

## Term 1 Formal Assessment Exemplar 1

### Written assignment (70 marks)

#### Question 1

Look at the goals that you set for yourself in Activity 2 of Unit 1. We discussed that we can make positive lifestyle choices that will help us reach those goals, or we can make negative lifestyle choices that will ruin our chances of reaching our goals.

- List ten positive lifestyle choices that you have made. (10)
- Write a short essay (about a page-and-a-half) in which you describe the factors that influence your lifestyle choices. Describe how these factors might help you, in your individual situation, to reach your unique set of goals, or how they might keep you from reaching your goals.

In your essay, describe the following factors and apply them to your situation: the media, your friends and peers, your environment, your family, your culture, your religion and your community.

(7 × 3)

- Evaluate which single factor has the strongest influence on you, with evidence to support your argument. (4)
- [35]**

#### Question 2

- How can the following tools be used by any person, in any life situation, to manage time: a list of activities, a timetable and a to-do list? (10)
- Write a paragraph in which you explain how you have used the skill of prioritising in your timetable, and explain why it is important to prioritise. (5)
- Demonstrate, with examples, the use of the following three tools in your management of your time for one week:
  - a list of activities for the week (5)
  - a timetable that shows how much time you plan to spend on different activities, including extramurals, household chores, relaxing and sleeping (5)
  - a to-do list (5)
- Evaluate the effectiveness of your plans. (5)

**[35]**

## **Term 1 Formal Assessment**

### **Physical Education Task (PET)**

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#### **Physical Education Task (30 marks)**

Assess learners' participation and their movement performance in Physical Education this term.

1. Give learners a mark out of 20 for participation (see rubric on page 16 of this guide).
2. Give learners a mark out of 10 for performance and their execution of a game (see rubric on page 16 of this guide).

## **Term 1 Formal Assessment**

### **Exemplar 1 Memorandum**

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#### **Assignment (70 marks)**

##### **Question 1 (35 marks)**

- a. Learners must list ten positive lifestyle choices that they have made. (10)
- Answers will differ but may, for example, include the following:
- choosing supportive, responsible friends
  - doing daily exercises
  - refusing to smoke cigarettes
  - being part of the debating team
  - breaking up with an abusive boyfriend or girlfriend
  - making a point of never gossiping
  - participating in a buddy system at school (against bullying)
  - doing homework at school (in the library or media centre) everyday
- b. Learners must write a short essay (about a page-and-a-half) in which you describe the factors that influence their lifestyle choices. Answers will differ, but learners must make three relevant, valid, personal points about each of the influences: the media, your friends and peers, your environment, your family, your culture, your religion, your community. (7 × 3)
- c. Learners must evaluate which single factor has the strongest influence on them, with evidence to support their argument. Answers will differ. (5)

**Question 2 (35 marks)**

- a. Learners must describe how the following tools be used by any person, in any life situation, to manage time: a list of activities, a timetable and a to-do list. (10)
- b. Learners should write a paragraph describing when and how they used prioritising on their timetable and explain the importance of prioritising. Learners' answers will differ. Prioritising means putting things in order of importance. Activities are not equally important or urgent. To prioritise, you ask the question, 'Which task is more important right now?' If you have homework due and you want to watch a movie with a friend, which is more important? (5)
- c. Learners answers will vary but they should complete each tool for a week's activities. Use the rubric on the next page to assess their time management tools.

Tools	Award a mark 1–10 for each, considering how well the learner performed the following criteria:
A list of activities for the week	The learner listed all activities for the week, including studying, extra-mural activities, household chores, relaxing and sleeping; the list seems to be complete and useful for drawing up a timetable (5)
A timetable that shows how much time you plan to spend on different activities, including studying, extramurals, household chores, relaxing and sleeping	The learner has drawn up a useful timetable that indicates how much time they will spend on all activities including studying, extra-mural activities, household chores, relaxing and sleeping. The learners seem to understand the value of prioritising and have made sensible decisions regarding the use of time. (5)
A 'to-do' list	The learner listed all activities that need to be completed in the week, prioritising those that were most important. (5)

- (15)
- d. Learners must evaluate the effectiveness of their plans. Answers will differ. (5)

## Term 1 Formal Assessment Exemplar 2

### Written assignment (70 marks)

#### SECTION A

Read the case study and then answer the questions.

*Jonathon had been going out with Nobesuthu for three months. She is his first girlfriend. Before he met her, he was very shy and had only a few friends. Jonathon lives with his mother. His father lives in another country and Jonathon only sees him once a year. Jonathon's mother works very hard and sometimes Jonathon has to stay at home on his own, and do the household chores and the grocery shopping. In Jonathon's culture, people should only have sex when they are old enough and are in a healthy and happy relationship. There is no need to be married. In his girlfriend Nobesuthu's culture, people should only have sex when they are married and lobola should be paid.*

*While they were meant to be studying together at Jonathon's house, he and Nobesuthu had a few beers and had sex for the first time. They hadn't planned to have sex and did not use any protection. Jonathon didn't know how to ask Nobesuthu whether she was on contraceptives or how to discuss condoms with her. He did make sure to ask her if she really wanted to have sex and she said that she did. Jonathon felt happy about having sex, because he wanted the other guys at school to respect him more, but he also felt guilty because he wasn't sure that he or Nobesuthu were really old enough to have sex.*

1. List four risk factors in Jonathon's life mentioned in the case study that could have made him vulnerable to unhealthy sexual behaviour. (4)
2. What could be a positive influence on Jonathon's sexual behaviour? (1)
3. Which of the following statements are false?
  - a. All children who don't have much contact with their fathers have sex before marriage.
  - b. Nobesuthu is most responsible for saying no to sexual activity.
  - c. Jonathon has mixed feelings about having had sex with his girlfriend. (3)
4. List three risks for unhealthy sexual behaviour that Jonathon and Nobesuthu had on the day that they had sex and name one way they could avoid each risk. (6)

**Total Section A: 14 marks**

### SECTION B

1. Describe four possible negative consequences other than pregnancy that Jonathon and Nobesuthu may face because of unhealthy sexual behaviour. (4)
2. Compare and contrast Jonathon's and Nobesuthu's cultural influences on their sexual behaviour. (4)
3. Imagine Nobesuthu did not want to have sex. How could she have told Jonathon using an "I statement"? (2)
4. Explain how Jonathon's peers and family life could have made him vulnerable to unhealthy sexual behaviour. (4)

**Total Section B: 14 marks**

### SECTION C

Examine the risk factors and the strengths outlined in the case study. From this, give your critical opinion of what Jonathon could have done to prevent this unwanted pregnancy.

**Total Section C: 7 marks**

### SECTION D

*Six weeks later, Nobesuthu told Jonathon that she was pregnant and that he would now need to pay compensation to her family and they would need to get married.*

1. Which of the following statements are true?
  - a. It is very unusual for a girl to become pregnant the first time that she has sex.
  - b. Nobesuthu is most responsible for becoming pregnant because, as a girl, she must make sure that she is on contraceptive pills if she is sexually active.
  - c. Some cultures believe that people are allowed to have children without being married. (3)
2. If Nobesuthu decides to have and keep the baby:
  - a. List four negative consequences that she and Jonathon may face (4)
  - b. List four negative consequences that the baby may have being born to teenage parents (4)
3. What is the 'compensation' that Jonathon is expected to pay? (1)
4. Is it surprising that Nobesuthu is pregnant? Explain your answer. (2)

**Total Section D: 14 marks**

### SECTION E

1. Describe what Nobesuthu's options are now that she is pregnant. (4)
2. What could the possible consequences be for Nobesuthu and Jonathon if she decides to terminate the pregnancy (have an abortion)? (3)
3. Given that Jonathan already drinks beer, how likely is it that he may begin to abuse substances if Nobesuthu decides to keep the baby. Explain your answer. (4)

4. Explain reasons why you think Nobesuthu asks Jonathon to marry her now that she is pregnant. (3)

**Total Section E: 14 marks**

**SECTION F**

1. Do you think Jonathon should be made to pay *lobola* and cultural compensation for making an unmarried girl pregnant and be made to get married? Explain. (3)
2. Imagine you are friends with Jonathon and Nobesuthu. Write a short paragraph giving them advice on what to do. (4)

**Total Section F: 7 marks**

**Grand Total: 70 marks**

## Term 1 Formal Assessment

### Exemplar 2 Memorandum

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#### Written task (70 marks)

##### Section A (14 marks)

1. Any of the following 4 risk factors: substance abuse; lack of parental supervision; low self-esteem; not knowing how to negotiate safer sex; his peers think that unhealthy sexual behaviour deserves respect; his culture doesn't expect people to be married before they have sex. (4)
2. Any one of the following: respect for women's bodies; a culture that states people should be older when they have sex. (1)
3. Which of the following statements are false? (3)
  - a. All children who don't have much contact with their fathers have sex before marriage. (false)
  - b. Nobesuthu is most responsible for saying no to sexual activity. (false)
4. Three risks with three avoidance strategies: 1. They were alone in the house (invite friends). 2. Drinking alcohol (use assertiveness to say no to alcohol) 3. Did not have contraception (go to family planning) 4. Don't know how to negotiate safer sex (practise negotiation skills and assertive communication) (1 mark for risk and 1 mark for avoidance strategy). (6)

##### Section B (14 marks)

1. Four clear descriptions rather than one word answers of – STIs, HIV and Aids, low self-esteem, emotional scars. (4)
2. In both cultures, Nobesuthu and Jonathon should not be having sex. Nobesuthu's culture specifies marriage and the paying of compensation and bride price. Jonathon's culture has age specifications and relationships should be loving and healthy before sex. Marriage is not included. (4)
3. Learners' answers will vary, but should all be 'I statements' for example 'I feel pressured and not ready to have sex yet' or 'I care about you but do not want to have sex' and so on. (2)

4. Explanation of how Jonathon's peers believe that it is good or masculine to have sex, because he thinks they will respect him more if they know he has had sex. Jonathon is not getting much supervision from his mom because she works a lot, and his father can't give him enough supervision, because Jonathon only sees his father once a year. Without adult supervision, Jonathon is vulnerable to drinking, and he may not be guided by his parents about safer sex or even healthy sexual choices. (4)

**Section C (7 marks)**

Learners' answers will vary. They should include mention that Jonathon had many risk factors in his life, and should include a range of options that would suit Jonathon's situation – working on his self-esteem, learning to negotiate safer sex, learning to resist peer pressure around alcohol and sex, thinking and problem solving around what he wants for himself and his future, making sure that he had a condom just in case, learning more assertive communication. (7)

**Section D (14 marks)**

1. Which of the following statements are true?
  - a. It is very unusual for a girl to become pregnant the first time that she has sex. (false)
  - b. Nobesuthu is most responsible for becoming pregnant because, as a girl, she must make sure that she is on contraceptive pills if she is sexually active. (false)
  - c. Some cultures believe that people are allowed to have children without being married. (true) (3)
2. If Nobesuthu decides to have and keep the baby
  - a. Any four of the following: physical problems – damage to the body during pregnancy and birth, fistula, low self-esteem, depression, drug and alcohol abuse, financial problems, having to drop out of school, fewer chances at a successful career. (4)
  - b. Any four negative consequences that the baby may have to contend with being born to teenage parents: more likely to be born premature, have a low birth weight, and generally have poorer health; twice as likely to be abused, more likely to struggle at school, may drop out of school, may develop behaviour problems such as fighting, taking drugs, and committing crime; more likely to become a teen parent. (4)





3. Jonathon is expected to pay the cultural compensation known as *lobola*. (1)
4. Learners answers may vary, but it is not surprising because she and Jonathon had unprotected sex and they are both adolescents so their bodies are able to produce children. (2)

**Section E (14 marks)**

1. Descriptions of termination of pregnancy, putting the child up for adoption, and keeping the child and raising it herself or having her or Jonathon's family raise the child. (4)
2. Getting married or not getting married. (3)
3. It is very likely that Jonathon will abuse substances if he becomes a teen father. Teen fathers are far more likely than other men to abuse substances because of the stress of raising a child. Also Jonathon does not have strong negotiation or assertiveness skills and has little parental supervision. (4)
4. Nobesuthu's culture requires people to be married to have sex and children, also many men neglect helping to raise their children, she does not want to raise the child alone, she does not want to be rejected by her community. (3)

**Section F (7 marks)**

1. Learners' answers and opinions are likely to differ. Issues for paying *lobola* may include respect for other's culture, being both responsible and accountable for your behaviours. Issues against paying *lobola* – it is not part of Jonathon's culture and may disrespect his culture. Issues for marriage – respect for others' culture, taking responsibility, showing commitment to raising the child. Issues against marriage – it is not part of Jonathon's culture; he and Nobesuthu are too young and immature to handle being married. Jonathon may not want to be married. (any 3) (3)
2. Learners answers will vary. They should include the risks of teen pregnancy and teen mothers and fathers, there should also be some advice on community factors, friendships, perhaps also options for pregnancy such as adoption, abortion, and keeping the child. (any 4) (4)