

Life skills  
Assessment Term 2  
Grade 1

Name and surname: \_\_\_\_\_

Date: \_\_\_\_\_

Content area		Mark
1. Beginning knowledge and Personal and social well-being	40	
2. Creative arts	20	
3. Physical Education	30	
Total	90	

# Beginning knowledge

## QUESTION 1 - My family

1.1. Answer the following question regarding your family. (4)



a. Who lives with you in your house?

\_\_\_\_\_

b. Who is the oldest in your house? \_\_\_\_\_

c. Who is the youngest in your house? \_\_\_\_\_

d. What tasks do you have to complete at home?

\_\_\_\_\_  
\_\_\_\_\_

1.2. Read the questions and then colour in yes or no. (4)

a. I like helping at home.

yes

no

b. I fight with my brother or sister.

yes

no

c. My family loves me.

yes

no

d. I have my own tasks that I do at home.

yes

no

1.3. Family members should love one another and take care of each other. Use the words in the blocks and complete the sentences. (4)

friendly

help

tasks

responsible

- We must \_\_\_\_\_ each other.
- We must be \_\_\_\_\_ towards each other.
- We must complete our \_\_\_\_\_ at home.
- We must be \_\_\_\_\_.

## QUESTION 2 - Safety in and around the home

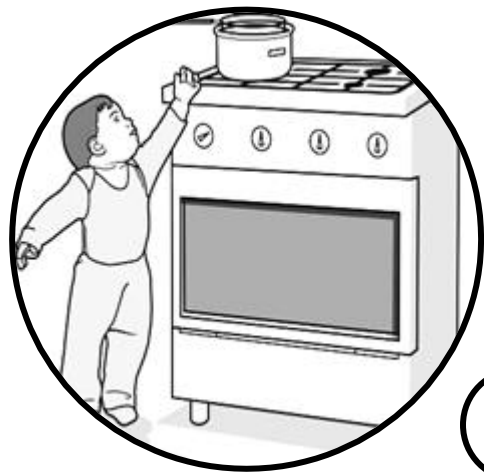
2.1. True or false? Colour in the correct block.

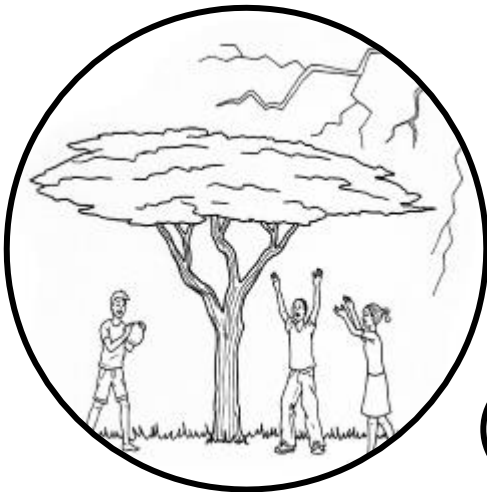
$$(8 \div 2 = 4)$$

	true	false
1. It is safe to leave sharp knives lying around.		
2. Turn handles of pots and pans to the back of the stove.		
3. Do not share your toothbrush with anyone else.		
4. Stand under a tree if there is a storm.		
5. Don't play near a swimming pool if there is no adult supervision.		
6. You can play with paraffin and poisonous materials.		
7. Ask your mom or dad to fix a broken electrical cord.		
8. It is safe to play near a swimming pool.		

2.2. Make a (√) next to the pictures that show a safe situation and a (X) next to the pictures showing an unsafe situation. (4)









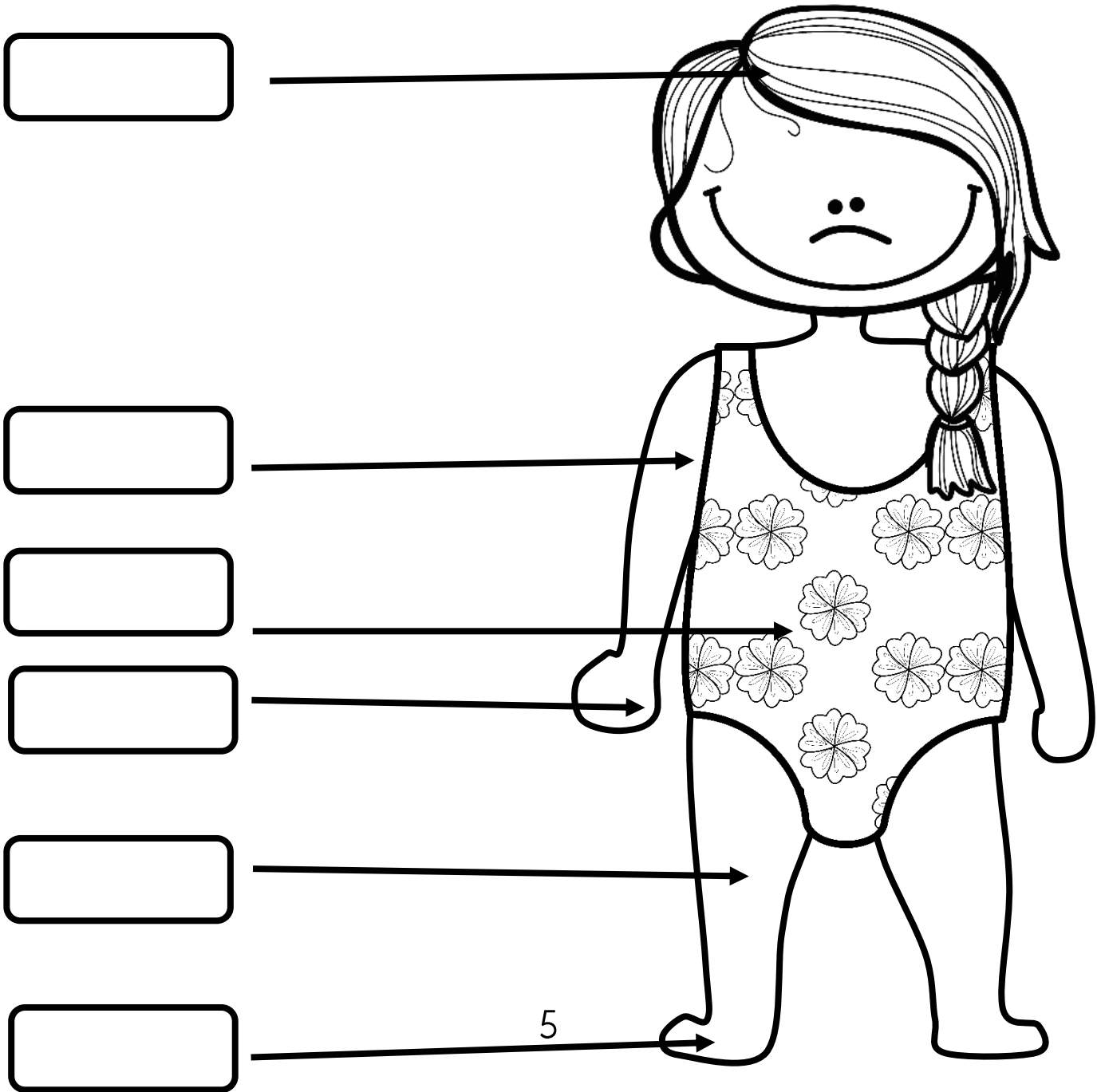

Rubric: Beginning knowledge		Mark
Question 1 - My family	12	
Question 2 - Safety in and around the home	8	
Total	____/20	

# Personal and Social well-being

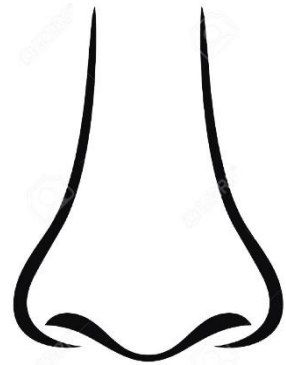
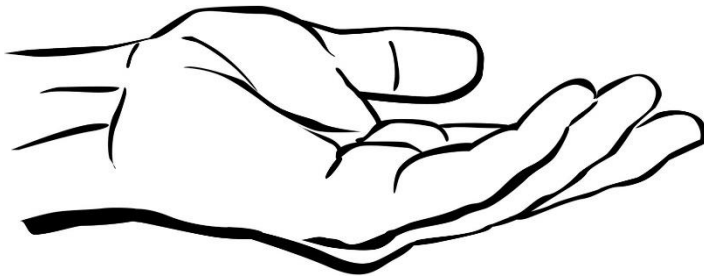
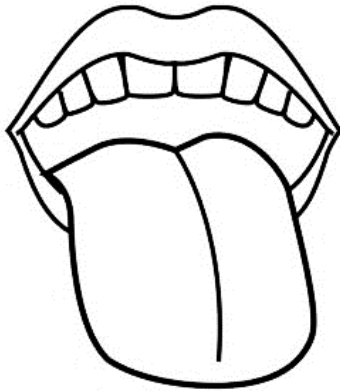
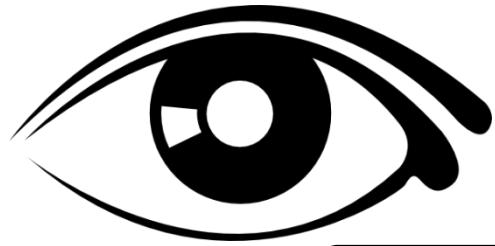
## QUESTION I - My body

I.I. Match the word in the blocks to the correct space on the picture. (6÷2 =3)

- leg
- hand
- foot
- arm
- head
- stomach



1.2. Study the pictures and write down the senses for each body part. (5)



1.3. Give examples of:

(2 ÷ 2 = 1)

a. What can you taste? \_\_\_\_\_

b. What can you smell? \_\_\_\_\_

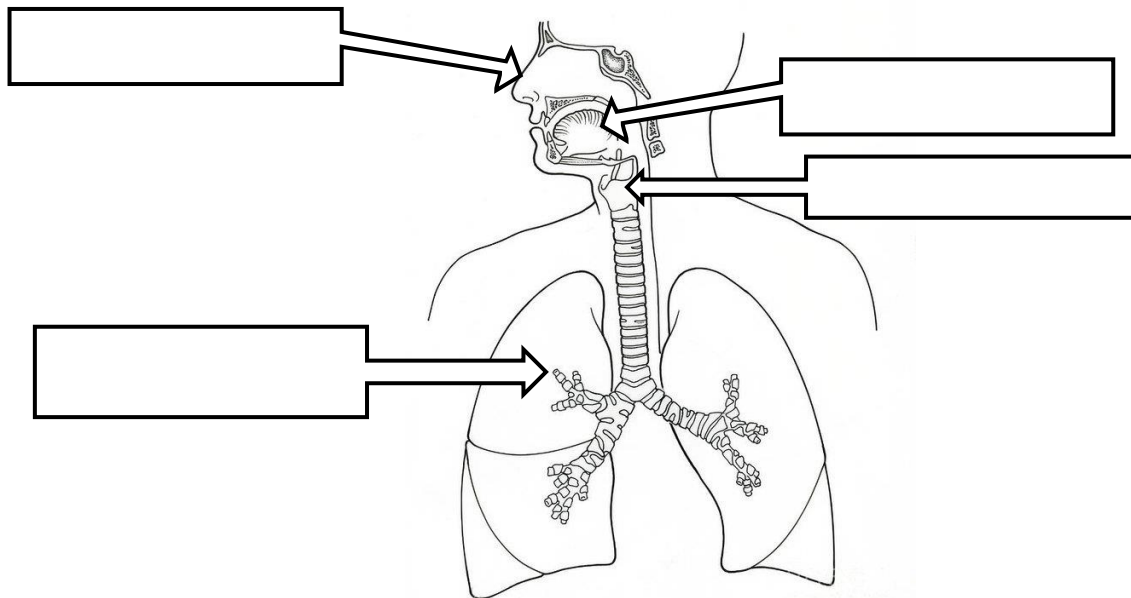
1.4. Use the words in the blocks to name your respiratory system (parts that help you to breath). ( $4 \div 2 = 2$ )

mouth

lung

throat

nose



### QUESTION 2 - Keep my body safe

2.1. Is it acceptable? Write yes or no. ( $6 \div 2 = 3$ )

a. If someone that loves me gives me a hug? \_\_\_\_\_

b. Someone scary wants to hug me. \_\_\_\_\_

c. Don't worry, it's just a tickle! \_\_\_\_\_

d. You look so pretty, I love you so much. \_\_\_\_\_

e. Stop screaming! You are too old for that. \_\_\_\_\_

f. Don't tell anyone, it is our secret. \_\_\_\_\_

2.2. Study the pictures and write down how you can keep your body healthy. (4 ÷ 2 = 2)



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2.3. True or false? Colour in the correct block. ( $4 \div 2 = 2$ )

	true	false
1. We must cover our mouth when we sneeze or cough.		
2. It is safe to touch someone else's blood.		
3. Wash fruit and vegetables before eating it.		
4. It is safe to drink water from a pool on the ground.		

2.4. Some water sources are dirty and we must first clean the water to make it safe to drink. Name 3 ways in which we can make water safe to drink. (3)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Rubric: Personal and Social Well-being		Mark
1.1. Name the parts of the body.	3	
1.2. Name the senses	5	
1.3. What can you taste and smell?	1	
1.4. Name the parts that help us breath	2	
2.1. Yes and no feelings	2	
2.2 How do I keep my body healthy?	2	
2.3. True or false	2	
2.4. How can I make water safe to drink?	3	
Total		____/20

Total: Section I - Beginning knowledge and Personal and Social Well-being		Mark
1. Beginning knowledge	20	
2. Personal and Social Well-being	20	
Total		____/40

Creative arts  
- Performing arts -

Activity: Improvise and interpret

Assignment:

Practice the following poem and recite it to your class with feeling and gestures.

Mommy cooks the food.  
Daddy washes dishes. My  
brother and I help Mommy  
and Daddy. We help a lot.  
We put the milk and bread  
away. Then we are ready  
for bed. Please tell us a  
story!



Rubric - Recital of poem		Mark				
		5	4	3	2	1
1.	Speaking: Tone and pace	5	4	3	2	1
2.	Correct grammar and sentence structure.	5	4	3	2	1
3.	Eye contact and preparation	5	4	3	2	1
4.	Ability to interest learners and confidence.	5	4	3	2	1
Total		/20				
Amended mark (20 ÷ 2 = 10)		___/10				

# Creative arts

## - Visual arts -

### Assignment:

Draw your family where you are busy performing a task at home, write down a sentence explaining what you are doing.



You will be marked according to the following rubric:

Rubric – Visual arts	1	2	3	4
	Needs help	Adequate	Substantial	Outstanding
1. The learner's art is full of colour.				
2. The learner successfully showed his / her family.				
3. The learner successfully showed the family performing a task.				
4. Was the learner creative?				
5. Did the learner write down a sentence to explain what they were doing?				
Total				___/20
Amended mark (20 ÷ 2 = 10)				___/10

# My family

Sentence: \_\_\_\_\_

\_\_\_\_\_

# Physical Education Activity I



## Activity I - Movement

### Assignment:

We will play "Simon says". Look at the movements that your teacher is making and copy her.

Rubric: Physical Education & Activity I	1	2	3	4
	Needs help	Adequate	Substantial	Outstanding
1. Learner can perform different movements.				
2. Listening skills - learner listens to assignments and takes part.				
3. The learner enjoys taking part and is enthusiastic.				
4. The learner shows respect towards the teacher presenting the activity.				
5. The learner shows respect towards his / her fellow classmates.				
Total	___/20			

## Physical Education Activity 2



### Activity 2 - Ball skills

#### Assignment:

- Stand in a circle.
- Throw the ball to the opposite person.
- Pass the ball to your friend over your head.
- Pass the ball to your friend between your legs.
- Break into groups of two, stand a few steps away from each other.
- Throw the ball to your friend, catch the ball when your friend throws it.
- Bounce the ball for your friend to catch, catch the ball when your friend bounces it.

Rubric: Physical Education - Activity 2		Mark
1. Did the learner pass the ball in the circle?	2	
2. Did the learner pass the ball over his / her head?	2	
3. Did the learner pass the ball between his / her legs?	2	
4. Could the learner throw and catch the ball?	2	
5. Could the learner bounce and catch the ball?	2	
	Total	____/10