at anything. Her school reports are often very average and she does not make friends easily at school. She is very busy doing things to earn money and look after the grandchildren and the home, so she does not have much time to spend with Refilwe on her own. Refilwe often feels that she is a burden, so she tries to make herself "invisible" to the family, but does what she can do to help around the house. Her grandmother Values her help, she doesn't often mention it. Refilwe and boys writing stories, and one of the teachers at school says that she is talented enough to enter one of her stories in a local arts festival, but Refilwe does not have confidence to do this. She is afraid of looking silly.

5.1 Does Refilwe have negative or positive self-image? **Motivate your answer.** (2)

5.2 If you were in Refilwe's class at school, what could you do to help her build her self-image?

Mention five ways. (5)

TOTAL = 7

Question 06

Answer the following questions.

6.1 Provide 5 reasons why people give in to peer pressure. (5)

6.2 Give your friends five tips on how you can resist peer pressure. (5)

6.3 Situation.

A person in your grade asks to borrow money. This happened before and he/she never paid you back.

Here are three different responses.

Decide if each one is passive, aggressive or assertive.

6.3.1. Look him/her in the eye and explain that you cannot lend them the money and maybe him/her should ask someone else. _____

6.3.2 You get angry and shout at him/her, telling him/her to go away and never ask you for anything again. _____

6.3.3 You give him/her the money as you feel too embarrassed to mention the money he/she owes you. _____ (3)

TOTAL = 13

Question 07

Describe five importance of reading

[5]

TOTAL SECTION B = 25

SECTION C

These section consists of three questions.

Answer only two of the questions that follow.

Question 08

A friend comes to your house one afternoon and says he/she wants to study, but doesn't know how to. What are the five tips you could give him/her?

[10]

Question 09

9.1. List five forms of abuse and briefly explain each form.

[10]

Question 10

10.1. In ten (10) lines discuss the difference between changes in boys and in girls during puberty stage.

TOTAL = 10

TOTAL = 70 MARKS