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.	

Do not talk to other students during the exam.

Raise your hand if you have any questions.

Any form of dishonesty will result in disqualification.

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

This page consist of 4 pages including the cover page.

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

Section A: Comprehension – Poem (10 Marks)

Read the poem below and answer the questions.

The Helpful Hand
A friend in need is a friend indeed,
Helping hands are what we need.
When someone falls, don't just stare,
Offer help, show you care.
Together we stand, strong and tall,
Helping one another, one and all.

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MYST PATHWORKS

What does the poem say a true friend is? (2)

What should you do if someone falls? (2)

Why do we need "helping hands"? (2)

What does "Together we stand, strong and tall" mean? (2)

Write two ways you can be helpful to your friends. (2)

Section B: Chart – Healthy Foods (10 Marks)

Answer the questions:

Study the chart below showing different healthy foods and how often a learner eats them in a week:

Food	Times Eaten in a Week
Apples	5
Carrots	3
Bread	7
Milk	4
Fish	2

Which food is eaten every day? (1) Which food is eaten the least? (1) How many times in total did the learner eat apples and milk together? (2) Name two foods from the chart that are good for your bones. (2) Why is it important to eat a variety of healthy foods? (2)

Suggest one healthy snack the learner could add to the chart. (2)

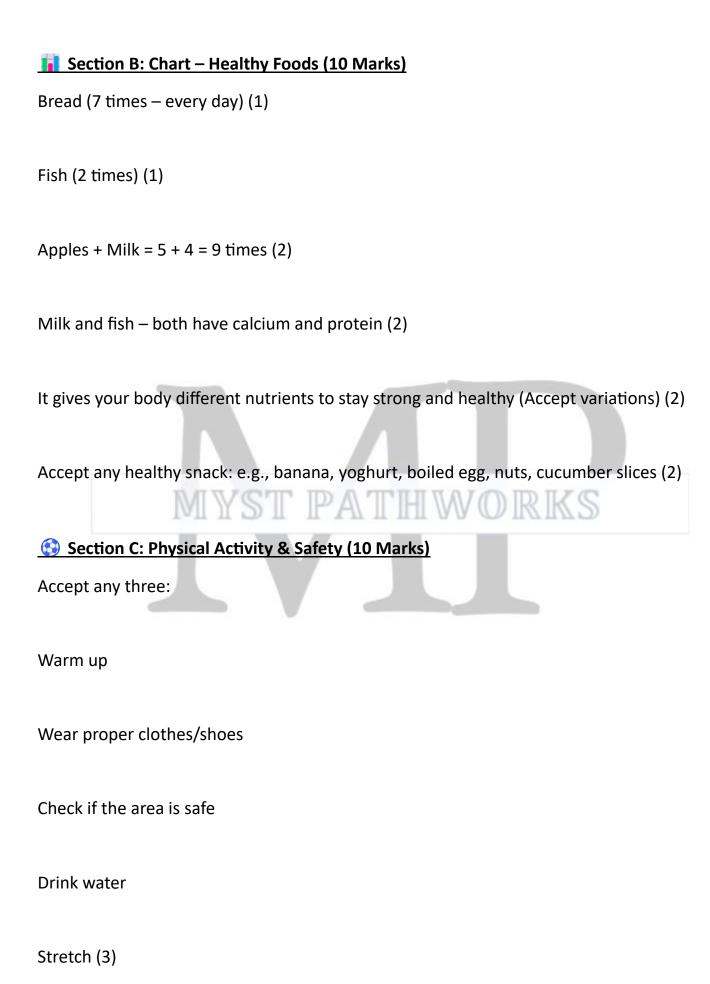
Section C: Physical Activity & Safety (10 Marks)
Name three things you should do before starting a sports game to keep safe. (3)
You see a friend get hurt during a game. What should you do first? (2)
Why should you drink water during and after physical activity? (2)
List two reasons why it is important to follow the rules during games. (2)
Name one piece of protective clothing worn during cycling or skating. (1)
Section D: Everyday Life Skills & Values (10 Marks)
What is recycling and why is it important? (3)
You have a disagreement with your brother/sister. What is one way to solve the problem? (2)
Give two examples of jobs you can do to help at home. (2)
Why is it important to tell the truth? (2)
Write a short sentence explaining how you show respect to your teacher. (1)

TOTAL: 40 MARKS

<u>Grade 4 Life Skills Exam – Paper 4 Memorandum</u>

Total:	40	Marks

Section A: Comprehension – Poem (10 Marks) A true friend helps when needed / A friend in need is a friend indeed (2)
Help them / Show you care / Don't ignore them (2)
Helping hands are needed to support each other / to show kindness / to help those in trouble (2)
Working together makes us strong / We succeed when we help one another (2)
Accept any two: Carry their books
Carry their books
Share snacks
Help with homework
TICIP WITH HOTHEWORK
Include them in games (2)



Stop the game / Check on them / Call an adult for help / Comfort them (any safe response) (2)

To stay hydrated / To replace water lost through sweat / To cool the body (any valid reason) (2)

Prevents injuries / Keeps the game fair / Helps everyone enjoy (any two) (2)

Helmet / Knee pads / Elbow pads (1)

Section D: Everyday Life Skills & Values (10 Marks)

Recycling means reusing or turning waste into new items.

It helps the environment and reduces pollution. (3)

Talk about it calmly / Say sorry / Listen and try to understand each other (2)

Clean your room / Wash dishes / Feed a pet / Set the table / Water plants (any two) (2)

Telling the truth builds trust / Helps solve problems / Is the right thing to do (2)

Sample sentence: "I listen when my teacher speaks." (1)

TOTAL: 40 MARKS