

SMARTWIZ

GRADE 4 LIFE SKILLS EXAM

MARKS: 40

MARKS	

TIME: 1 hour

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

Instructions for Students:

Read all instructions carefully before starting the exam.

Write your name and student number clearly on the answer sheet/booklet.

Answer all questions unless otherwise instructed.

Show all your work/calculations where applicable.

Write clearly and legibly.

Use only blue or black ink. * Do not use correction fluid or tape.

No electronic devices (such as calculators, cell phones, etc.) are allowed unless explicitly permitted.

Raise your hand if you have any questions.

Do not talk to other students during the exam.

Any form of dishonesty will result in disqualification.

This page consist of 4 pages including the cover page.

Section A: Personal and Social Well-being (15 Marks)

Answer the following questions. Use full sentences where necessary.

Name two ways you can maintain a healthy lifestyle. (2)

What does it mean to have self-image? (2)

Complete the sentence: "I feel proud of myself when I..." (1)

You see someone sitting alone on the playground. What do you do? (2)

Name two ways to resolve conflict with your friends. (2)

What is one benefit of working in a team? (2)

Write one sentence showing how you can show respect for other people. (2)

Give one example of good manners at home or school. (2)

Section B: Physical Education (10 Marks)

1. Look at the descriptions below and choose the correct answers.

a) You stretch your arms and legs before running. What is this called?

i) Rest



ii) Warm-up

iii) Competition (1)

b) Name one benefit of exercise for your body. (2)

c) You are playing soccer and you fall. What safety rule should you remember? (2)

d) Choose the correct word:

“Exercising regularly helps your body stay ____.”

i) tired

ii) healthy

iii) slow (1)

e) Name two activities you can do during break to stay active. (2)

f) Why is it important to drink water after exercising? (2)

Section C: Creative Arts (15 Marks)

1. Visual Arts (Drawing, Painting, Sculpting)

a) Name two objects you can use to create art. (2)

b) What colours do you use to show a warm feeling? Name two. (2)

c) What does the word “texture” mean in art? (1)

d) Complete: You can create art by drawing with a ____ on paper. (1)

2. Drama / Music / Dance



e) Name one example of an emotion you can show in drama. (1)

f) What is rhythm in music? (2)

g) You are doing a dance in front of the class. Name two ways to build your confidence. (2)

h) Why is it important to listen to others in drama or music? (2)

i) Name one way music can help you feel happy. (2)

TOTAL: /40

Grade 4 Life Skills Exam – Memorandum

Total: 40 Marks

Section A: Personal and Social Well-being (15 Marks)

Any two correct ways such as:

Eating healthy food

Exercising regularly

Getting enough sleep

Washing hands, brushing teeth, etc. (2)

Self-image means how you see or feel about yourself / what you believe about yourself. (2)

Accept any suitable, complete sentence.

Example: “I feel proud of myself when I help my friends.” (1)

Accept a caring response. Example:

“I would go talk to them and ask if they want to play with me.” (2)

Any two correct ways, such as:

Talking calmly

Saying sorry

Listening to each other

Asking an adult for help (2)

Sample answers:

You learn to share ideas

You can finish tasks faster

You feel supported (2)

Accept any correct respectful behaviour, such as:

“I listen when others talk.”

“I speak politely to teachers and classmates.” (2)

Any appropriate example such as:

Saying “please” and “thank you”

Helping set the table

Greeting adults politely (2)

Section B: Physical Education (10 Marks)

a) ii) Warm-up (1)

b) Any one benefit such as:

Keeps your body strong

Helps your heart stay healthy

Gives you energy

Makes muscles and bones stronger (2)

c) Sample answer:

“Get up slowly and check if I’m hurt.”

“Ask for help and don’t keep playing if I’m injured.” (2)

d) ii) healthy (1)

e) Any two active break-time activities:

Running

Jumping rope

Playing tag

Ball games (2)

f) Water keeps you hydrated / replaces the water lost through sweat / helps your body cool down. (Accept one correct reason.) (2)

Section C: Creative Arts (15 Marks)

1. Visual Arts

a) Any two objects such as:

Crayons, pencils, paper, clay, cardboard, paintbrushes, leaves, etc. (2)

b) Red, yellow, orange (accept any two) (2)

c) Texture means how something feels or looks like it feels (e.g., rough, smooth, bumpy). (1)

d) pencil / crayon / charcoal (accept any valid drawing tool) (1)

2. Drama / Music / Dance

e) Any emotion: happy, sad, angry, scared, excited (1)

f) Rhythm is the beat or pattern of sounds in music / how the music moves in time. (2)

g) Any two correct ways:

Practice a lot

Take deep breaths

Think positive thoughts

Focus on having fun (2)

h) Listening helps everyone work together, stay safe, and perform well / avoid mistakes. (2)

i) Music can make you feel happy by:

Making you dance

Changing your mood

Reminding you of good times (accept one suitable reason) (2)

TOTAL: /40

