

**LIFE SCIENCES - Grade 10****TOPIC TEST: History of Life on Earth****MARKS:30****TIME: 30 minutes**

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**SECTION A****QUESTION 1**

Various options are given as possible answers to the following questions. Choose the answer and write only the letter (**A to D**) next to the question number (**1.1 to 1.5**) in the **ANSWER BOOK**, for example **1.6 D**.

- 1.1 Palaeontology is a study of ...
- A the half-life of radioactive substances.
  - B continental drift.
  - C fossils.
  - D changes during the Cambrian explosion.
- 1.2 Which method allows scientists to say that one fossil is older than the other?
- A Fossilization
  - B Relative dating
  - C Petrification
  - D Radiometric dating
- 1.3 A period in the earth's history where global temperatures plummet and there is extensive glaciation is known as ...
- A the greenhouse effect.
  - B a cold spell.
  - C a hole in the ozone.
  - D an ice age.
- 1.4 .....are the richest sources of fossils
- A Layers of strata
  - B Index fossils
  - C Mineral salts
  - D Sedimentary rocks

# Life Science P2 2013 Final Exam Grade1memorandum

**K Morrison**



**Life Science P2 2013 Final Exam Grade1memorandum:**

The Top Books of the Year Life Science P2 2013 Final Exam Grade1memorandum The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read :

Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph.

Life Science P2 2013 Final Exam Grade1memorandum : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery.

Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered.

The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts.

The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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web jan 18 2021 4 ways to improve running cadence 1 measure your running cadence before you can increase your running cadence you will need to measure your current running cadence and see what improvements need to be made as mentioned earlier the ideal running cadence is over 170 spm

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web mar 14 2023 forcing a high cadence is a questionable strategy for improving performance and as we've seen cadence is largely determined by how fast we run having said that most of us naturally select a cadence lower than the optimum and would benefit from retraining to a higher step rate

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web over the past few years studies have emerged that highlight the role of cadence to correct common running related injuries rris as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute spm faster runners as we've seen often have a higher cadence for example eliud kipchoge the marathon world record holder is known to achieve a cadence of 190 200spm in general 170 180spm is considered a great running cadence

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example will naturally have lower cadences every runner has a distinct cadence style one runner may take large strides and run efficiently while another may take more steps per minute and run efficiently