



SAMPLE

Conquesta 2014

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

Conquesta, P O Box 99, Kloof, 3640, South Africa

Tel: (031) 764-1972 * Fax: (086) 637-7808 or (031) 764-0074

E-mail address: conquest@iafrica.com * Website: www.conquestaolympiads.com



Personal & Social Well-being (Life Skills 1) – Grade 6

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
----	---	---	--------------	---

Example 2:-

4.	a	b	c	d
----	---	--------------	--------------	---

School Life

Backpacks

Study the information on the right for questions 1 – 8.

Match up the features in (a) – (d) to their uses described at questions 1 - 4.

- (a) Padded back (b) Hip and chest belts
(c) Compartments (d) Reflective material

- Is a safety feature.
- Reduces pressure.
- Helps to lighten the load by spreading the weight.
- Transfers the weight load.
- Why is it a bad idea to have your personal details on the outside of your bag?

- (a) Friends will know where you live. (b) Teachers will be able to contact your parents.
(c) The principal will know where you live. (d) Undesirable strangers will know your personal details.

- Which one of these symptoms of an overloaded and improperly worn backpack is not mentioned in the text?

- (a) Bad posture (b) Back ache (c) Bruised spine (d) Lack of feeling in the arms and hands

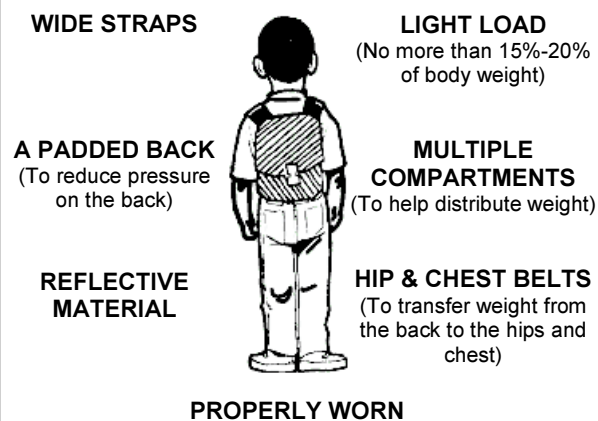
- If a child weighs 50 kg, what is the maximum weight he should be carrying?

- (a) 10 kg (b) 7½ kg (c) 12 kg (d) 20 kg

- Which of these methods would be the best way to carry a bag?

- (a) Holding the straps with one hand. (b) Holding the straps with two hands.
(c) Looping the straps evenly over the shoulders. (d) Dragging it on the floor.

Overloaded and improperly worn backpacks can result in chronic back pain, poor posture and numbness in the hands and arms. The diagram below shows the proper way to wear your backpack.



Being Prepared

It is important that you are mentally prepared to face the challenges of school.

Match up the criteria in (a) – (d) to the statements at questions 9 – 12.

- (a) Always be punctual. (b) Ensure your appearance is neat and tidy.
(c) Ensure you have the correct stationery. (d) Complete all your homework before playing.

- By doing and finishing the important things first, you can balance your time so that you can still have time to do other things.

- Check that you have writing equipment, scissors, glue and the correct books.

- Set your alarm so that it gives you time to wake up and be alert and ready for school.

- Make sure that your uniform or the clothes you are wearing to school is clean and presentable.

