

# SMARTWIZ

## GRADE 4 LIFE SKILLS EXAM

**MARKS: 40**

<b>MARKS</b>	
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**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 all questions in full sentences where required.

What is personal hygiene? Give one example of good hygiene. (2)

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Complete the sentence:

"When I feel angry, I can calm down by..." (1)

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Circle the correct answer:

Which of the following is NOT a healthy food?

- a) Apples
- b) Chips
- c) Carrots (1)

Write two good habits you can practise every day. (2)

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What should you do if you see someone being bullied? (2)

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Give two reasons why friends are important. (2)

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List two safe places to play after school. (2)

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What is one thing you can do to make your classroom a better place? (3)

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## **Section B: Physical Education (10 Marks)**

1. Fill in the blanks or answer the questions:

a) Warming up before exercise helps to prevent \_\_\_\_\_. (1)

b) Name two sports you like to play. (2)

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c) Why should we not run on wet floors? (1)

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d) Write one rule you should follow when playing group games. (2)

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e) What should you wear on your feet when doing physical activities? (1)

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f) Name three things you should do to take care of your body after exercising. (3)

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## **Section C: Creative Arts (15 Marks)**

1. Visual Arts:

a) Name one material you can use for painting. (1)

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b) Which of the following is a primary colour?

a) Purple

b) Red

c) Green (1)

c) What kind of line can be used to show movement in a picture? (1)

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d) Why do artists use different colours in their art? (2)

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e) Draw a smiley face in the space below and give it a name. (2)

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2. Performing Arts:

f) What is a costume in drama? (1)

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g) Name one musical instrument you can play or have seen. (1)

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h) What is a stage used for in performing arts? (1)

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i) Give two reasons why music is important in our lives. (2)

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j) Describe a time when you performed or spoke in front of your class. What did you learn from it? (3)

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**TOTAL: /40**

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

Personal hygiene is taking care of your body to stay clean and healthy.

Example: brushing your teeth, washing hands, bathing. (2)

Accept logical sentence, e.g.:

“When I feel angry, I can calm down by taking deep breaths.” (1)

b) Chips (1)

Any two good habits such as:

Brushing teeth

Eating healthy food

Exercising

Going to bed early (2)

Tell a teacher or adult / Comfort the person / Don't join in / Say “Stop” (any 2 appropriate responses) (2)

Any two reasons, such as:

Friends make us feel happy

Friends support us

Friends help us learn (2)

Examples:

Playground

Sports field

At home with supervision

Aftercare centre (Accept any two safe locations) (2)

Example:

Keep it clean

Be kind to classmates

Listen to the teacher (Accept any thoughtful and positive action) (3)

### **Section B: Physical Education (10 Marks)**

a) injuries (1)

b) Accept any two:

Soccer, netball, cricket, tennis, running, etc. (2)

c) It's dangerous / You could slip and get hurt. (1)

d) Examples:

Take turns

Follow the rules

Don't push others (any two rules) (2)

e) Trainers / Running shoes / Takkies (1)

f) Any three correct answers:

Drink water

Rest

Stretch

Take a shower

Cool down exercises (3)

### **Section C: Creative Arts (15 Marks)**

Visual Arts:

a) Paint, brush, sponge, fingers (accept any suitable material) (1)

b) Red (1)

c) Wavy lines / Zigzag / Curved lines (1)

d) To show feelings / create moods / make pictures interesting (2)

e) Accept any drawing + a name (e.g. "Smiley Sam") (2)

Performing Arts:

f) A costume is clothing worn by a performer to show their character. (1)

g) Accept any real instrument: drum, guitar, flute, maracas, piano, etc. (1)

h) A stage is where people perform, act, sing or dance. (1)

i) Music helps us:



Feel emotions

Celebrate

Relax

Express ourselves (Accept any two) (2)

j) Accept thoughtful response. Points for:

Sharing an experience

What they felt (e.g., nervous, proud)

What they learned (e.g., confidence, speaking skills) (3)

**TOTAL: /40**