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SET 2

GRADE 10 END OF YEAR EXAMS

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

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.

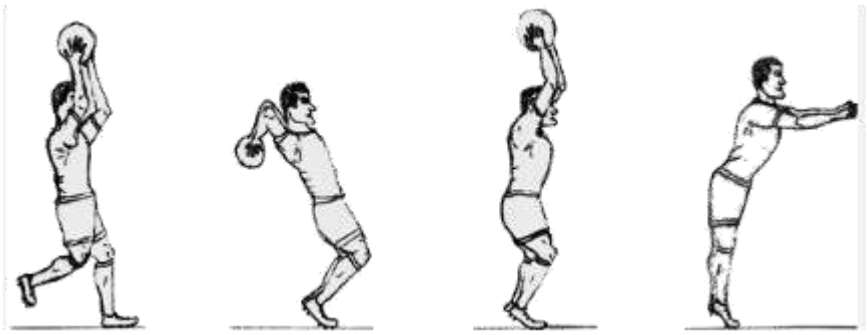
FOR OFFICIAL USE ONLY

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. During a match at **Kagundo Senior School**, the ball goes out of play over the touchline. A learner, **Otieno**, prepares to bring the ball back into play.



(a) **Identify** the restart method shown in the diagram. (1 mark) _____

(b) **State** two technical requirements for this restart to be legal. (2 marks)

(i) _____

(ii) _____

(c) **True/False:** A goal can be scored directly from a throw-in. [_____] (1 mark)

(d) **Mention** the restart used after a goal is scored. (1 mark) _____

2. Four learners at **Lugulu Girls** are discussing passes.

Mutua: "I use one hand to flick the ball quickly to a teammate."

Sarah: "I pass the ball while I am moving at high speed."

Nekesa: "I release the ball from the side of my body to avoid a defender."

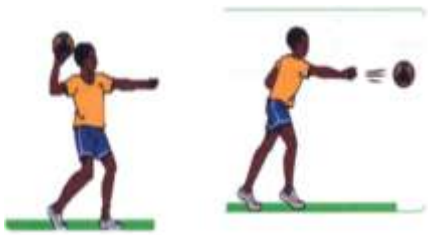
(a) **Name** the pass described by Mutua. (1 mark) _____

(b) **Identify** the pass described by Sarah. (1 mark) _____

(c) **Select** the "Side Pass" from the images below. (1 mark)



A:



B:



C:



(d) **Outline** two steps in executing a "Running Shot" in Netball. (2 marks)

(i) _____
(ii) _____

3. A coach at certain school is teaching the "Crossover Dribble."



(a) **Identify** the dribbling technique shown. (1 mark) _____

(b) **Explain** the purpose of "Faking" and "Feinting" in Basketball. (2 marks)

_____

_____

(c) **Distinguish** between a "Set Shot" and a "Jump Shot." (2 marks)

Set Shot	**Jump Shot**

4. Learners at **Kaplong Girls** are practicing the 100m Hurdles.



(a) **Label** the parts of the technique indicated: (2 marks)

X: _____

Y: _____

(b) **Identify** the phase of hurdling that happens immediately after clearing the hurdle. (1 mark)

_____

(c) **List** two safety measures to observe during hurdle practice. (2 marks)

(i) _____

(ii) _____

5. Learners from **Nyeri High School** are sorting items for a camping trip to **Mt. Kenya**.



H



J



K



L

(a) **Match** the item to its function. (4 marks)

Item	**Name**	**Function**
H		
J		
K		
L		

(b) **Define** the term "Campsite." (1 mark)

_____

_____

6. (a) Write **True/False in the following statement:**

The 800m and 1500m races are examples of middle-distance races. [_____] (1 mark)

(b) **State** why "Pacing" is important in middle-distance running. (2 marks)

_____

_____

(c) **Identify** the correct "Breathing Technique" for long-distance efficiency. (2 marks)

_____

_____

SECTION B (50 MARKS)

7. A goalkeeper at **Kakamega High** is performing a "Lofted Pass."



(a) **Describe** the point of contact on the ball to achieve a lofted pass. (2 marks)

_____

_____

(b) **List** three roles of a goalkeeper in a football match. (3 marks)

(i) _____

(ii) _____

(iii) _____

(c) **Explain** the difference between "Marking" and "Dodging." (3 marks)

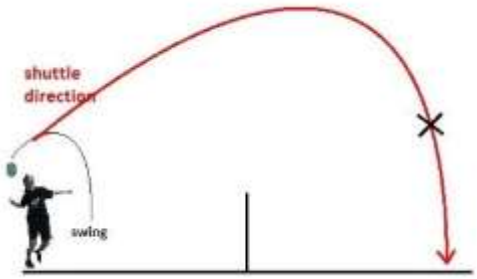
Marking	**Dodging**

(d) **Mention** two restart skills that a goalkeeper is directly involved in. (2 marks)

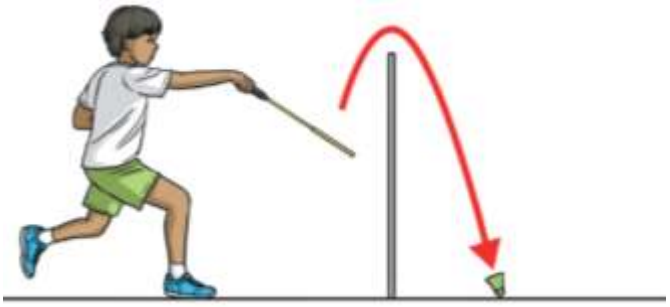
(i) _____

(ii) _____

8. Players at **Pangani Girls** are practicing the "Forehand Clear" and "Drop Shot."



A



B

(a) **Identify** the strokes: (2 marks)

Diagram A: _____

Diagram B: _____

(b) **Compare** a "Long Service" and a "Short Service" in Badminton. (4 marks)

Long Service	Short Service

(c) **Explain** how the "Grip" affects the execution of a smash. (2 marks)

_____

_____

(d) **Name** the equipment used to hit the shuttlecock. (2 marks) _____

9. Learners are running a Cross Country race in the hilly terrain of **Iten, Elgeyo Marakwet**.



(a) **Describe** the correct body posture for running **uphill**. (3 marks)

_____

_____

_____

(b) **Outline** how "Terrain Adaptation" influences an athlete's speed. (3 marks)

_____

_____

_____

(c) **Mention** two health benefits of participating in Cross Country. (2 marks)

(i) _____

(ii) _____

(d) **Identify** the type of start used in Cross Country. (2 marks) _____

10. A Grade 10 group at **Limuru Girls** has reached their destination and needs to set up camp.

(a) **Identify** three essential features of a well-organized campsite shown in the diagram. (3 marks)

(i) _____

(ii) _____

(iii) _____

(b) **Explain** why the "Fire Pit" should be located away from the "Tent Area." (2 marks)

_____

_____

_____

(c) **List** three factors to consider when **selecting** a campsite. (3 marks)

(i) _____

(ii) _____

(iii) _____

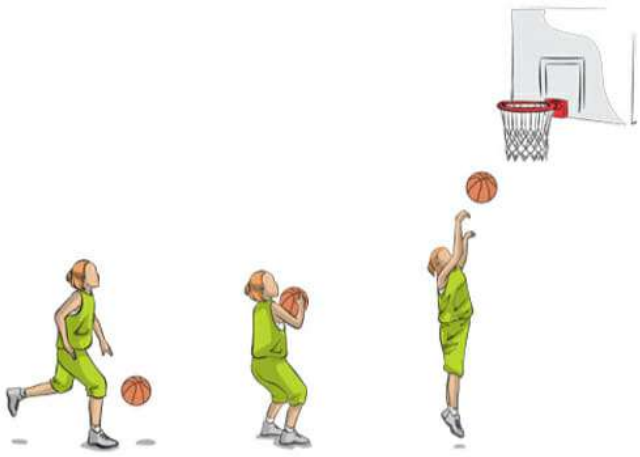
(d) **State** the importance of "Teamwork" in pitching a tent. (2 marks)

_____

_____

_____

11. A learner, **Kamau**, is demonstrating a certain type of a shot at **Maseno School**.



(a) **Identify** the shot being performed. (1 mark) _____

(b) **Describe** the "Footwork" involved in the final stages of this shot. (3 marks)

_____

_____

_____

(c) **Explain** why the "Backboard" is used during a lay-up. (2 marks)

_____

_____

(d) **State** two interpersonal skills developed through playing Basketball. (2 marks)

(i) _____

(ii) _____

(e) **Name** the part of the hand that should control the ball during a dribble. (2 marks)

_____