

Life Skills
Assessment Task Term 2
Grade 3

Name and Surname: _____

Date: _____

Content Areas		Marks
1. Beginning Knowledge and Personal and Social Wellbeing	40	
2. Creative Arts	20	
3. Physical Education	30	
Total	90	

Beginning Knowledge

Total: ___/20

QUESTION I: Healthy eating habits

1.1. Write the names of the correct food in the blocks of the different groups. (8)

bread

milk

bananas

cheese

pasta

grapes

yogurt

chicken

Carbohydrates	Proteins	Vitamins and minerals	Fats

1.2 Complete the sentences by writing the correct word in the correct sentence.

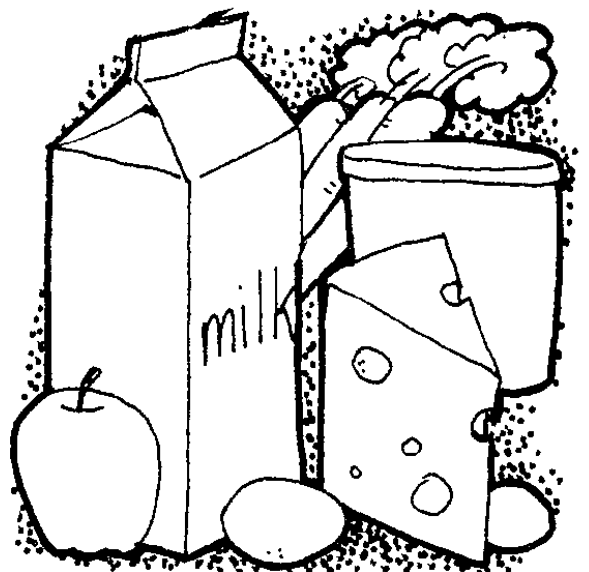
heat

Protein

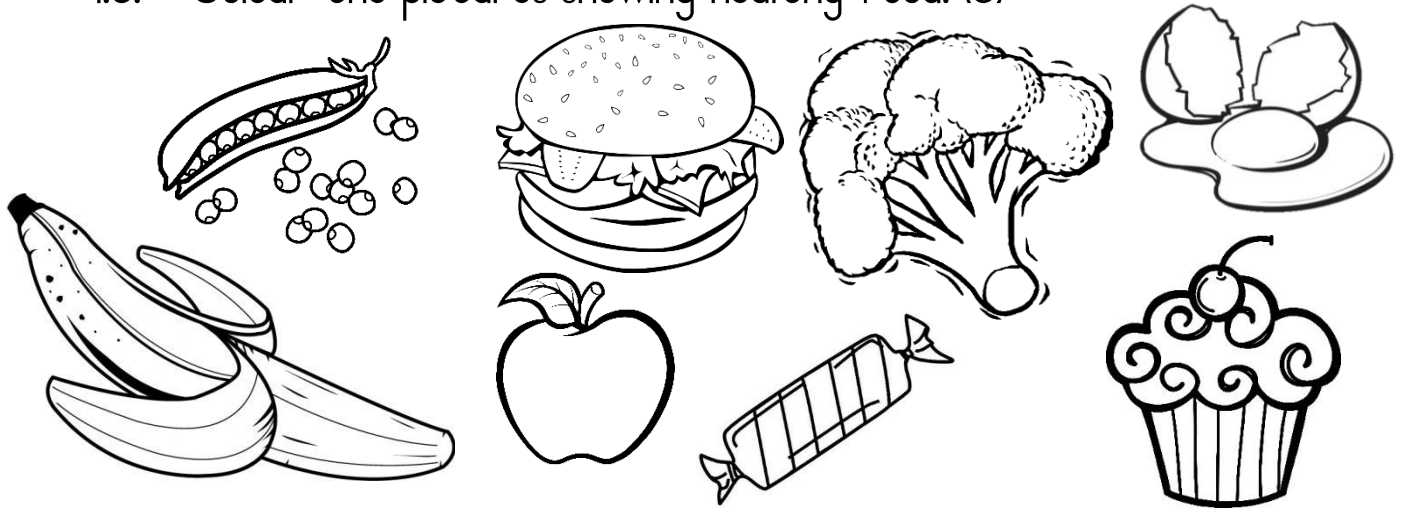
infection

energy

- _____ build new cells to help our bodies grow.
- Vitamins and minerals help our bodies to fight _____ and to stay healthy.
- Carbohydrates give us _____.
- We need fats for _____ and energy.

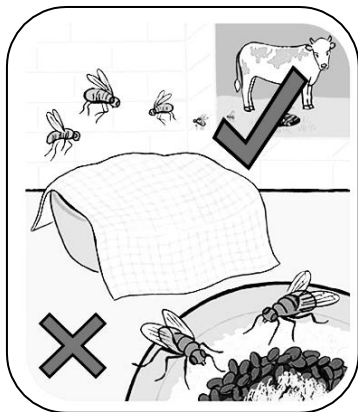


1.3. Colour the pictures showing healthy food. (5)



1.4. Look at the three pictures. Write down the rules for healthy eating. (3)







Personal and Social Well - being

Total: 20

Question 1 - Insects

1.1. Name the body parts of the ant by using the words in the blocks. ($6 \div 2 = 3$)

leg

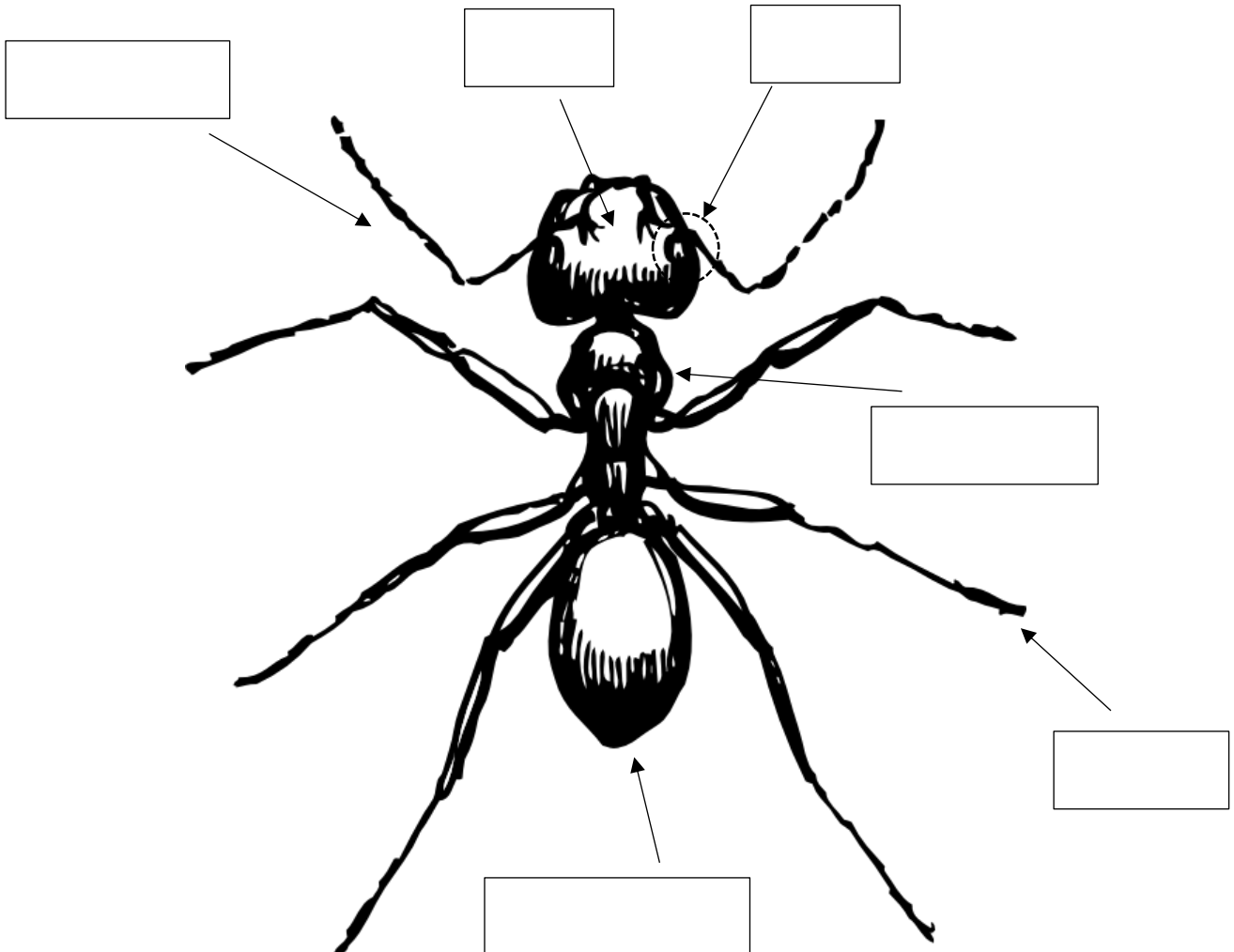
antenna

eye

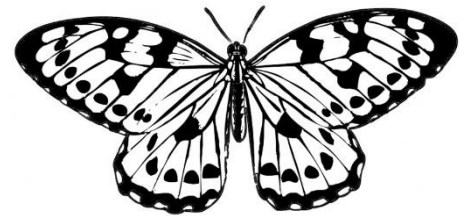
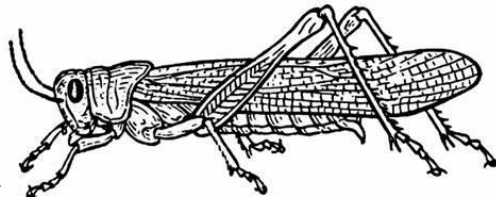
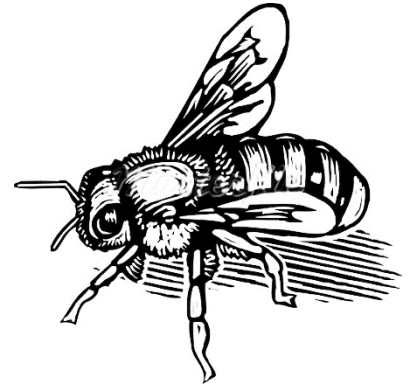
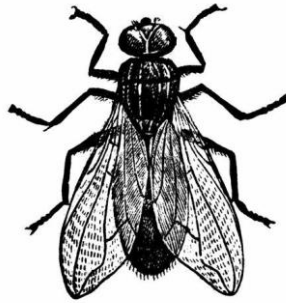
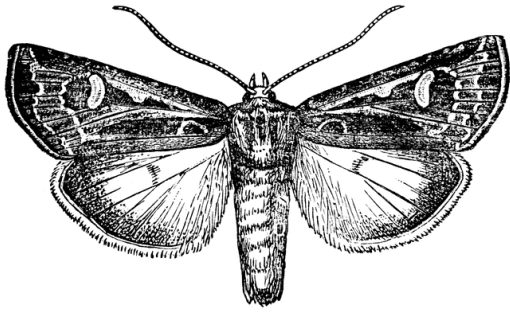
head

lower body

upper body



1.2. Name the insects. ($6 \div 2 = 3$)



1.3. Answer the questions:

($4 \div 2 = 2$)

a. Which insect makes honey? _____

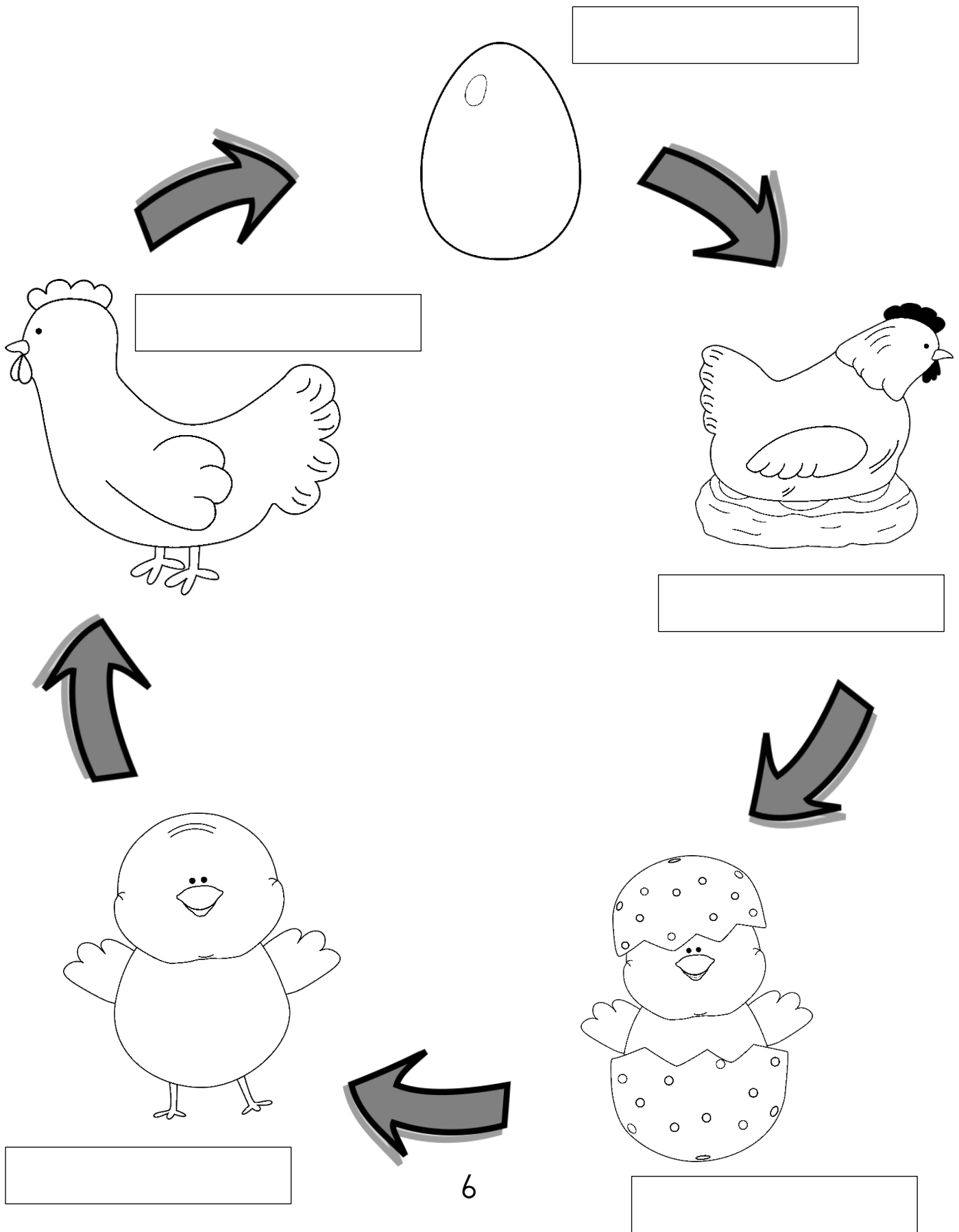
b. Which insect pollinates flowers? _____

c. Which insect spreads malaria? _____

d. Which insect eats the crops of farmers? _____

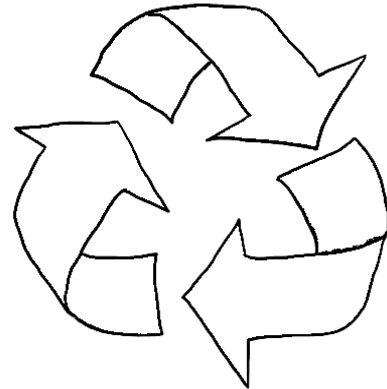
Question 2: Life cycle

2.1. Complete the life cycle of a chicken. (5)



Question 3 - Recycling

3.1. What does the emblem in the picture represent? ($\frac{1}{2}$)



3.2. Write the words to the sentence that describes it correctly. Use a ruler to draw the lines. ($3 \times \frac{1}{2} = 1\frac{1}{2}$)

Re-use		We need to find ways of using paper, bottles and tins.
Reduce		We must re-use as many things as possible before we throw it away.
Recycle		We should reduce our littering.

3.3. Name 4 materials that we can recycle. ($4 \div 2 = 2$)

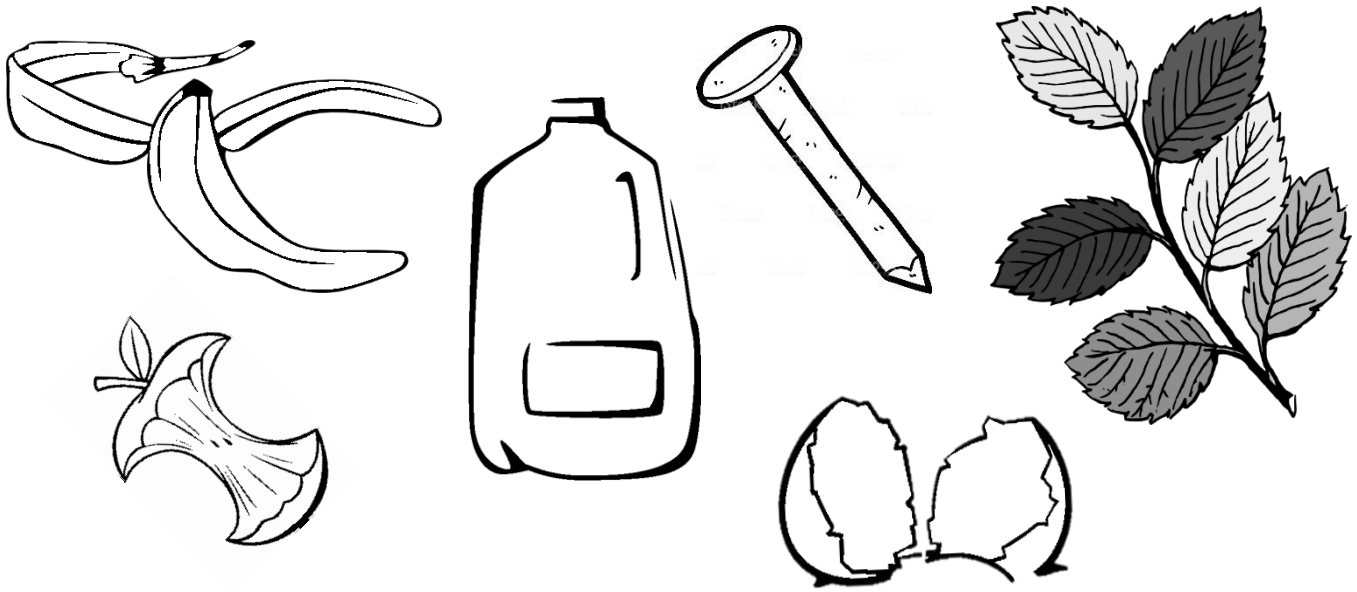
1. _____

2. _____

3. _____

4. _____

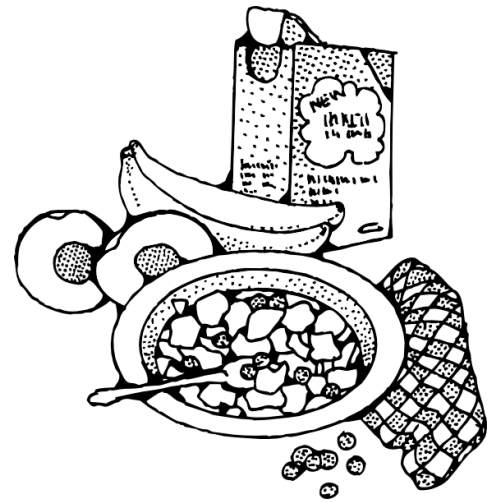
3.4. Colour the pictures of the things that can rot. ($4 \div 2 = 2$)



Rubric: Personal and Social Well-being		Marks
Question 1.1. Insects - Name the body parts of an ant.	3	
Question 1.2. Name the insects.	3	
Question 1.3. Answer the questions about insects.	2	
Question 2.1. Complete the lifecycle of a chicken.	5	
Question 3.1. Recycling: What does the emblem mean?	$\frac{1}{2}$	
Question 3.2. Write the words to the sentence describing it.	$1\frac{1}{2}$	
Question 3.3. Name 4 materials that can be recycle.	2	
Question 3.4. Colour the pictures of things that can rot.	2	
Total	____/20	

Creative Arts

- Visual art -



2D-shapes: Healthy eating habits

Task:

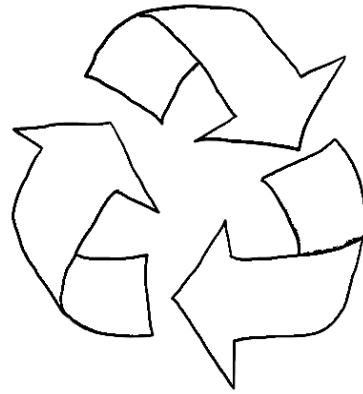
Make a colourful poster to explain the five food groups. Use pictures or drawings. Remember your headings for every food group.

You will be marked according to the following rubric.

Rubric: Visual Arts - Healthy eating habits : Poster				
1	2	3	4	5
Poster image of food groups, but it is very unclear. The poster is rushed, unclear and information is limited.	The poster image of food groups, but the groups were not properly defined. Headings not clear. Layout is unclear and difficult to read information.	Poster image of food groups, but the groups were not properly defined. Headings unclear. Poster seems to be a little chased and unfinished.	Poster shows 5 food groups and are clearly named. Food groups defined in one /two sentences. Pictures/drawings are neat, clear and are applicable to relevant food groups. Good work.	Poster depicts all elements of food groups as well as additional information. Each food group is clearly described with the correct heading. Good pictures/ drawings. Creative, neat and rounded off.
Marks: _____ / 5		Marks out of 10 (5 x 2) = _____/10		

Creative Arts

- Performing Arts -



Improvise and interpret- Recycling

Task: Perform a classroom drama in groups.

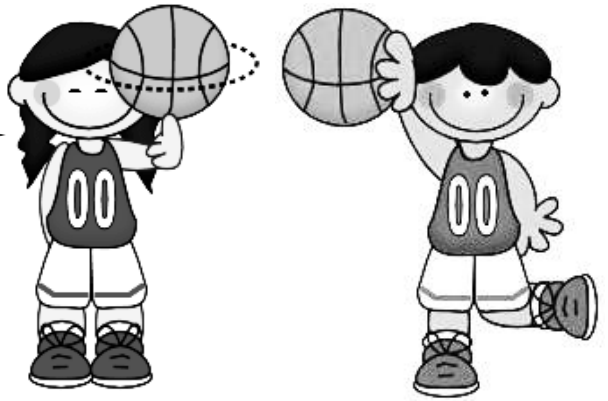
The theme of the drama is "Recycling".

Each group must portray their own story.

You will be marked according to the following rubric:

Criteria	1	2	3	4	5
1. Participation: Learner actively participates by making a contribution towards the planning of the play.					
2. Enjoyment: Learner enjoys participating in creative activities and collaborating in the group.					
3. Contents: Applicable to the given theme.					
4. The learner speaks loud and clear.					
Total : 20	_____/20				
Marks out of 10	$20 \div 2 = \text{___}/10$				

Physical Education Activity 1



Activity 1: Co-ordination

Rotate between the 5 stations set up by teacher. When the whistle blows, move to the next station.

- Station 1:
Basketball: Bounce the ball on the ground while running in a zigzag pattern.
- Station 2:
Hockey: Use the hockey stick to move the ball towards the goal line.
- Station 3:
Netball: Bounce the ball between you and a friend while running.
- Station 4:
Rugby: Run with the ball and pass it on.
- Station 5:
Soccer: Dribble the ball to the goal line.



You will be marked to the following rubric:

Rubric: Physical Education - Activity 1	1	2	3	4
	Need help	Partially	Good	Outstanding
1. Station 1: Basketball: Bounce the ball while running in a zigzag pattern.				
2. Station 2: Hockey: Use the hockey stick to move the ball towards the goal line.				
3. Station 3: Netball: Bounce the ball between you and a friend while running.				
4. Station 4: Rugby: Run with the ball and pass it on.				
5. Station 5: Soccer: Dribble the ball to the goal line.				
Total				___/20



Physical Education Activity 2

Activity 2 - Movement

Task: Imitate the movements.

- Jump like a frog.
- Gallop like a horse.
- Hop like a bunny.
- Waggle like a duck.
- Fly like a bee.
- Hop like a kangaroo.
- Fly like a bird.
- Run like a cheetah.
- Swim like a seal.
- Walk like a crab.



Rubric: Physical Education - Activity 2		Marks
The learner was able to do the following.		
1. Jump like a frog.		
2. Gallop like a horse.		
3. Hop like a bunny.		
4. Waggle like a duck.		
5. Fly like a bee.		
6. Hop like a kangaroo.		
7. Fly like a bird.		
8. Run like a cheetah.		
9. Swim like a seal.		
10. Walk like a crab.		
Total		____/10