

Grade 9 Life Orientation Worksheet

Brainstorming and mind map

1. In small groups, discuss the importance of maintaining your health in order to feel good about yourself. Think of all the factors that form part of maintaining good health.
2. During your small-group discussion, ask a scribe to draw a mind map to write down the ideas as they are discussed.
3. After the small-group discussion, get together as a class and share your ideas. Add these ideas to your mind maps.
4. Then use your mind maps to write a summary of what was discussed.
5. As each learner is going to write an individual summary, these summaries could be kept for your portfolio.
6. Your teacher will assess your participation in the group discussions using Checklist 1 below.
7. Your teacher will use Checklist 2 to assess your knowledge, skills, values and attitudes shown in the mind maps and summaries.

Checklist 1: Observation of group discussions

Name:		Date:	
	Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker using polite phrases?		
3	Show evidence of having understood the concept of study skills?		
4	Support points with which s/he agrees?		
5	Disagree with points politely and constructively?		
6	Give reasons to support an alternative point of view to those expressed by the speaker?		
7	Make points clearly, using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes, when applicable, to remember points made by others?		

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Checklist 2: Assessment of mind map and summary

Skills	Knowledge	Values and attitudes
Understands the concepts: <ul style="list-style-type: none"> • Healthy living • The importance of following a healthy eating plan • Self-concept • Individual worth 	Ability to: <ul style="list-style-type: none"> • Express own ideas verbally. • Express own ideas in writing. • Distinguish between positive and negative attitudes. • Identify ways to develop and enhance self-worth. 	Ability to: <ul style="list-style-type: none"> • Motivate answers. • Demonstrate an understanding of the importance of taking responsibility for one's actions.

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Suggested Solutions

Question number	Possible marks	Solution
1	10	See checklist 1.
2	10	See checklist 2.

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