





## Personal & Social Well-being & P.E. (Life Skills 1) – Grade 4

Welcome to your Conquesta Olympiad. When you have decided which of the answers is correct, scratch out the letter in the matching square on your answer sheet. Example:- If the answer to question 4 is c, then scratch out the letter c in the square containing c next to the number 4 (see example 1 below). If you've made a mistake and b should have been the answer, neatly cross out the mistake and then scratch out b (see example 2 below).

Example 1:- 4. a b  d

Example 2:- 4. a   d

### Self-development

We get to know ourselves through the eyes of our friends, with whom we interact. They make us aware of our strengths and weaknesses. The language we speak, and the body language we use, helps us to communicate through gestures, words and sounds. Your friends will let you know what they think of you, by the way they act towards you. That is why it is important to observe good role models, as you want to set a good example of behaviour.

Read the extract on the right for questions 1 – 13.

1. **Select the word below that describes a positive strength.**  
(a) Undisciplined. (b) Jealous. (c) Caring. (d) Unsupportive.

2. **Select the statement below that describes a weakness.**

- (a) Brag about your talents.  
(b) Having good communication.  
(c) Support your friend.  
(d) Interpret body language correctly.



3. **You can improve your character by .....**  
(a) knowing your weaknesses and strengths.  
(b) focusing only on your strengths.  
(c) ignoring your weaknesses.  
(d) changing your character to please everyone.

4. **What is friendship?**

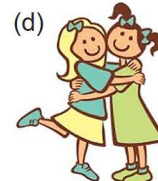
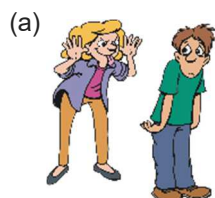
- (a) Having fun.  
(b) Keeping pets.  
(c) Playing sport.  
(d) A connection between two or more people.



5. **A positive understanding of who you are leads to .....**  
(a) a negative personality. (b) a healthy personality.  
(c) negative talk about yourself. (d) peer pressure.

6. **To maintain a good friendship ..... is very important.**  
(a) money (b) television (c) communication (d) people

7. **Look at the pictures below and select the one that shows a positive friendship.**



8. **My family member is my role model because he / she inspires me to .....**

- (a) be unfriendly towards people I do not like. (b) be the best I can be.  
(c) ignore other people to get what I want. (d) be lazy at school.

### What is a role model?

A role model is a person who inspires us through their behaviour and their achievements. It does not have to be a famous person, but it can be members of your family who inspire you. Sportsmen and women often become role models for young people, as they have a great influence on what young people see as values (the standards by which they live their lives), how they feel about education, their discipline when training and on their career goals. For some young people it may feel as though they are watching a real-life superhero on a mission to perform incredible deeds.

- A good sports role model is **enthusiastic**. They enjoy their sport and are excited about being a role model. A good sports role model also shows values of **sportsmanship** and **humbleness**. They make a commitment to **behaving responsibly** in a way that shows their personal integrity.
- A good role model is **active in their community**. They have a positive effect on others.
- A good sportsman promotes **health** and displays it. They show they can have fun while balancing a healthy and tough training lifestyle.
- They encourage a **healthy relationship between education and physical activities**.

By following the successes of your role model you will be inspired to improve your weaknesses and build on your strengths.



400 m Olympic champion and world-record holder, Wayde van Niekerk, walked away with the Sportsperson of the Year award. His coach, Anna Botha, received the award for Coach of the Year. (Image: [www.waydevanniekerk.com](http://www.waydevanniekerk.com))

9. **The athlete, Wayde van Niekerk, is a good role model because he .....**

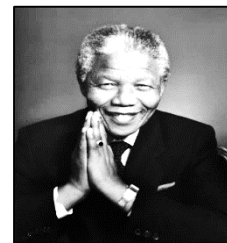
- (a) shows off to the world.  
(b) often appears on television to talk about himself.  
(c) has a balance between education and physical commitments.  
(d) enjoys junk food.

Match up the names of the role models in (a) – (d) to questions 10 – 13.

(a) Nelson Mandela. (b) Your teacher. (c) Your best friend. (d) Your sports coach.

10. Who supports you when you need someone to help you get through a sad time?
11. Who encourages you when you struggle to throw the ball through the hoop?

12. Who was the best president of the South African people?
13. Who acts responsibly by setting a good example of behaviour?



Read the extract on the right for questions 14 – 18.

14. Why should you change your underclothes every day?
- (a) To not catch a cold.  
(b) To not spread germs to the rest of your body.  
(c) To be fashionable.  
(d) To stay warm.
15. If your hair is dirty, which of these might live in your hair? (a) Lice. (b) Mosquitoes. (c) Ticks. (d) Larva.
16. If you compare yourself to others it will .....
- (a) make you unhappy.  
(b) develop your confidence.  
(c) boost your self-esteem.  
(d) improve your Maths marks.
17. Enough rest for your body means that you must sleep for at least .....
- (a) 5 hours. (b) 6 hours.  
(c) 7 hours. (d) 8 hours.
18. What effect will taking substances such as drugs or alcohol have on your body?
- (a) You will be able to talk clearly and walk in a straight line.  
(b) Your personality will change negatively.  
(c) Your body will not become addicted to these substances.  
(d) Your body will not deteriorate.



### Respect your own and others' bodies

*We have all been created in unique ways. We look different from our friends; we think differently and we do activities differently. However, there is one thing that stays the same across the many differences – we all have a body. We need to respect our bodies, and those of others as it is the only body we will ever have. Do not take your body for granted by misusing it.*

Here are a few tips on how to respect your body:

- **Think positive thoughts** about your body. Appreciate the things you like about your body.
- Have a **healthy mind** by exercising your brain with challenging games.
- **Do not compare yourself to others.** We are all different and unique in our own ways.
- **Eat healthy food** to keep your body strong and flexible.
- **Avoid substances** such as drugs and alcohol that will harm your body.
- **Keep your body clean** by washing it every day. This includes brushing your teeth, and washing your hands after using the toilet.
- Give your body **health exercise** by participating in sports or going for a jog.
- Give your body **enough rest**.



Read the extract below and answer questions 19 – 22 as if you were in the same situations.

### Dealing with Conflict

*Conflict is a clash or disagreement of ideas between people. It creates a unpleasant and nasty feeling, which leaves you sad and unhappy. Conflict can sometimes last for a long time, but you must learn how to deal with it.*

*If there is conflict at home or at school, you need to try to solve the problem without shouting or crying. Here are 8 simple steps to help you:-*

- Find out **what** the problem is. Sometimes the problem is not clear and the person causing the conflict is just having a bad day.
- Give the person some **time to cool down** and think about the situation.
- Approach the **person directly** and not going to somebody else, to find out what he or she is thinking about the situation.
- **Own up** if you did something wrong and apologise.
- **Accept the end result** and walk away. Do not start with name calling or being nasty by saying hurtful things.
- **The after-effects can be hurtful** when you start thinking of what was said, but think about it and deal with your feelings.
- **Let it be.** Do not bring it up again. Look towards good memories in the future.
- **Stay friendly and polite.** Be the better person, and do not speak behind the person's back.

### F.R.I.E.N.D.S

Fight for you  
Respect you  
Include you  
Encourage you  
Need you  
Deserve you  
Stand by you



19. Fighting over the TV remote.
- (a) Use all your power and fight to get the remote.  
(b) Scream for help from a parent or caregiver.  
(c) Let the remote go and maintain a good relationship.  
(d) Smile sweetly and then pull his or her hair.
20. Someone teasing you.
- (a) Tease back in a nasty way.  
(b) Let it be and walk away.  
(c) Start name-calling.  
(d) Push them with force out of the way.



21. Friends fighting over you for your friendship.
- (a) Select the friend you like the most.  
(b) Be nasty to both friends and select a new friend.  
(c) Speak badly of the one friend to the other friend.  
(d) Give both friends time to cool off and then speak kindly to them.
22. People spreading rumours.
- (a) Approach the problem directly and talk it out.  
(b) Punch one another in the face.  
(c) Take a selfie of the fight and post it on the class group.  
(d) Cry and run to your teacher.

