

GRADE 8 | 2024

Grade 8 Life Orientation Practice Exam

Life Orientation

CAPS ALIGNED

GRADE 8 LIFE ORIENTATION PRACTICE EXAMINATION

Time: 2 hours

Marks: 100

INSTRUCTIONS:

- Answer ALL questions in the spaces provided.
- Show ALL working for full marks.
- Write neatly and clearly.
- This paper consists of multiple sections.

SECTION 1: PERSONAL DEVELOPMENT**Question 1.1 (6 marks)**

Explain what a SMART goal is. Write your own SMART goal related to your schoolwork.

Question 1.2 (6 marks)

Name and briefly explain THREE healthy stress management strategies.

Question 1.3 (4 marks)

What is the difference between self-image and self-esteem?

SECTION 2: SOCIAL ISSUES AND HUMAN RIGHTS**Question 2.1 (5 marks)**

Name FIVE rights that are protected in South Africa's Bill of Rights.

Question 2.2 (6 marks)

How is HIV transmitted? Name THREE ways.

Question 2.3 (6 marks)

What is peer pressure? Describe THREE strategies you can use to deal with negative peer pressure.

TOTAL: 33 marks