

# KENYA EDUCATORS CONSULTANCY EXAMS

## GRADE 7 TERM 2 OPENER EXAM



GRADE 7 1<sup>ST</sup> ASSESSMENT TERM 2 2023

### LIFE SKILLS



NAME: \_\_\_\_\_ CODE: \_\_\_\_\_ DATE: \_\_\_\_\_

#### INSTRUCTIONS TO CANDIDATES:

- .Do not open the booklet until you are told to do so.*
- .Read each question carefully.*
- .Answer ALL the questions.*
- .Write your answers, in either blue or black ink, in the spaces provided in the booklet*

### GRADE 7 ASSESSMENT RUBRIC.

Strand/Sub strand	Questions	Total marks	Score	Performance Level
TOTAL				

## **PERFORMANCE LEVEL GUIDELINES**

### Strand 1

10 - 12 scores = level 4

7 – 9 scores = level 3

4-6 scores = level 2

0-3 score = level 1

### Strand 2

6-7 scores = level 4

4-5 scores = level 3

2-3 scores = level 2

0-1 score = level 1

### Strand 3

12-17 scores = level 4

8-11 scores = level 3

5-7 scores = level 2

0-4 score = level 1

### FOR EXAMINERS ONLY

<b>Questions</b> <b>1-7</b> <b>Out of 100</b> <b>marks</b>	<b>Candidate</b> <b>Score</b>  -----	<b>Candidate</b> <b>performance</b> <b>level</b>  -----
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## **KENYA EDUCATORS CONSULTANCY**

1. Define the following terms as used in life skills. **(4 marks)**

a. Personal management skills.

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b. Self-awareness

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2. Outline **five** different dimension one uses to define himself/herself. **(5 marks)**

a. ....

b. ....

c. ....

d. ....

e. ....

3. Discuss **five** physical changes that happens to girls and boys during adolescence. **(5 marks)**

a. ....

b. ....

c. ....

d. ....

e. ....

4. State **four** ways of maintaining personal hygiene and health during adolescence. **(4 marks )**

a. ....

b. ....

c. ....

d. ....

5. Define psychological dimension as used in personal management skills. **(2 marks )**

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6. What is self-esteem? (2 marks)

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7. Name three types of families. (3 marks)

- a. ....
- b. ....
- c. ....

