



Personal & Social Well-being & P.E. (Life Skills 1) – Grade 6

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 ~~c~~ d

Example 2:- 4. a ~~b~~ ~~c~~ d

Self-development – Positive self-esteem and body image

Read the extract and answer questions 1 – 12.

- How do you maintain a positive self-esteem?**
 - Copy the self-esteem of the most successful learner in the class.
 - Follow a famous person and see what you can copy from him/her.
 - Believe in yourself and your own abilities.
 - Strive to change yourself.
- What can influence your self-esteem and body image negatively?**
 - You are perfect and nothing can influence you.
 - Media images and other outside influences.
 - Friends introduce you to the latest fitness powder.
 - Positive self-talk when you feel depressed.
- In the early stages of puberty, how can you change the idea that 'you are getting fat'?**
 - Gain knowledge and realise your muscles are becoming heavier.
 - Eat more healthy food types.
 - Go to the gym and work it off.
 - Go on a diet and cut out carbs.
- How can you prevent getting acne?**
 - Select to drink fizzy drinks rather than water.
 - Keep your face clean by washing it with natural soap.
 - Squeezing the pimples as they appear.
 - Let the sun dry the pimples out.
- What do you need to do before you 'snap at your friends and family'?**
 - Do not listen to what they have to say.
 - Interrupt them to voice your opinion.
 - Think before you speak.
 - Speak over their heads to make them look stupid.

Understanding and respecting body changes

Self-concept is linked to the way you see yourself. Your self-esteem (how you **feel** about yourself) is part of your self-concept. A positive self-esteem is when you believe in yourself and your abilities. This leads to better self-motivation in order to achieve your goals.

You need to understand that physical and emotional changes in your body will influence your self-concept and self-esteem. You should accept that **puberty** (the stage of your life when you become sexually aware) brings different responsibilities. Puberty starts in girls between the ages of 8 and 13 and in boys between 10 and 15. You think you are **getting fat**. No, your body changes shape, you gain more muscles and you become heavier. Everyone goes through it at their own pace. You may **snap at your friends and family** for no reason at all. While your body is changing physically, your mind is trying to adjust to all the new hormones and you will feel strong, confusing emotions. Respect the changes in your body as you notice them and do not comment on the changes taking place in your friends. Understanding what is going on to happen with your body, makes it easier to accept.

- How will striving 'to look perfect' affect your health and self-esteem?**
 - It could lead to eating disorders.
 - You will not compare slimmness with happiness.
 - You will feel happy for not losing weight fast enough.
 - You will accept that you are fat and anti-social.
- Social media gives young people the feedback and validation they crave in order to be accepted by their peers and society. However, this could lead to**
 - not being influenced by others.
 - no communication.
 - not craving acceptance.
 - being easily influenced.
- Which of these statements will make you remember that you are more than just the way you look?**
 - Think about what your body did well recently, to change negative talk into positive talk.
 - You have unique external and internal abilities.
 - Do not compare your photo with other people's photos online.
 - All of the above are correct.
- If you follow social media rather than making your own choices, it shows that you are**
 - easily influenced by others.
 - mature enough because you believe what you see on social media.
 - ignoring the latest updates on your social accounts.
 - a great communicator, as your fingers do the talking on your phone.
- Self-acceptance is the ability to love yourself unconditionally, no matter what flaws you have. Which of these statements is the best meaning of the word 'self-acceptance'?**
 - Be your best self.
 - Pity yourself.
 - Hate who you are.
 - Not accepting others for who they are.



Only you can develop your potential based on your interests and abilities.

11. Which of these qualities would you **not** wish to have?
 (a) Enthusiastic. (b) Optimistic. (c) Irresponsible. (d) Reliable.
12. Which of these abilities would match your potential?
 (a) Laziness. (b) Can follow instructions clearly. (c) Non-adventurous. (d) Unreliable.



Peer pressure

Read the extract and answer questions 13 – 17.

Peer pressure is the feeling that someone your own age is pushing you towards making certain choices; either good or bad.

13. Why would a learner behave badly at school?
 (a) To be accepted by the teacher.
 (b) He/she is covering up bigger issues happening at home or somewhere else.
 (c) To avoid attention.
 (d) He/she does not show off to get away with it.
14. If you damage the school’s property you have a chance to
 (a) apologise. (b) not be expelled.
 (c) not be jailed. (d) not be fined for the damages.
15. You are invited to a close friend’s party and you see your friends drinking and smoking. The parents are **not** at home. What should you do?
 (a) Smoke and drink with them.
 (b) Persuade them not to drink and smoke.
 (c) Do not take photographs as evidence.
 (d) Do not tell them that you are no longer friends with them.
16. A friend asks you to do something your parents or caregivers do **not** allow you to do. What should you do or say to him/her?
 (a) “I don’t want to be rejected by you, but my parents will find out.”
 (b) “I don’t want to be laughed at, so I will do it.”
 (c) “I want you to like me and I don’t want to lose a friend.”
 (d) “I am sorry but I can’t do it.”

17. Your friends decided to go to a movie over a weekend, but they did **not** invite you, and they are secretly talking behind your back. How should you react?
 (a) Approach them directly and ask why you were not invited.
 (b) Send a text message to another class member and tell them what happened.
 (c) Feel rejected and decide to find new friends.
 (d) Don’t go to school as your feelings are very hurt.

Appropriate responses to peer pressure

18. It is easy to fall prey to peer pressure, but not so easy to resist it. How can you resist possible peer pressure?
 (a) Do not tell your parents as they will say you have to fight back on your own.
 (b) Do what you are told.
 (c) Choose your friends carefully. One or two reliable friends is better than many untrustworthy friends.
 (d) Worry about what your friends did to you.

19. How would you **not** accept positive peer pressure?
 (a) **Not** be true to yourself and your values so it makes you unhappy.
 (b) Develop your self-image and be yourself.
 (c) Share your positive experiences with your parents or caregivers.
 (d) Do **not** worry what others are doing, keep busy and stay active.
20. Sometimes we do things that we really don’t want to do. What would you do to reach your successes in life?
 (a) Let society pressurise you into being successful.
 (b) Pay money to people to guarantee you your success.
 (c) Believe in your own abilities and work hard to reach success.
 (d) Believe what you see in the media.

Problem solving skills in conflict situations

Study the diagram to answer questions 21 – 31.



21. Which of these words best describes the meaning of ‘assertive’?
 (a) Confident. (b) Appraise.
 (c) Laid-back. (d) Overbearing.
22. Which of these words best describes the meaning of ‘cooperativeness’?
 (a) Working against. (b) Working alone.
 (c) Working together. (d) Working upstream.
23. Which of these qualities is the most important one, if you have to solve a problem **on your own without any help** from anyone?
 (a) Avoiding. (b) Collaborating.
 (c) Competing. (d) Compromising.
24. The ability to successfully resolve a conflict situation is the ability to
 (a) follow your way and nobody else’s way.
 (b) control your emotions and behaviour.
 (c) agree to the conflict to keep the peace.
 (d) avoid the feelings of the other person.