

SMARTWIZ

GRADE 7 LIFE ORIENTATION EXAM

MARKS: 50

MARKS	

TIME: 1 hour 30 minutes

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. * Do not use correction fluid/tape.
- > No electronic devices (calculators, 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 cheating will result in disqualification.

This test consists of 3 pages, excluding the cover page.

SECTION A: HEALTHY LIFESTYLES (15 MARKS)



1. Read the statements below and answer the questions:

1.1 What are THREE benefits of eating a balanced diet?

- _____
- _____
- _____

1.2 Why is regular physical exercise important for young people?

1.3 Name TWO healthy habits to prevent illness.

- _____
- _____

SECTION B: RESPECT AND DIVERSITY (15 MARKS)

2. Multiple Choice: Circle the correct answer.

2.1 Respecting others means:

- a) Ignoring their opinions
- b) Accepting their differences
- c) Forcing your ideas on them

2.2 Which of these is an example of discrimination?

- a) Helping someone in need
- b) Treating someone unfairly because of their background
- c) Listening carefully to everyone

2.3 What can you do to celebrate cultural diversity at school?

- a) Make fun of other cultures
- b) Learn about and participate in different cultural activities
- c) Only spend time with friends who are like you

2.4 What is the meaning of the word 'tolerance'?

- a) Understanding and accepting differences
- b) Rejecting people who are different
- c) Arguing with people who disagree with you

2.5 How can you show respect for someone who speaks a different language?

- a) Laugh at them
- b) Try to learn a few words in their language
- c) Ignore them

SECTION C: PERSONAL SAFETY AND CYBER AWARENESS (10 MARKS)

3. Answer the questions:

3.1 List TWO things you should never share online.

- _____
- _____

3.2 What should you do if a stranger sends you a message on social media?

3.3 Explain why it is important to have strong passwords.

SECTION D: GOAL SETTING AND PERSONAL DEVELOPMENT (10 MARKS)

4. Scenario:

Maria wants to improve her reading skills but finds it difficult to stay motivated.

4.1 Suggest TWO strategies Maria could use to stay motivated while reading.

- _____
- _____

4.2 Write a SMART goal for Maria to improve her reading over the next month.

SECTION E: COMMUNITY SERVICE AND ENVIRONMENTAL RESPONSIBILITY (10 MARKS)

5. Answer the questions:

5.1 What are TWO ways young people can get involved in helping their community?

- _____

• _____

5.2 Why is recycling important for the environment?

TOTAL: 50 MARKS



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SECTION A: HEALTHY LIFESTYLES (15 MARKS)

1.1 Benefits of eating a balanced diet: (Any three)

- Provides energy for daily activities
- Helps keep the body healthy and strong
- Supports growth and development
- Prevents illnesses and diseases

(3 x 2 = 6 marks)

1.2 Why is regular physical exercise important?

- Improves fitness and strength
- Helps maintain a healthy weight
- Boosts mood and mental health
- Increases energy levels

(Any relevant answer = 4 marks)

1.3 Healthy habits to prevent illness: (Any two)

- Washing hands regularly
- Getting enough sleep
- Eating nutritious food
- Avoiding sharing personal items

(2 x 2 = 4 marks)

SECTION B: RESPECT AND DIVERSITY (15 MARKS)

2. Multiple Choice:

2.1 b) Accepting their differences – 1 mark

2.2 b) Treating someone unfairly because of their background – 1 mark

2.3 b) Learn about and participate in different cultural activities – 1 mark

2.4 a) Understanding and accepting differences – 1 mark

2.5 b) Try to learn a few words in their language – 1 mark

SECTION C: PERSONAL SAFETY AND CYBER AWARENESS (10 MARKS)

3.1 Two things never to share online: (Any two)

- Personal information (address, phone number)
- Passwords

- School details or schedules
(2 x 2 = 4 marks)

3.2 What to do if a stranger messages you:

- Do not reply or share information
- Tell a trusted adult or report the message
(Clear answer = 3 marks)

3.3 Why strong passwords are important:

- Protect personal accounts from hackers
 - Keep private information safe
(Any valid explanation = 3 marks)
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SECTION D: GOAL SETTING AND PERSONAL DEVELOPMENT (10 MARKS)

4.1 Two strategies to stay motivated:

- Set small, achievable reading goals
- Read interesting or favorite books
- Reward yourself after completing reading tasks
- Read with friends or family for support
(Any two valid suggestions = 4 marks)

4.2 Example of SMART goal for Maria:

- “I will read one chapter every day for the next month.”
 - “I will practice reading for 20 minutes after school each day.”
(Relevant SMART goal = 6 marks)
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SECTION E: COMMUNITY SERVICE AND ENVIRONMENTAL RESPONSIBILITY (10 MARKS)

5.1 Ways young people can help their community: (Any two)

- Participate in clean-up campaigns
- Volunteer at local shelters or community centres
- Plant trees or maintain public gardens
(2 x 2 = 4 marks)

5.2 Why recycling is important:

- Reduces waste in landfills

- Conserves natural resources
 - Protects wildlife and environment
- (Any valid explanation = 6 marks)**
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TOTAL: 50 MARKS

