

KENYAPLEX EXAMS

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

TERM 2: ENDTERM ASSESSMENT 2026

GRADE 10 – SPORTS AND RECREATION

Time: 2 Hours

LEARNER'S DETAILS

Name: _____ . School: _____ .

Assessment Number: _____ . Date: _____ .

School Code: _____ . Signature: _____ .

INSTRUCTIONS TO CANDIDATES

1. Write your name in the spaces provided above.
2. Write the name of your school and your stream in the spaces provided.
3. Write your admission number and the date of the assessment in the spaces provided.
4. This paper consists of two sections: A and B.
5. Answer all questions in section A and section B.
6. Answer the questions in English.
7. All answers MUST be written in the spaces provided in the paper.
8. Do NOT remove any page from this question paper

FOR OFFICIAL USE ONLY (EXAMINER'S USE)

SECTION	SECTION A	SECTION B	% SCORE	EE1	EE2	ME1	ME2	AE1	AE2	BE1	BE2
SCORE RANGE	40 MARKS	50 MARKS		90-100	75-89	58-74	41-57	31-40	21-30	11-20	1-10
	POINTS			8 POINTS	7 POINTS	6 POINTS	5 POINTS	4 POINTS	3 POINTS	2 POINTS	1 POINT
LEARNER'S TOTAL SCORE											

SECTION A (30 MARKS)

Answer ALL questions in this section

1. Three learners at **Alliance High School** are discussing the benefits of sports:

Wanjiku: "Sports help me stay focused in class and manage stress."

Otieno: "Our local tournament brought different communities together in peace."

Mutua: "I want to be a professional athlete like Eliud Kipchoge to earn a living."

- (a) **Identify** the specific benefit of sports mentioned by **Wanjiku**. (1 mark)
-

(b) **Name** the social benefit highlighted by **Otieno's** observation. (1 mark)

(c) **Outline** how sports contribute to the national economy as suggested by **Mutua**. (2 marks)

i. _____

ii. _____

(d) **Mention** one individual sport popular in the Kenyan highlands. (1 mark)

2. A sports scientist in **Eldoret** is assessing athletes using the following tools.

(a) **Define** the term *Body Composition*. (1 mark)

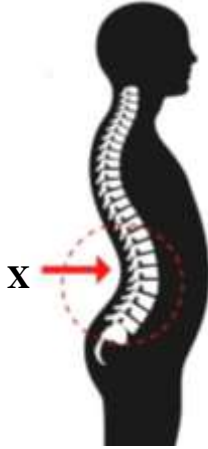
(b) **Identify** the method of measuring body composition that uses the tools in the picture to calculate a numerical value. (1 mark)

(c) **Distinguish** between *Lean Body Weight* and *Fat Body Weight*. (2 marks)

(d) **State** one factor, other than nutrition, that determines an individual's body composition. (1 mark)

3. Study the illustrations of learners at **Nyeri High School** performing various movements.

(a) **Identify** the postural defect labeled **X** (The one with an exaggerated inward curve of the lower back). (1 mark)



(b) **Name** the defect characterized by a "hunchback" appearance. (1 mark)

(c) **Explain** how poor posture affects an athlete's performance during a long-distance race. (2 marks)

(d) **True or False:**

Correct posture during sitting helps prevent spinal strain. [_____] (1 mark)

4. Learners at **Mama Ngina Girls** are conducting a floor aerobics session.

(a) **List** the three main phases of a standard aerobics session. (3 marks)

i. _____

ii. _____

iii. _____

(b) **Identify** the role of music in an aerobics session. (1 mark)

(c) **Mention** one piece of equipment that can be improvised for aerobics in a school setting. (1 mark)

5. During a rugby match at **St. Mary's School, Yala**, a player sustains the injury shown below.



(a) **Classify** the injury shown as either *Acute* or *Chronic*. (1 mark)

(b) **Identify** the injury where a bone is broken. (1 mark)

(c) **Describe** one strategy an athlete can use to avoid injuries while practicing on the road. (2 marks)

(d) **Name** the first aider's role in a sports team. (1 mark)

6. A coach at **Kakamega High** is using a training program for the school football team.

(a) **State** one principle of coaching. (1 mark)

(b) **List** two elements that must be included in a standard training program. (2 marks)

i. _____

ii. _____

(c) **Explain** why "Feedback" is important in the coaching process. (2 marks)

SECTION B: [50 MARKS]

Answer ALL questions in the spaces provided.

7. A Non-Governmental organization called GKH is promoting a "Wellness Saturday" at Afraha Stadium.

(a) **Describe** the *Social Dimension* of recreation as seen in the tug-of-war activity. (2 marks)

i. _____

ii. _____

(b) **Explain** how recreational activities foster mental wellness. (3 marks)

i. _____

ii. _____

iii. _____

(c) **Design** a simple three-point road safety poster message for cyclists participating in the event. (3 marks)

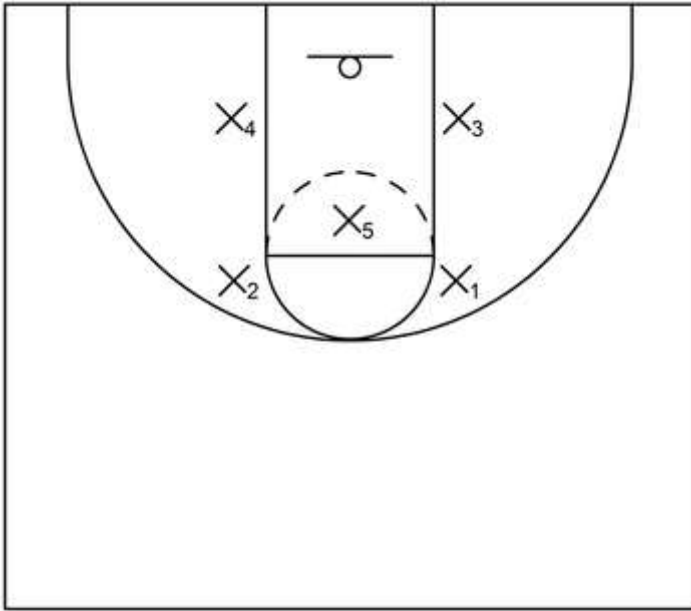
(d) **Outline** two criteria for an activity to be considered "recreational." (2 marks)

i. _____

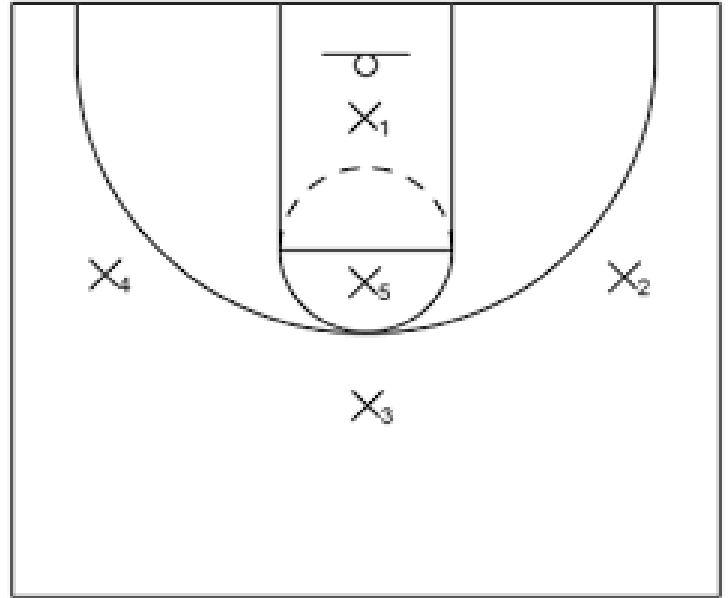
ii. _____

8. A basketball coach from **Maseno School** is preparing the team for the regional games.

(a) **Identify** and **Name** the two formations shown in the diagrams. (2 marks)



X



Y

X: _____.

Y: _____.

(b) **Compare** the use of a "Man-to-Man" marking tactic versus a "Zone Defense" in Basketball. (4 marks)

Man to man marking	Zone defence

(c) **Explain** how tactical skills enhance performance in middle-distance races (e.g., 800m). (3 marks)

i. _____

ii. _____

iii. _____

(d) **Describe** the role of a "Pace-setter" in a track event. (3 marks)

i. _____

ii. _____

iii. _____

9. During a Netball match between **Kenyatta Senior** and **Iten Senior**, a dispute arises over a decision.

(a) **Distinguish** between a *Meet Official* and a *Team Official*. (4 marks)

(b) **Match** the official to their primary role: (4 marks)

Official	Role
Timekeeper	(i) Keeps the record of points scored
Referee/Umpire	(ii) Ensures the game starts and ends on time
Scorer	(iii) Inspects the field and equipment
Match Commissioner	(iv) Makes final decisions on fouls and play

(c) **Explain** the principle of *Integrity* in officiating. (3 marks)

i. _____

ii. _____

iii. _____

(d) **Describe** two hand signals used by a football referee to communicate decisions. (3 marks)

i. _____

10. The **Kenya Academy of Sports** is visiting **Marsabit** to identify new talent.

(a) **Examine** three physical attributes a scout would look for in a potential sprinter. (3 marks)

i. _____

ii. _____

iii. _____

(b) **Design** a simple 4-item *Attributes Checklist* for identifying a talented goalkeeper in football. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

(c) **Analyze** the materials used in the improvised javelin shown. Is it safe for use? **Explain.** (3 marks)

i. _____

ii. _____

iii. _____

(d) **Discuss** how talented sportsmen and sportswomen contribute to community development in Kenya. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____