

WESTERING PRIMARY SCHOOL
GRADE 7 LIFE ORIENTATION



Section A		25
Section B		25
Section C		20
Total		70

11 June 2025

NAME: _____

EXAMINER: _____

GRADE 7: _____

SUBJECT HEAD: _____

PARENT SIGNATURE: _____

TOTAL MARKS: _____

INSTRUCTIONS:

- Write neatly and legibly.
- Take note of the mark allocation for each question.
- Read all instructions carefully before answering the questions.
- GOOD LUCK!

Section A

(25 Marks)

Question 1

5 Marks

Fill in the missing words using the words provided in the block below.

human rights	formal	informal	morals
Puberty	evict	subservience	education

1.1) _____ are the rights and freedoms that all people have from the day they are born.

1.2) The term, _____, means when your body naturally changes during this process.

1.3) According to the Bill of Rights, every person has the right to basic _____ in South Africa.

1.4) When writing petitions, the layout must be _____.

1.5) John can distinguish between right and wrong, he has good _____.

Question 2:

9 Marks

Complete the following multiple-choice questions and CIRCLE the correct letter.

2.1) A substance in our body that causes our body to change is known as _____ .

A	Puberty
B	Hormones
C	Adolescents
D	None of the above

2.2) According to the Bill of Rights, freedom of association means to:

A	May form connections with whomever you want.
B	May form part of any political party that you want to.
C	May choose any religion that you want to.
D	May take part in any petitions that you want to.

2.3) Is the following statement true or false. Only the Charter may determine which rights are protected in South Africa.

A	True
B	False

2.4) Limi witnessed a fight at school and he began to feel unsafe. Which of the following rights were violated?

A	Freedom of Speech
B	Freedom of Religion
C	Freedom and Security
D	None of the above

2.5) We all have the right to education and it is our responsibility to _____ ?

A	To respect other religions.
B	To not endanger and take the life of another human.
C	To pay for school and not disturb other learners.
D	To not litter or pollute at school.

2.6) When friends force you to do something it is known as _____ ?

A	Under Pressure
B	Peer Pressure
C	Good Peers Pressure
D	None of the above

2.7) Different hormone levels cause your emotions to change this is known as _____?

A	Puberty
B	Energy change
C	Hormones
D	Temperament

2.8) Keagan is always angry and aggressive. Due to his behaviour, he struggles to make friends. Is this scenario an example of abuse that effects your physical health, social health or relationships.

A	Relationships
B	Social health
C	Physical health
D	None of the above

2.9) Sarah has great memory and is able to remember things of the past, this is known as _____?

A	Great Memory
B	Short term memory
C	Long term Memory
D	None of the above

Question 3:

5 marks

Match the following terms with the correct definitions. Write the correct letter next to the correct number.

eg. **3.1**- H.

3.1	Anxiety	A	Purposefully excluding someone
3.2	Depression	B	Purposely not including someone
3.3	Direct Bullying	C	The worry or fear that is at an extreme level.
3.4	Cyberbullying	D	Someone who is threatened online such as social media
3.5	Indirect Bullying	E	The feeling of being happy over a long period of time.
		F	The feeling of being unhappy over a long period of time.
		G	Someone who is physically abused

3.1) _____

3.2) _____

3.3) _____

3.4) _____

3.5) _____



Question 4

6 marks

Read the following case study and answer the question that follows.

At Westwood High, learners were encouraged to participate in various sports to promote teamwork, discipline, and individual growth. The school provides a variety of different sports such as rugby, netball, and soccer. These sports taught learners the importance of communication, strategy, and unity, as players had to rely on one another to achieve success. At the same time different sports like athletics, tennis and golf were also popular, helping students build self-discipline, resilience, and personal goal-setting skills. The different experiences gained from sports highlighted how learners developed physically, mentally, and socially through active participation.

4.1) List 3 Individual sports from the case study above.

3 marks

4.2) What have the learners learnt from taking part in individual sports?

3 marks

Total: /25



Section B

(25 marks)

Question 1:

14 Marks

Read the following case study and answer the questions that follow **using full sentences**.

Thabo's Tough Week

Thabo is a 13-year-old learner who lives with his uncle and younger sister. One week, things at home started feeling very stressful. Thabo's uncle had recently lost his job and began drinking a lot of alcohol every day. When he was under the influence, he would get very angry and shout at Thabo and his sister. One night, the uncle broke a chair after getting upset about dinner for not being ready. Thabo was scared and didn't know who to talk to.

At school, Thabo noticed that his friend Sipho was also acting strangely. Sipho had started using illegal drugs with older boys in the neighbourhood. He looked tired all the time and missed rugby practice. Thabo was worried but didn't know how to help.

To make things worse, Thabo saw a group of teenagers in the street throwing stones at stray dogs and laughing. He felt sick watching them hurt the animals for fun. Thabo knew all of these situations were wrong and wished more people spoke out about abuse. He finally decided to speak to his Life Orientation teacher for help.

1.1) Who does Thabo live with?

2 marks

1.2) What type of abuse is shown when Thabo's uncle shouts?

1 mark

1.3) How does Thabo's uncle's behaviour affect the children?

1 mark

1.4) What risky behaviour did Sipho get involved in?

1 mark

1.5) What did the teenagers in the street do that was cruel?

1 mark

1.6) How did Thabo feel after seeing animals being hurt?

2 marks

1.7) Why do you think it is important to speak out when someone is being abused?

2 marks

1.8) What would you do if you found out your friend was abusing substances?

1 mark

1.9) What three threatening situations took place that are linked to abuse (apply what you learnt in class to answer this question). 3 marks

Question 2

11 marks

Read the following case study and answer the questions that follow **using full sentences**.

Choosing the Right Career

Levio is a Grade 7 learner who enjoys helping others and solving problems. He also enjoys Natural Science and enjoys reading about the human anatomy. During a Life Orientation lesson, his class discussed different careers and what interests and abilities are needed for each job. Levio realized that his interest in helping people and his ability to understand science could make him a great doctor or nurse one day. His friend, Avayo, on the other hand, enjoys building things and is good at working with his hands. He is thinking about becoming an engineer or a mechanic. Their teacher explained that when choosing a career, it's important to think about your interests and your abilities, because the right job should match both.

2.1) What subject does Levio enjoy? 1 mark

2.2) State the two careers that Levio is interested in? 2 marks

2.3) Name the two things you need to consider when choosing a career and define each term. 4 marks

2.4) Avayo's interests and abilities are very different to Levio's. What are Avayo's interests and abilities? 2 marks

2.5) State two potential jobs that Avayo can do one day? 2 marks

Total: /25

Section C

Essay

(20 marks)

This section consists of 3 questions. Only answer **TWO** out of the three questions in an essay format.

Question 1

10 marks

Your best friend has told you that he/she has been abused at home and has approached you for help.

Write an essay on 5 things you should do when someone is being abused.

PRIMARY

Question 2

10 marks

There are many dangerous situations that can be avoided if you know how to protect yourself. Write an essay stating **FIVE** ways you can protect yourself in dangerous situations.

WESTERLING

[illegible]

Question 3

10 marks

Your best friend has recently been struggling with peer pressure from the other learners in her classroom. She has approached you for advice on how she can cope with this issue. In an essay format, provide **FIVE** different coping skills you can recommend for her to do.

WESTERN

PRIMARY

Total: /20