

Life skills
Grade I Assessment task
Term 3

Name and Surname: _____

Date: _____

MEMORANDUM

Rubric Assessment task		
1. Beginning Knowledge	10	
2. Personal and Social Well-being	35	
3. Creative Arts	35	
4. Physical Education	20	
Total	100	

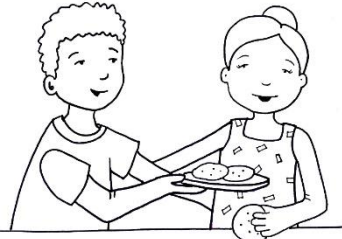
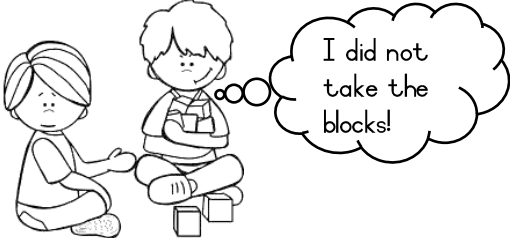
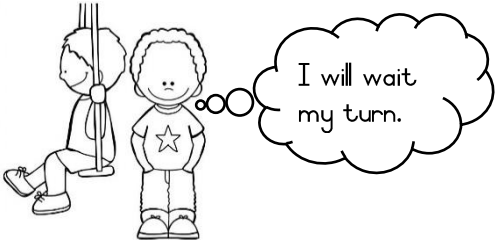

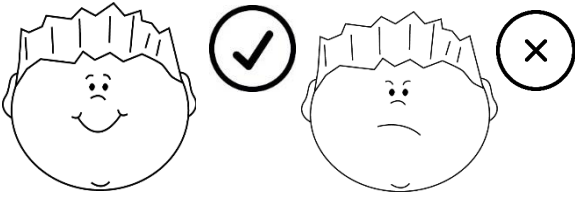
Activity 1

Beginning Knowledge

Marks: 10

1.1. Manners

Look at the pictures below and write down the manners you see in each picture.

	I share with my friend.
	It is wrong to tell a lie. Always tell the truth.
	Wait for your turn.
	Greet people.
	Be friendly.

1.2. Responsibilities

Match the pictures with their correct responsibility by drawing a line with a ruler.



I show my family that I love them.

I help setting the table.

I play nicely with my friends and I respect their toys.

I help to clean the house.

I help my mother to wash the dishes.


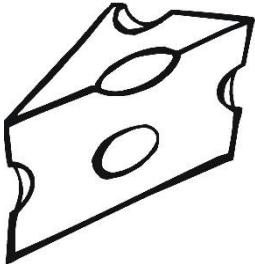
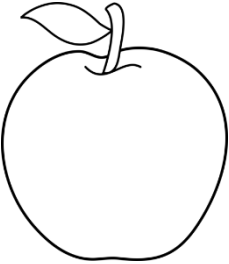

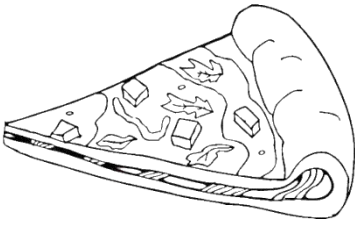

Activity 2

Personal and Social Well-being

Marks: 20

2.1. a) Food – Healthy and unhealthy food

Color in the if the food is healthy OR color in the if the food is unhealthy.

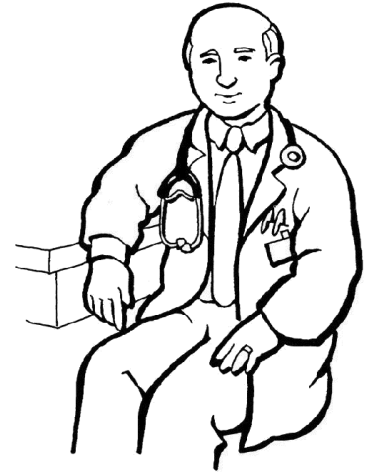
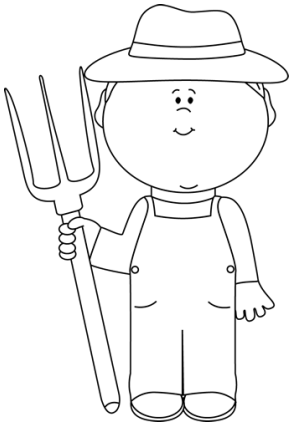
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Total: _____ / 5

2.2. My community

a) Write the names in the box at the correct picture.

Doctor	Fireman	Policeman	Nurse	Farmer	Florist
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Farmer

Fireman

Doctor





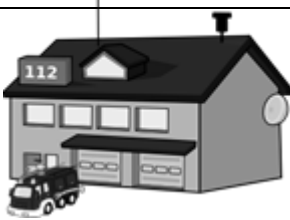
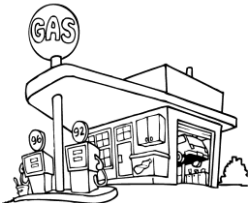
Florist

Policeman

Nurse

Total: _____ / 6

b) Write the names of the places in my community.

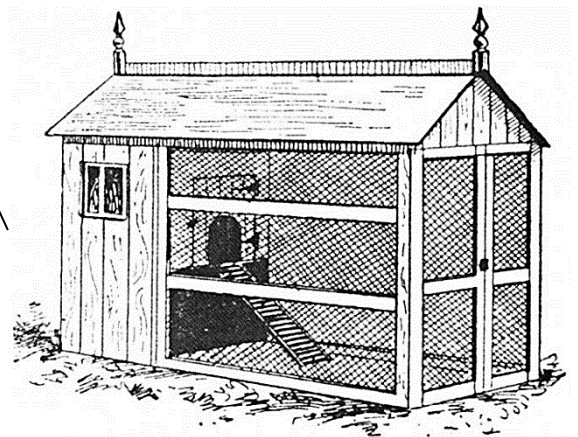
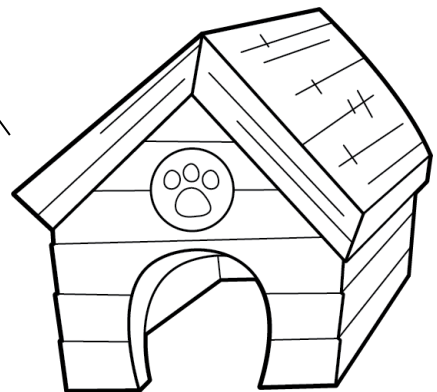
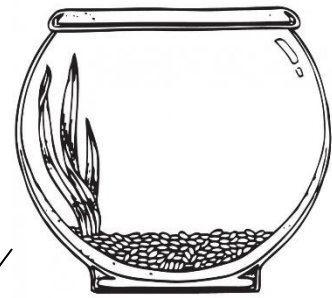
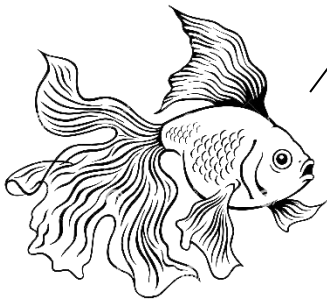
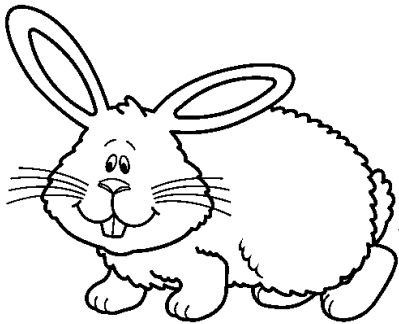
			
Hospital	Police station	Fire station	Gas station

5

Total: _____ / 4

2.3. Pets

a) Match the pets with their shelters



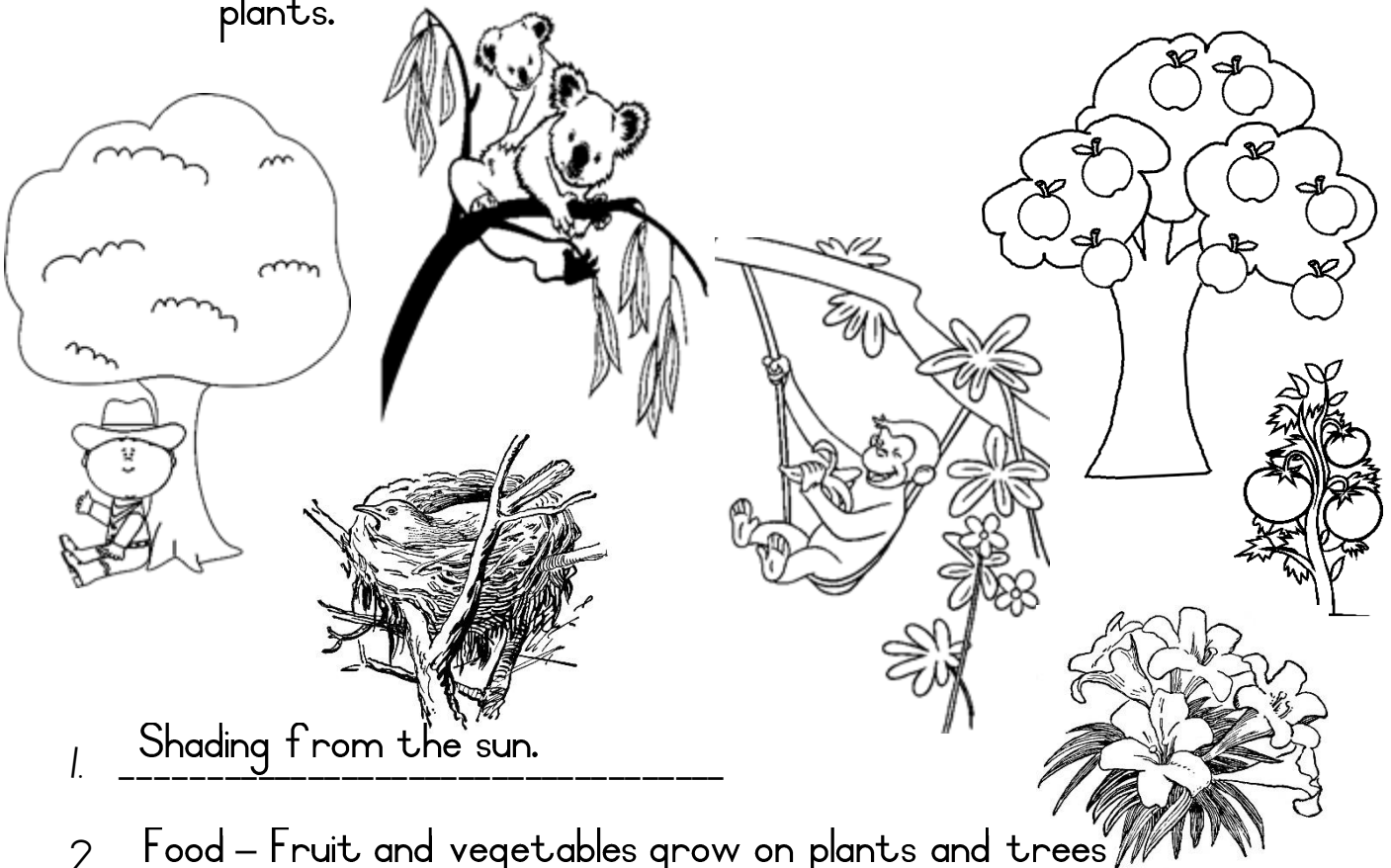
b) Is the following statements true or false?

- a) It is not good manners to tease an animal. True
- b) A cat lives in a doghouse. False
- c) A parrot lives in a bird cage. True
- d) A fish can live on dry land. False
- e) A pet is a man's best friend. True
- f) You do not have to take care of your pet and give the food, water and love. False

Total: _____ / 6

2.4. Plants

a) Look at the pictures and write 3 reasons why we need plants.



1. Shading from the sun.

2. Food – Fruit and vegetables grow on plants and trees

3. We get beautiful flowers from plants.

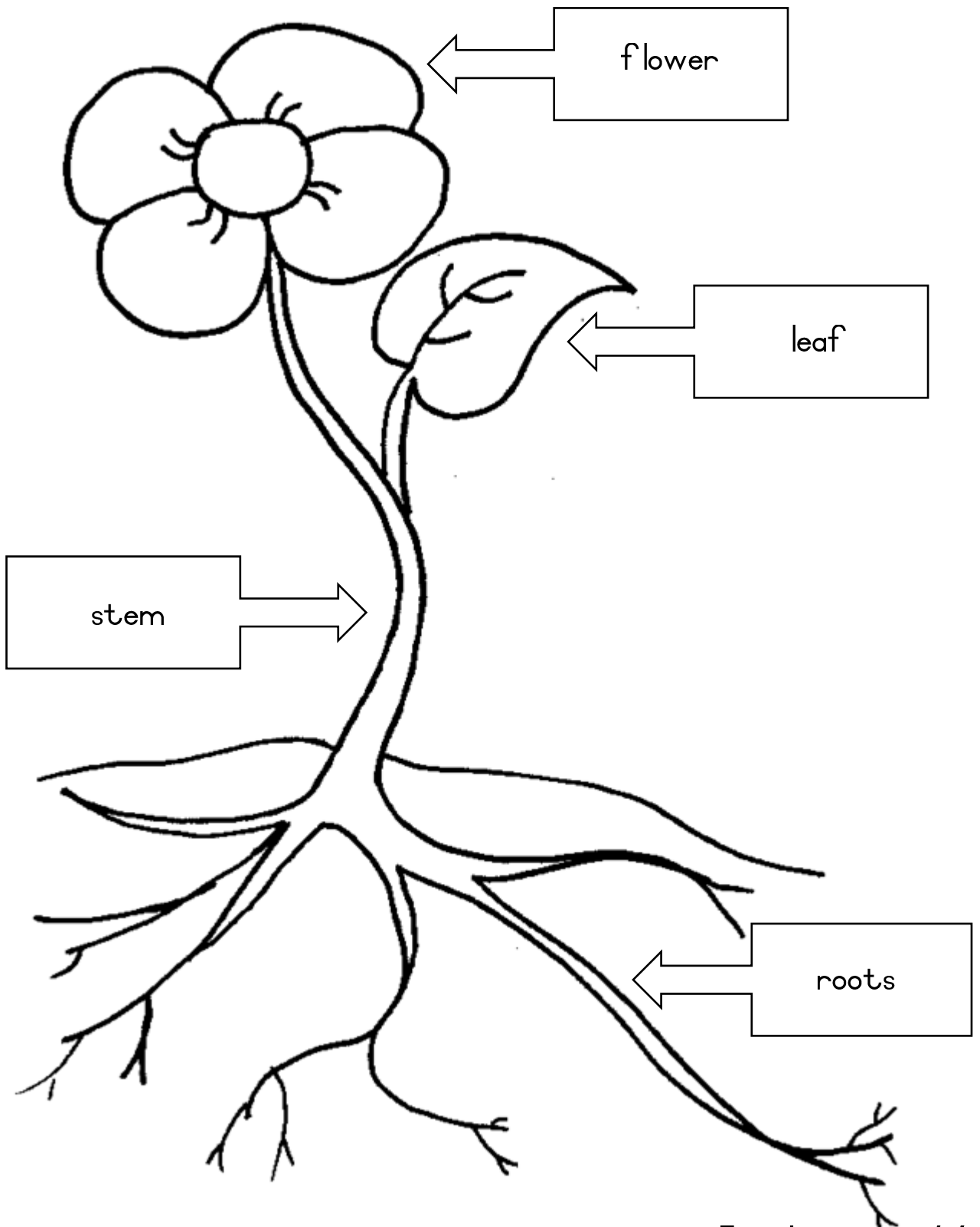
Animals lives in trees.

7

Total: _____ / 3

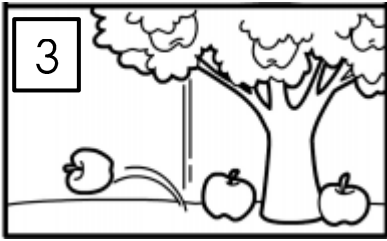
b) Use the words in the box and name the parts of the flower.

roots	flower	leaf	stem
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Total: _____ / 4

c) Number the pictures in the correct order.



Total: _____ / 3

Rubric Personal and Social Well-being		
1. Food	5	
2. My Community	10	
3. Pets	10	
4. Plants	10	
Total	35	

Activity 3

Creative arts

Marks: Performing arts and Visual arts = 35

3.1. Performing arts – Improvise and Interpret

Roleplay

Learners have to work in pairs of 2. They must create a story to explain what **good manners** is.

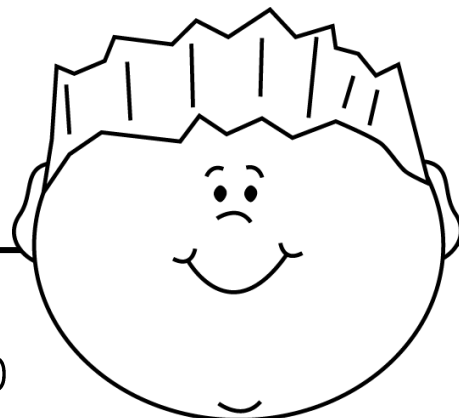
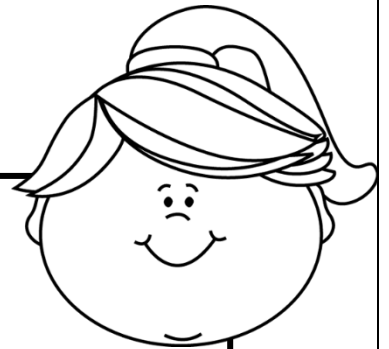
Example:

John: Come play with me David. I have brought my new ball to school.

David: That sounds fun. Let's see who can kick the ball the furthest.

John: Look! Brian is sitting alone. Let's ask him to come play with us.

David: Yes, let's ask him!



Rubric – Performing arts	5	4	3	2	1
1. Participation: Learner actively participates and makes a contribution to the planning of the roleplay.	5	4	3	2	1
2. Enjoyment: The learner enjoys participating in the creative activity and gives his cooperation.	5	4	3	2	1
3. Content: The roleplay is applicable to the topic "good manners"	5	4	3	2	1
Total	____/15				

3.2. Visual arts – Create in 2D

Assignment:

Draw and paint: "People who help me"

- Use A3 paper and acrylic paint.
- Learners draw and paint the theme: "People who help me".
- Learners must also paint the background and draw detail.
- Explain that objects that are far away should be smaller and the color duller.
- Explain that objects which are near are bigger and clearer.
- Encourage learners to fill the entire picture.



Rubric – Visual arts		
1. The learner kept to the topic: "People who help me."	5	
2. The learner was creative.	5	
3. Did the learner make the objects which is far away smaller and objects which are near larger?	5	
4. Did the learner make the objects which is far away duller and objects which are near more clearly?	5	
Total	20	



Activity 4

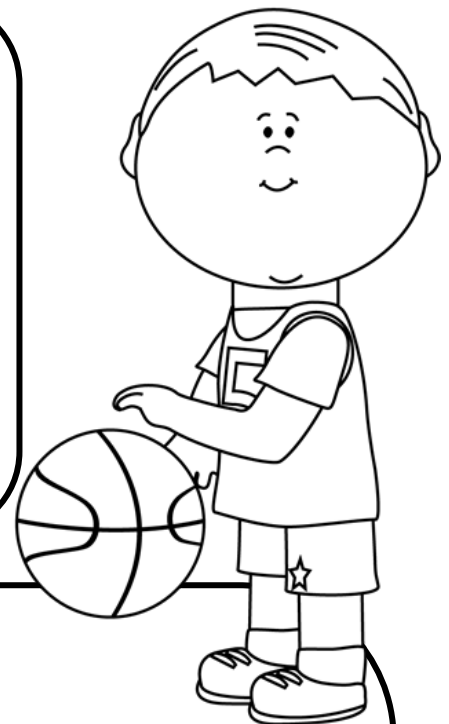
Physical Education

Marks: 10

Purpose of activity – Coordination and Perceptual Motor

Resources needed:

- Empty container or trash can.
- A tennis ball
- A bean bag
- A rugby ball
- A netball ball



Instructions

- Divide into teams. Each team is in a row.
- Place a trash can or empty container about five steps away from the team.
- The first assignment is that the learners should try to throw the different balls with **ONE HAND**.
- The learner in front of the line throws the item into the container, runs to get the ball and hands it to the next learner in the line.
- If you miss, try again and try again. Each learner must throw the tennis ball, bean bag, rugby ball and netball ball.
- The second assignment is: The learners must now throw the items with **TWO HANDS** in the container. Each learner must throw tennis ball, bean bag, rugby ball and netball ball with two hands.
- Everybody in the team gets a turn. The first team who finish is the winning team.

Rubric – Physical Education		
1. The learner was capable to throw the tennis ball in the container with ONE HAND.	2	
2. The learner was capable to throw the netball ball in the container with ONE HAND.	2	
3. The learner was capable to throw the rugby ball in the container with ONE HAND.	2	
4. The learner was capable to throw the bean bag in the container with ONE HAND.	2	
5. The learner was capable to throw the tennis ball in the container with TWO HAND.	2	
6. The learner was capable to throw the netball ball in the container with TWO HAND.	2	
7. The learner was capable to throw the rugby ball in the container with TWO HAND.	2	
8. The learner was capable to throw the bean bag in the container with TWO HAND.	2	
9. The learner waited his turn and followed the instructions.	2	
10. The learner was enthusiastic about the activity and gave his best.	2	
Total	20	