

# Grade 8 Life Orientation Worksheet

---

## Outdoor adventure activities

### **Activity 1: Research different outdoor adventure activities**

Living in South Africa, with our sunny skies and wonderful weather, we spend a lot of time in the beautiful outdoors. What better way to keep fit and healthy AND have fun than participating in outdoor adventure activities?

For this task you will research different outdoor adventure activities, such as hiking, bungee jumping, surfing, orienteering, camping and so forth.

Find out as much as you can on various outdoor adventure activities.

Collect information, brochures, pictures and the like.

Put all your findings into a folder and bring them to your class teacher for evaluation.

Assessment checklist			
	Criteria: Did the learner:	Yes	No
1	Chose an outdoor activity to research?		
2	Collect information such as brochures?		
3	Find several sources of information?		
4	Find accurate information?		
5	Cut out and assemble pictures neatly?		
6	Put the information into a folder?		
7	Label the folder with the title of the outdoor adventure activity?		
8	Do the work on his/her own?		
9	Complete the task on time?		
10	Produce an attractive folder?		
<b>2 marks per 'yes' answer. 20 marks.</b>			

## Grade 8 Life Orientation Worksheet

---

### **Activity 2: Present a speech on an outdoor adventure activity**

For this activity you will prepare a speech about an outdoor adventure activity.

Look at your research material from Activity 1.

Select the outdoor adventure activity that appealed to you most and prepare a speech on that activity.

Give as much information as you can on the activity:

- a) What is the activity called?
- b) Where would you do this activity?
- c) What equipment is required?
- d) How many people are involved?
- e) How is the activity performed?
- f) Why does this activity appeal to you?

## Grade 8 Life Orientation Worksheet

Your teacher will assess your speech using this rubric.

Criteria	Level 4	Level 3	Level 2	Level 1
<b>Content</b> [10 marks]	Excellent. Original and interesting content. Creative and captivating. Content well organised & researched. [8 – 10]	Informative and sufficient to achieve purpose. There is evidence of research. [5 – 7]	Some information contained. A little research noted. [3, 4]	Flow of ideas is difficult to follow. Little evidence of research. [1, 2]
<b>Register, tone and body language</b> [5 marks]	Excellent voice control. Good use of pause. Unobtrusive use of notes. Makes eye contact with audience. [5]	Good self-confidence. Some variation in tone of voice. Some attempt to make eye contact. [3, 4]	More confidence needed. More variation in tone and pace needed. Little eye contact. [2]	Not confident. Little variation in tone of voice. Depends too much on notes. Little or no eye contact. [1]
<b>Language and vocabulary</b> [5 marks]	Wide range of vocabulary used. Very few language errors. [5]	Vocabulary is sufficient for task. Some minor language errors. [3, 4]	Vocabulary insufficient for purpose. Several language errors. [2]	Limited vocabulary. A number of major language errors. [1]
<b>Fluency</b> [5 marks]	Confident and effective. A skilful and fluent speaker. Props used well. [5]	One or two lapses in delivery, but otherwise fluent. Some props used. [3, 4]	Several lapses in delivery. Not confident enough. [2]	Cannot sustain ideas in a flowing way. No props used. [1]
<b>Total: 25 marks</b>				

# Grade 8 Life Orientation Worksheet

---

## Suggested Solutions

Task number	Possible marks	Solution
1	20	See checklist 1 in Appendix of Assessment Tools.
2	20	See rubric 2 in Appendix of Assessment Tools.

### 1. Checklist to assess research project

	Criteria: Did the learner:	Yes	No
1	Chose an outdoor activity to research?		
2	Collect information such as brochures?		
3	Find several sources of information?		
4	Find accurate information?		
5	Cut out and assemble pictures neatly?		
6	Put the information into a folder?		
7	Label the folder with the title of the outdoor adventure activity?		
8	Do the work on his/her own?		
9	Complete the task on time?		
10	Produce an attractive folder?		
<b>2 marks per 'yes' answer. 20 marks.</b>			

## Grade 8 Life Orientation Worksheet

---

### 2. Rubric to assess speech

Criteria	Level 4	Level 3	Level 2	Level 1
<b>Content</b> [10 marks]	Excellent. Original and interesting content. Creative and captivating. Content well organised & researched. [8 – 10]	Informative and sufficient to achieve purpose. There is evidence of research. [5 – 7]	Some information contained. A little research noted. [3, 4]	Flow of ideas is difficult to follow. Little evidence of research. [1, 2]
<b>Register, tone and body language</b> [5 marks]	Excellent voice control. Good use of pause. Unobtrusive use of notes. Makes eye contact with audience. [5]	Good self-confidence. Some variation in tone of voice. Some attempt to make eye contact. [3, 4]	More confidence needed. More variation in tone and pace needed. Little eye contact. [2]	Not confident. Little variation in tone of voice. Depends too much on notes. Little or no eye contact. [1]
<b>Language and vocabulary</b> [5 marks]	Wide range of vocabulary used. Very few language errors. [5]	Vocabulary is sufficient for task. Some minor language errors. [3, 4]	Vocabulary insufficient for purpose. Several language errors. [2]	Limited vocabulary. A number of major language errors. [1]
<b>Fluency</b> [5 marks]	Confident and effective. A skilful and fluent speaker. Props used well. [5]	One or two lapses in delivery, but otherwise fluent. Some props used. [3, 4]	Several lapses in delivery. Not confident enough. [2]	Cannot sustain ideas in a flowing way. No props used. [1]
<b>Total: 25 marks</b>				