

SMARTWIZ

GRADE 5 LIFE SKILLS EXAM

MARKS: 50

MARKS	

TIME: 1 hour

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

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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.

Question 1: Healthy Habits

1.1 What should you do if you feel thirsty during the day? (3)

1.2 Why is it important to get enough sleep? (4)

Question 2: Road Safety

2.1 What should you do if you want to cross the street at a busy road? (5)

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2.2 Why is it dangerous to play near roads? (3)

Question 3: Table – Types of Exercise

Complete the table by naming one example and one benefit of each type of exercise.

Type of Exercise	Example	Benefit
Aerobic	<hr/>	<hr/>
Strength	<hr/>	<hr/>
Flexibility	<hr/>	<hr/>

(9 marks — 3 per row)

Question 4: Emotions and Feelings

4.1 What can you do to help a friend who is feeling sad? (4)

4.2 Name two emotions you feel when you achieve something. (2)

Question 5: Personal Safety

5.1 Why should you never accept sweets or gifts from strangers? (3)

5.2 What is the best thing to do if you get lost in a public place? (4)

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Question 6: Environmental Care

6.1 How can planting trees help the environment? (3)

6.2 Give two ways you can save water at home. (4)

Question 7: Teamwork

7.1 Why is it important to listen to others when working in a group? (4)

7.2 How can teamwork help you finish tasks better? (5)



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TOTAL: 50 MARKS

MEMO : Question 1:

- 1.1 If you feel thirsty during the day, you should drink water to stay healthy and hydrated.
1.2 It is important to get enough sleep because it helps your body and mind rest and grow.
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Question 2:

- 2.1 When you want to cross the street at a busy road, you should stop at the edge, look both ways carefully, listen for cars, and only cross when it is safe.
2.2 It is dangerous to play near roads because cars can come fast and you might get hurt.
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Question 3:

Type of Exercise	Example	Benefit
Aerobic	Running	Makes your heart strong
Strength	Lifting weights	Builds muscle and power
Flexibility	Stretching	Helps your body move better

Question 4:

- 4.1 To help a friend who is feeling sad, you can listen to them and comfort them by being kind.
4.2 Two emotions you feel when you achieve something are happiness and pride.
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Question 5:

- 5.1 You should never accept sweets or gifts from strangers because they might want to trick or harm you.
5.2 If you get lost in a public place, the best thing to do is stay where you are and ask a trusted adult or security for help.
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Question 6:

- 6.1 Planting trees helps the environment by providing oxygen, giving homes to animals, and keeping the air clean.
6.2 Two ways to save water at home are turning off the tap while brushing your teeth and using a bucket instead of a hose to wash the car.
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Question 7:

- 7.1 It is important to listen to others when working in a group because it helps everyone share ideas and work well together.
7.2 Teamwork helps you finish tasks better because different people can help and support each other to do a good job.