



## Creative Arts (Life Skills 2) – Grade 5

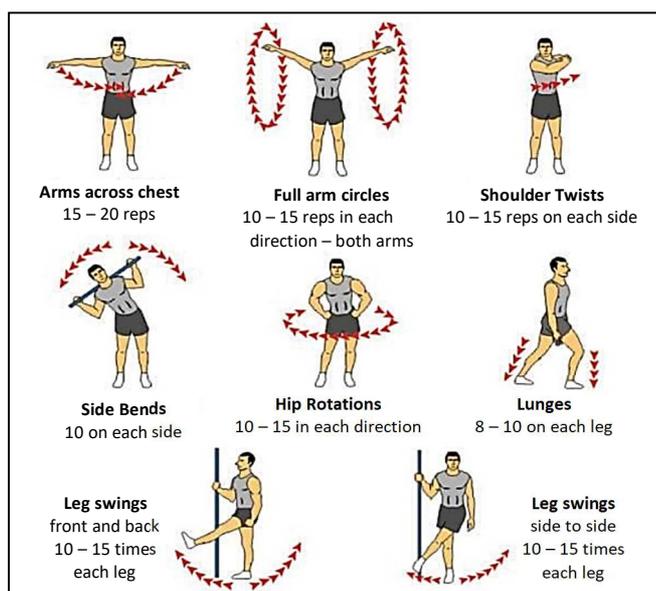
Welcome to your Conquesta Olympiad. When you have decided which of the answers is correct, scratch out the letter in the matching square on your answer sheet. Example:- If the answer to question 4 is c, then scratch out the letter c in the square containing c next to the number 4 (see example 1 below). 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

### The importance of warming up the body before you do physical theatre and dramatic activities.

Look at the diagram below and read the extract on the right for questions 1 – 6.



It is important to warm up the body and voice before you do any physical theatre and dramatic activities. You need to stretch your muscles and loosen your joints as seen in the diagram on the left.

If you do these exercises you will:

- **Prevent injuries** – you can tear a muscle or break a bone.
- **Heart benefits** – your heart, veins and arteries need blood to perform at a high level.
- **Mental preparation** – your mind will be calm and your concentration levels will be focused on the exercise.
- **Soft tissue improvement** – your muscles, ligaments and joints will be flexible and movement becomes easier, otherwise you will be stiff and exercises will be more painful.
- **Improved reflexes** – challenging routines between bending, stretching and twisting will be quick and safe.
- **Sharpening the nervous system** – it warns the body about the upcoming exercise and tells your muscles how much pain you can stand and when to stop.

- Which exercise will **best** warm up your muscles in the sides of your upper body?  
(a) Arms across chest. (b) Shoulder twists.  
(c) Side bends. (d) Lunges.
- Which exercise will improve your elevation ability?  
(a) Arms across chest. (b) Lunges. (c) Full arm circles. (d) Hip rotations.
- Why is it important for your heart, veins and arteries to have blood to perform at a high level?  
**Without blood circulation in these areas you will become .....**  
(a) tired quickly and breathing will be difficult. (b) grey in your face and breathing will be difficult.  
(c) white in your face and breathing will be difficult. (d) green in your face and breathing will be difficult.
- How can warm up exercises help you have 'safe reflexes' when doing fast, challenging jumps, lifts, twists and turns?  
(a) It will delay reaction time. (b) It will train the body to react fast.  
(c) It will increase the possibility of injuries. (d) It will be a painful experience.
- If you do **not** warm up, your mind will **not** be prepared and you will .....  
(a) think of the television programme you are missing.  
(b) be worried about the oral presentation you need to present the next day.  
(c) think of the important message you need to send your friend on your cellphone.  
(d) lose concentration and coordination in the exercise routine.
- Select the **incorrect** answer. If you do **not** exercise, your body will .....  
(a) gain extra fat and you will feel uncomfortable.  
(b) lose strength and you cannot do heavy physical tasks.  
(c) feel energised and you are ready for any physical task.  
(d) become lazy and you will feel sleepy.



Read the extract on the right and look at the pictures of the machines to answer questions 7 – 10.

7. You are part of a group of six learners. You have to use your bodies to build a motorbike. Which group member will form the seat of the motorbike?



- (a) The fattest learner.
- (b) The strongest learner.
- (c) The tallest learner.
- (d) The shortest learner.

8. Which 'ideophone' will be the best to use to sound like the motorbike above?

- (a) Rum-hum-hum-hum-Rum-hum-hum-hum.
- (b) Pif-pif-puff-Pif-pif-puff.
- (c) Goof-goof-guff-Goof-goof-guff.
- (d) Brim-brim-ratatatata.

9. You are still in the same group of six learners. If it takes all six learners to build the entire tractor, how many learners do you think you would need to build the body of the tractor?



- (a) 2 learners to show the length of the tractor.
- (b) 1 learner to show the size of the tractor.
- (c) 3 learners to show the width of the tractor.
- (d) 4 learners to show how big the tractor is.

10. How many group members would you need to build an exhaust pipe?

- (a) 3      (b) 2      (c) 1      (d) 5

A Test of Skill

Read the story on the right for questions 11 – 21.

The Grade 5 learners are going to perform a dramatised story, using improvisation and creative role play to bring the story from page to stage.

11. The role of the narrator is to .....

- (a) judge the actors.                      (b) tell the story.
- (c) preach lessons.                        (d) direct the play.

12. The narrator has to retain the audience's attention through interesting speech patterns. Which statement is incorrect? He must .....

- (a) vary his volume.                      (b) vary his pace.
- (c) use emphasis.                         (d) speak without pauses.

13. Under what genre does this story fall?

- (a) Comedy.    (b) Drama.    (c) Folktales.    (d) Horror.

14. A character's posture would indicate his status. What would the Chief's posture be?

- (a) Tall and upright.                      (b) Rounded shoulders.
- (c) Slumped forward.                      (d) Leaning to the side.

15. Why does the Chief select the baobab tree for the gathering?

- (a) It is the tree of wisdom and strength.
- (b) It is the tree of hope.
- (c) It is the tree of life.
- (d) All of the above.

16. What is the Chief's tone of voice when he says, "I am asking you to help me ....."?

- (a) Condescending.                      (b) Humiliating.
- (c) Pleading.                                (d) Sarcastic.

Verbal Dynamics

Verbal dynamics is a technique used to create group shapes, using all the bodies in a group to create one object.

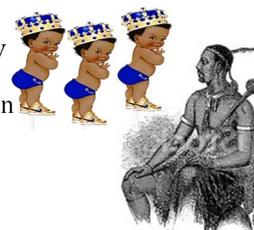
An example is to build a washing machine using all the bodies in the group to create a washing machine. Using your bodies in this way we call it the 'dynamics' of your bodies. The 'to do' side or 'action' side of your bodies.

The verbal side of the term, verbal dynamics, is to make the appropriate sound affects using your mouths or body percussion to sound like this object. This is also called 'ideophones' – verbal sound effects.

Building the machines shown will help you to prepare for the dramatised story to come.

**Narrator:**

Once there lived a chief who had three sons. They were fine, strong young men, and their father often wondered which of these gifted boys were most clever.



One day when his councillors assembled in the council chamber, the chief looked around at the group of elderly men, shaking out their robes as they settled down for the morning's meeting.

**Chief:** I am asking you to help me decide who is the cleverest of my three sons. Come over to this baobab tree and bring my three sons to me.

**Narrator:**

The old men stood up and shuffled over to the baobab tree. After a few moments the three young men appeared, each on his own horse.

**Chief:**

My sons, I want each of you to mount your horses in turn and show your skill to all the people assembled here. You may do what you please, but when you reach this baobab tree, you must exert yourselves as never before and show us what you are made of.



**Narrator:**

The three boys mounted their horses and galloped away far up a dusty track which led to the wide courtyard of the chief's house. More people had joined the group of men and a murmur of anticipation rippled through the crowd as the first son was seen riding towards them in a cloud of dust.