



SAMPLE

Conquesta 2014

(International Multiple Choice Primary School Olympiads – Est. 1998)

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Personal & Social Well-being (Life Skills 1) – Grade 4

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 using **ONLY a black or blue ballpoint or black khaki pen.** (Do not use pencils, crayons, pencil crayons, highlighters, tippex or glue.) 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
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Example 2:-

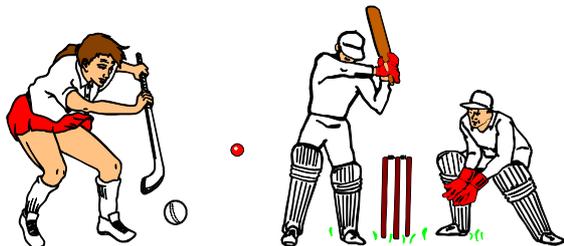
4.	a	b	c	d
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Sport

Read the information given on the right.

Match the text in (a) – (d) to the headings at questions 1 – 4.

1. **Sport can help us to do better in school.**
2. **Playing sport can help us to boost our confidence and self-image.**
3. **Playing sport is good for our health.**
4. **We learn teamwork and how to set goals.**



- (a) *Why play sport? Do we play just for exercise and fun? Yes, but there's more. Sport teaches us valuable life skills. When you are working with coaches, trainers and teammates to win games and achieve goals, you're learning how to be successful. Those skills will serve you well in life.*
- (b) *You might think that sport will take up homework and study time, but research shows that sport helps us to perform better in school. Exercise improves learning, memory and concentration.*
- (c) *Sport makes us fit and helps us maintain a good weight. Later in life, people who exercise are less likely to get harmful diseases like cancer.*
- (d) *Sport can help to build confidence. We achieve this through practising, improving and achieving our goals. We can also make new friends.*

5. **Which of these statements is true?**

- (a) Sport is never fun. It is only hard work and always requires hard practice.
- (b) If you play sport and don't study, you will still get high marks.
- (c) Sport is a way to make friends and have a lot of confidence.
- (d) If you play sport you will always win games and achieve goals.

6. **Which of these statements is false?**

- (a) Regular exercise helps us keep fit.
- (b) Regular exercise teaches us many skills.
- (c) Regular exercise can help us have good memories.
- (d) Regular exercise can replace homework.

