

KENYAPLEX EXAMS

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

TERM 2 ENDTERM ASSESSMENTS 2026

GRADE 10 – PHYSICAL EDUCATION

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	30 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. Grade 10 learners at **Kapsabet Boys** are officiating a friendly match. Look at the images below of different game scenarios.



- (a) **Identify** the restart method shown in the first image. (1 mark)

(b) **Name** the specific skill used to restart the game from the center of the pitch after a goal is scored. (1 mark)

(c) **Describe** two technical requirements for a valid "Throw-in" as per the laws of the game. (2 marks)

i. _____

ii. _____

(d) **State** whether the following is **TRUE** or **FALSE**:

A goal can be scored directly from a goal kick into the opponent's goal. [_____] (2 marks)

2. Four learners from **Kisumu Girls** are practicing passes.

Auma: "I am flicking the ball quickly using only my wrist."

Mutua: "I am passing the ball while sprinting towards the goal post."

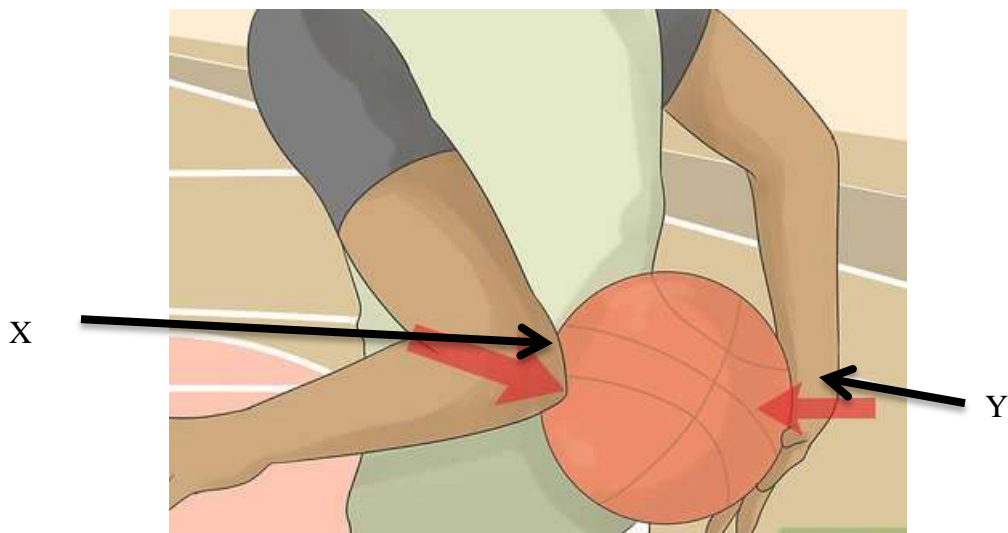
Cherono: "I am holding the ball at waist level and releasing it to the side."

Wafula: "I am jumping to catch and release the ball in mid-air."

(a) **Identify** the pass being described by **Auma**. (1 mark)

(b) **Select** the correct name for the pass described by **Mutua**. (1 mark)

(c) **Name** the parts of the body labeled **X** and **Y** in the "Side Pass" diagram below. (2 marks)



X- _____

Y-_____

(d) **Outline** one importance of the Running Shot in a fast-paced game. (2 marks)

3. Study the illustration of a basketball player performing a move at **Maranda High School**.



(a) **Identify** the type of dribble shown in the diagram. (1 mark)

(b) **Distinguish** between a **Lay-up shot** and a **Jump shot** based on the player's proximity to the rim. (2 marks)

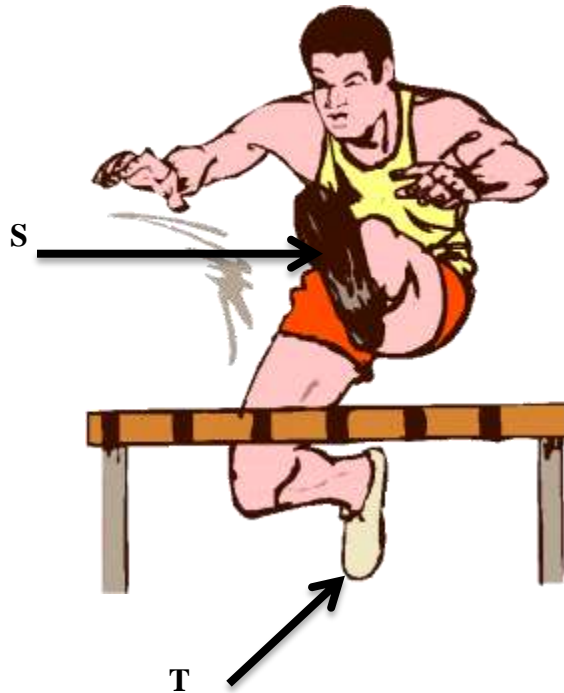
c) **Define** the terms *Faking* and *Feinting* as used in offensive play. (2 marks)

i. Faking

ii. Feinting

(d) **Mention** one key factor in maintaining ball control during a crossover. (1 mark)

4. A learner at **Iten High School** is practicing for the 110m Hurdles.



(a) **Name** the parts of the hurdling technique labeled **S** and **T** (2 marks)

S: _____.

T: _____.

(b) **List** two middle-distance races commonly held in Kenyan athletic meets. (2 marks)

i. _____

ii. _____

(c) **State** the importance of **Pacing** during an 800m race. (2 marks)

i. _____

ii. _____

5. Learners prepared a campsite layout for **Nakuru High School** scouts.

(a) **Identify** the feature below located downwind from the sleeping area. (1 mark)



(b) **Mention** two factors to consider when **Selecting a Campsite**. (2 marks)

- i. _____
- ii. _____

(c) **Explain** why the "Fire Pit" should be kept clear of overhanging branches. (3 marks)

- i. _____
- ii. _____
- iii. _____

SECTION B: [50 MARKS]

Answer ALL questions in the spaces provided.

6. During a match in **Kakamega**, a defender is tasked with **Marking** an opponent while the goalkeeper prepares for a **Lofted Pass**.

(a) **Describe** the correct body positioning for effective **Marking** to prevent an opponent from receiving the ball. (3 marks)

- i. _____
- ii. _____
- iii. _____

(b) **Identify** the three phases of a **Lofted Pass** shown in the sequence below. (3 marks)



M



N



O

M: _____

N: _____

O: _____

(c) **Explain** the role of **Communication** between the goalkeeper and the defenders during a corner kick. (3 marks)

- i. _____
- ii. _____
- iii. _____

(d) **Outline** the safety measures a goalkeeper should take when diving to save a ground ball. (3 marks)

- i. _____
- ii. _____
- iii. _____

7. Learners at **Nyeri Baptist** are conducting a drill on **Crossover Dribbling** and **Set Shots**.

(a) **Identify** the errors in the "Set Shot" stance illustrated below. (3 marks)



C



D

C: _____

D: _____

(b) **Explain** how "Deception" is achieved during a **Faking** move to beat a defender. (3 marks)

- i. _____
- ii. _____
- iii. _____

(c) **Describe** the follow-through action of the wrist during a **Jump Shot**. (3 marks)

- i. _____
- ii. _____
- iii. _____

(d) **Compare** the hand positioning in a **Crossover Dribble** versus a high speed dribble. (3 marks)

- i. _____
- ii. _____

iii. _____

8. An athlete in **Eldoret** is participating in a **Cross Country** race involving uphill and downhill terrains.

(a) **Describe** the correct body posture for running **Uphill** to maximize efficiency. (3 marks)

i. _____

ii. _____

iii. _____

(b) **Identify** the type of start used in Cross Country as shown in the diagram below. (2 marks)

i. _____

ii. _____

iii. _____

(c) **Explain** the "Landing" and "Recovery" phases in **Hurdle Clearance**. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

(d) **Distinguish** between **Stride Length** and **Stride Frequency** in middle-distance running. (4 marks)

9. A group of Grade 10 learners from **Kilifi** is planning a three-day camping trip to **Hell's Gate National Park**.

(a) **Identify** the camping gear shown in the images below. (3 marks)



Q



R



S

(b) **Describe** the process of **Tent Pitching** in a team of four learners. (4 marks)

- i. _____
- ii. _____
- iii. _____
- iv. _____

(c) **Explain** how camping activities like "Tree Identification" and "Eco-talks" promote **Environmental Awareness**. (3 marks)

- i. _____
- ii. _____
- iii. _____

(d) **Discuss** how **Teamwork** and **Problem-solving** are tested when a tent pole breaks during a storm. (3 marks)

- i. _____
- ii. _____
- iii. _____