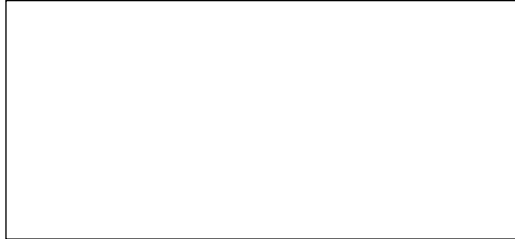


Life Skills 1 (Personal and Social Well-being & P.E.) – Grade 1

Welcome to your Conquesta Olympiad.
Read all the questions carefully.
(Teachers may read all text out aloud.)
You must decide which is the correct
answer for each question – and draw a
circle around (a), (b), (c) or (d) on the
right hand side of each question.
You may only choose one answer for
each question.



Example: When you ask, you use the word:	(a) thank you	(b) good luck	<input checked="" type="radio"/> (c) please	(d) goodness me
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Study the text below and circle the correct answers for questions 1 – 5.



We all need to use the toilet every day.
Some good rules are important to keep the
toilet clean and ourselves healthy.







1.	We must wash our hands we have been to the toilet.	(a) before	(b) after	(c) during	(d) never when
2.	What must we do when we have finished using the toilet?	(a) clean it	(b) just walk out	(c) wash it	(d) flush it
3.	The person who fixes a broken toilet is a	(a) teacher	(b) plumber	(c) electrician	(d) doctor

4.	What does this sign mean outside a toilet? 	(a) Only boys can go into this toilet.	(b) Only girls can go into this toilet.	(c) It is a toilet for disabled people.	(d) This toilet has a wheelchair inside it.
5.	Which of these is <u>not</u> the correct thing to do? 	(a) Throw tissues in the bin.	(b) Hang up the towel after drying your hands.	(c) Throw toilet paper on the floor.	(d) Tell an adult if the toilet is not working.

Read the text below and circle the correct answers for questions 6 – 10.

We need to keep our bodies clean and healthy.
We should bath or shower every day, taking time to
wash behind our ears and scrub our feet.
We should also wash our hair often.



6.	To save water we should	(a) have a long, deep bath every night	(b) only bath once a week	(c) shower quickly or have a shallow bath	(d) just use deodorant
7.	What would I use to wash my hair?				
8.	Why do I need clean feet and nails?	(a) To keep my mom happy.	(b) To prevent germs from spreading.	(c) So my clothes stay clean.	(d) So my books stay clean at school.