


**NORMAN HENSILWOOD HIGH SCHOOL  
EXAMINATIONS**



<b>DATE</b>	31 May 2011
<b>GRADE</b>	10
<b>SUBJECT</b>	Life Orientation
<b>TIME</b>	1 Hour, 30 Minutes
<b>MARKS</b>	100
<b>EXAMINER</b>	Ms S.R. Otto
<b>MODERATOR</b>	Mrs S. Komal

D.  checked  
19.5

**INSTRUCTIONS:**

1. You must answer all questions in this question paper.
2. Make sure that you write the answers, in pen, neatly in the spaces provided.
3. Read the question carefully first, ensure that you understand what is expected of you before you attempt an answer.
4. Use the mark allocation as a guide as to the length of your answer.
5. Budget your time properly to ensure that you complete the paper within the time allocated.
6. Good Luck, Grade 10's. Remember: there is nothing in this paper that you cannot do!

**QUESTION 1:**

Answer the following multiple-choice questions on the Menstrual Cycle of the female by circling the letter of your choice.

- 1.1 The Menstrual Cycle normally lasts
  - a) 26 days
  - b) 28 days
  - c) 30 days
  - d) 34 days
  
- 1.2 Day 1 of the Menstrual Cycle is the day on which
  - a) Sexual intercourse takes place
  - b) The ovum is produced
  - c) The female starts menstruating
  - d) The female has a high temperature
  
- 1.3 Most females menstruate for the first
  - a) 2 days
  - b) 5 days
  - c) 7 days
  - d) 10 days
  
- 1.4 Ovulation takes place on day
  - a) 7
  - b) 14
  - c) 18
  - d) 21
  
- 1.5 Day 9 to Day 19 is commonly known as the
  - a) The honeymoon period
  - b) The rhythm period
  - c) The fertile period
  - d) The conception period

- 1.6 This period is calculated as such because a sperm cell remains viable in the body of the female for
- a) 1 day
  - b) 3 days
  - c) 5 days
  - d) 7 days
- 1.7 An ovum, once it is released from the ovary, is viable for
- a) 1 day
  - b) 3 days
  - c) 5 days
  - d) 7 days
- 1.8 Ovulation is
- a) When sperm cells are ejaculated into the body of the female
  - b) Another word for sexual intercourse
  - c) When the ovum is released from the ovary of the female
  - d) When the egg cells become oval in the body of the female
- 1.9 When a female menstruates, what is being expelled from her body is
- a) The unused egg cell
  - b) The female hormone, oestrogen
  - c) The lining of the uterus
  - d) The zygote
- 1.10 Once fertilisation takes place, the female will menstruate for
- a) 3 days
  - b) 5 days
  - c) 7 days
  - d) None of the above

[10]

**QUESTION 2:**

2.1 Look at Addendum A and write down the labels in the space provided below

- 2.1.1.....
- 2.1.2.....
- 2.1.3.....
- 2.1.4.....
- 2.1.5.....
- 2.1.6.....
- 2.1.7.....
- 2.1.8.....
- 2.1.9.....
- 2.1.10..... (10)

2.1.1 What is the function of No. 2?

.....  
..... (2)

2.1.2 What is the function of No. 4?

.....  
..... (2)

2.1.3 What is the function of No. 5?

.....  
..... (2)

2.1.4 What is the function of No. 7?

.....  
..... (2)

2.1.5 What is the function of No. 10?

.....  
..... (2)  
(10)

2.2 Look at Addendum B and then write the labels in the space provided below

2.2.1.....  
2.2.2.....  
2.2.3.....  
2.2.4.....  
2.2.5.....  
2.2.6.....  
2.2.7.....  
2.2.8.....  
2.2.9.....  
2.2.10..... (10)

2.2.1 What is the function of No. 2?

.....  
..... (2)

2.2.2 What is the function of No. 3?

.....  
..... (2)

2.2.3 What is the function of No. 5?

.....  
..... (2)

2.2.4 What is the function of No. 6?

.....  
..... (2)

2.2.5 What is the function of No. 9?

.....  
..... (2)

(10)

[40]

**QUESTION 3:**

Write a 30-word response to Adam's letter.

I'm so pleased to have Rebecca as a girl friend. She is pretty, funny and very romantic. I think we really love each other, but sometimes I feel anxious, especially when I think about sex. My friends have girlfriends and all they talk about is how good it is to have sex with them. They always ask me when Rebecca and I are going to have sex. I feel very pressurised!! It's not that I don't want to, but I'm scared I'll ruin our friendship by asking her to have sex with me and that things will get too complicated. I really feel very "out" when I 'm with my friends though.

What can I do??

**QUESTION 4:**

By writing the letters in the grid provided, please indicate which argument in Column A matches the response in Column B?

COLUMN A										COLUMN B									
1. "Everyone has sex, why can't we?"										A. "I want to make doubly sure and it protects you from STI's"									
2. "If you love me, you'll have sex with me"										B. "I am not 'everyone' and its not true that everyone is doing it"									
3. "You don't need to use a condom. I'm on the pill"										C. "No condom - no sex!"									
4. "I haven't got a condom on me"										D. "A person should be afraid if you can lose something forever. Anyway, I made a decision about it a long time ago"									
5. "You don't know what you're missing"										E. "If its no big deal then it doesn't matter if I say no"									
6. "You are so beautiful, I can't help myself when I'm around you"										F. "If you love me, you'll respect my feelings"									
7. "Let's just try it once. If you don't like it we'll stop"										G. "It sounds to me like experimentation and an experiment is a risk - one that I don't want to take"									
8. "It feels so good! You'll be crazy about it?"										H. "Is that a compliment? Seems to me you want to place the blame on me!"									
9. "What are you actually afraid of"										I. "To drive a fast car is fun, but also dangerous. What feels good now is not the most important thing"									
10. "You're making too much of this. Its just a bit of fun"										J. "I believe you that sex is wonderful. That's why I want to wait until I am married"									
1	2	3	4	5	6	7	8	9	10										

**QUESTION 5:**

5.1 Five of the most common external (physical) changes in the female during adolescence are:

.....

.....

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.....

.....

[5]

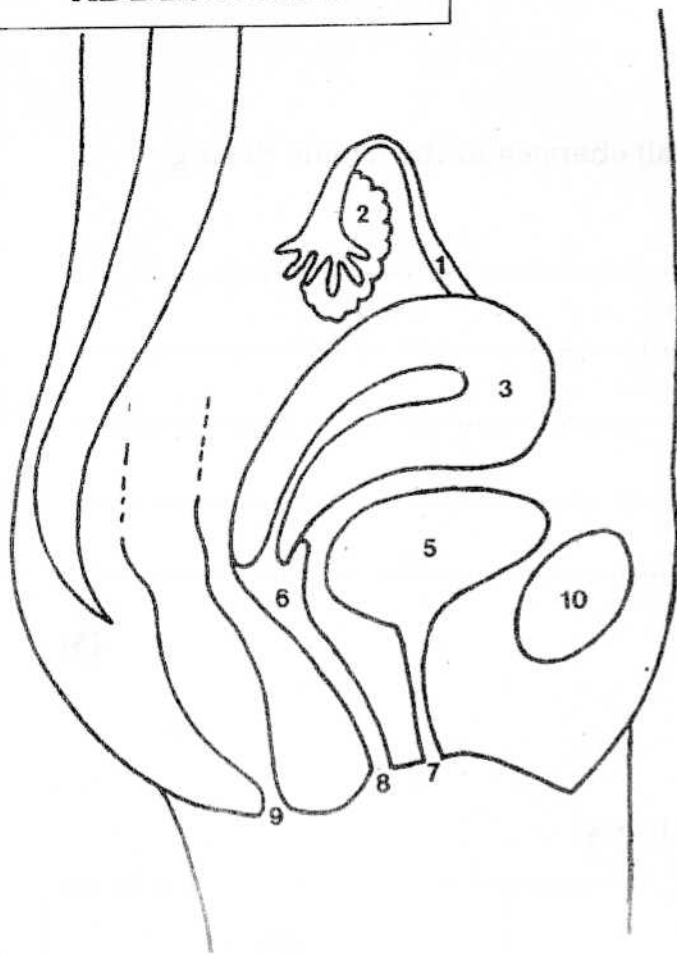
**QUESTION 6:**

List any of the qualities of true love in the table below:

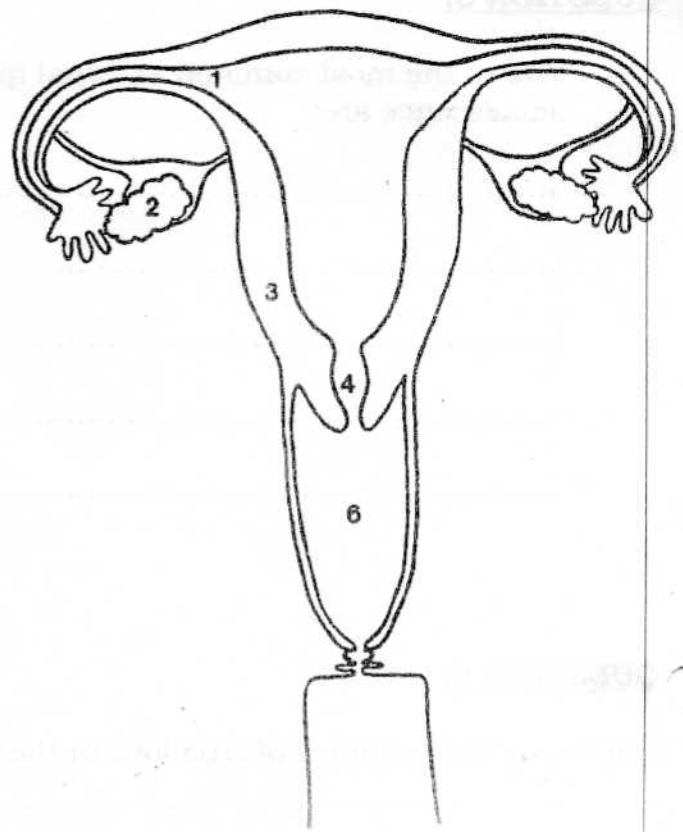
C's	T's	R's
6.1	6.3	6.5
6.2	6.4	

[5]

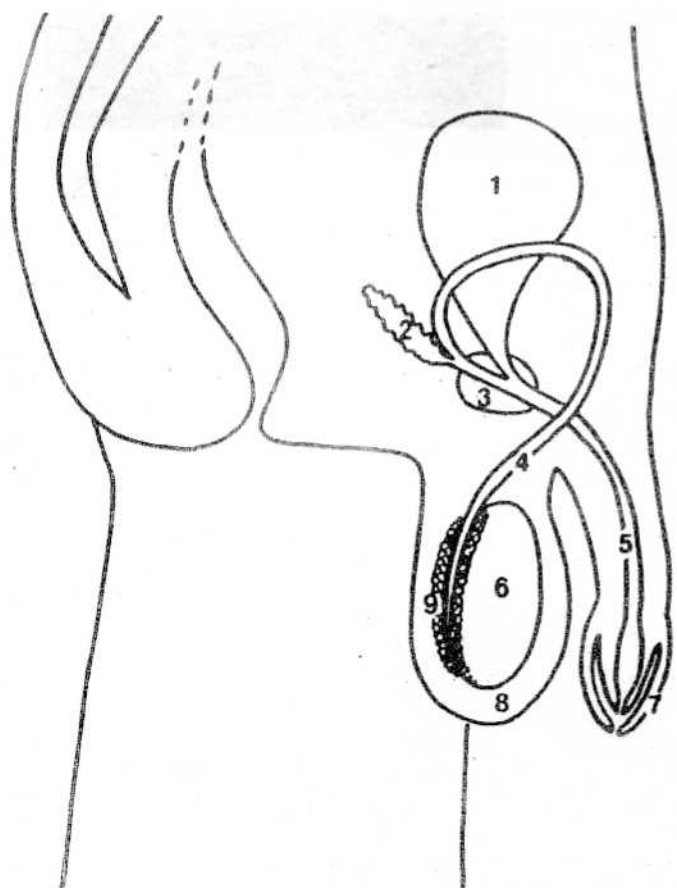
ADDENDUM A



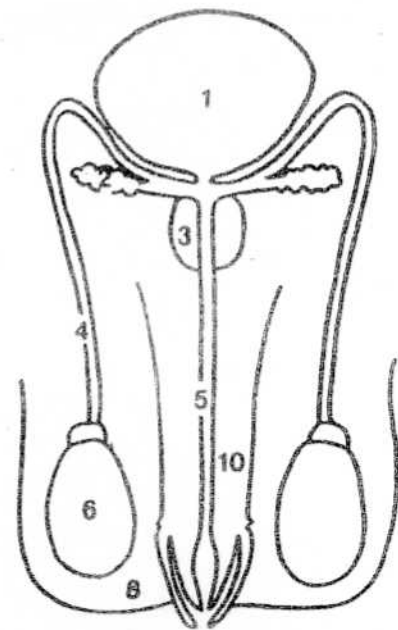
Anatomy of female sexual organs



ADDENDUM B



Anatomy of male sexual organs



Grade 10

Physical Education: Total 25 marks

The Gymnasium

Instruction: Answer according to mark allocation.

Question 1

Name 5 different exercise equipment found in a gymnasium. (5)

Question 2

Fill in the missing words. (7)

Without a machine \_\_a\_\_ are the best overall leg exercise. However the \_\_b\_\_ machine places less stress on the lower \_\_c\_\_ and \_\_d\_\_ than squats.

Chin ups are great for working the \_\_e\_\_, \_\_f\_\_ and \_\_g\_\_.

Question 3

Discuss four benefits of joining a gymnasium. (4)

Question 4

- a) What will the guidance be from the instructor to first time gym users? (2)
- b) Why should one always warm up and for how long before an exercise routine. (2)
- c) What should happen after a vigorous workout? (2)
- d) How does one avoid dehydration? (1)
- e) Explain how one would exercise all muscle groups. (2)