KENYA CERTIFICATE OF BASIC EDUCATION (K.C.B.E)

GRADE 10 PHYSICAL EDUCATION (Theory) TERM 1

PATHWAY: ARTS AND SPORTS

Time: 1 Hour 30 Minutes

COMPETENCE ASSESSMENT EXAMINATION CKEAB 003

LEARNER'S DETAILS

Name: _____.

School: _____

Assessment Number: _____. **Date:** _____.

School Code: _____. **Signature**: _____.

INSTRUCTIONS TO LEARNERS

1. Write your name, School, assessment number, signature and date on all the answer sheets provided.
2. Answer all the questions in the spaces provided.
3. **Read each question carefully** before writing your answer.

Performance Levels Grid

Q.No.	1a	1b	2a	2b	2c	3a	3b	3c	4	5a	5b	5c	6a	6b	6c	7a	7b	7c	8a	8b	9a	9b	10a	10b	10c	10d	11	12a	12b	12c	12d	12e	12f	12g	12h	13a	13b	13c	13d	13e	Total
Marks	3	4	2	2	2	2	2	3	3	1	3	3	3	3	2	2	2	3	2	3	3	2	3	2	1	2	2	3	4	1	2	4	2	6	3	2	2	2	4	80	
Learner's Score																																									
Performance Level																																									

Level	Level	% Range	Points	Learner's score
Exceeding (EE)	EE1	90–100%	8	
	EE2	75–89%	7	
Meeting (ME)	ME1	58–74%	6	
	ME2	41–57%	5	
Approaching (AE)	AE1	31–40%	4	
	AE2	21–30%	3	
Below (BE)	BE1	11–20%	2	
	BE2	1–10%	1	

-PHYSICAL EDUCATION-
-003-
-Senior

SECTION A: THEORY (80 Marks)

Answer all questions in this section.

1.

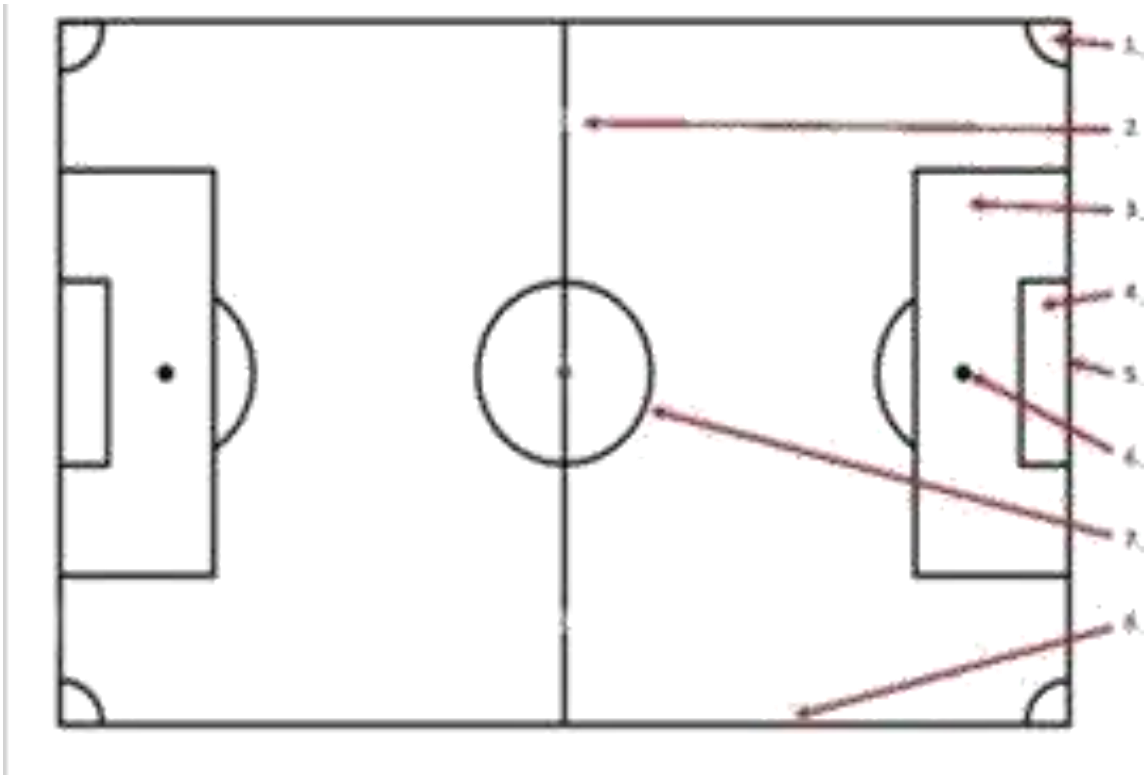
a. Identify THREE facilities used in a game of football. (3 **marks**)

i. _____.

ii. _____.

iii. _____.

b. Name the following areas of a soccer pitch. (4 **marks**)



1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.

2. The figure below shows execution of a lofted pass



a. Describe the correct **stance** used before kicking the ball. (2 **marks**)

_____

_____

b. Explain how the foot makes **contact** with the ball during a lofted pass. (2 **marks**)

i. _____.

ii. _____.

c. State TWO roles of **follow-through** in a lofted pass. (2 **marks**)

i. _____.

ii. _____.

3. The figure below shows a defender marking an attacker



a. Explain TWO techniques used in effective marking. (2 marks)

i. _____.

ii. _____.

b. Describe TWO dodging skills a player uses to beat an opponent. (2 **marks**)

i. _____.

ii. _____.

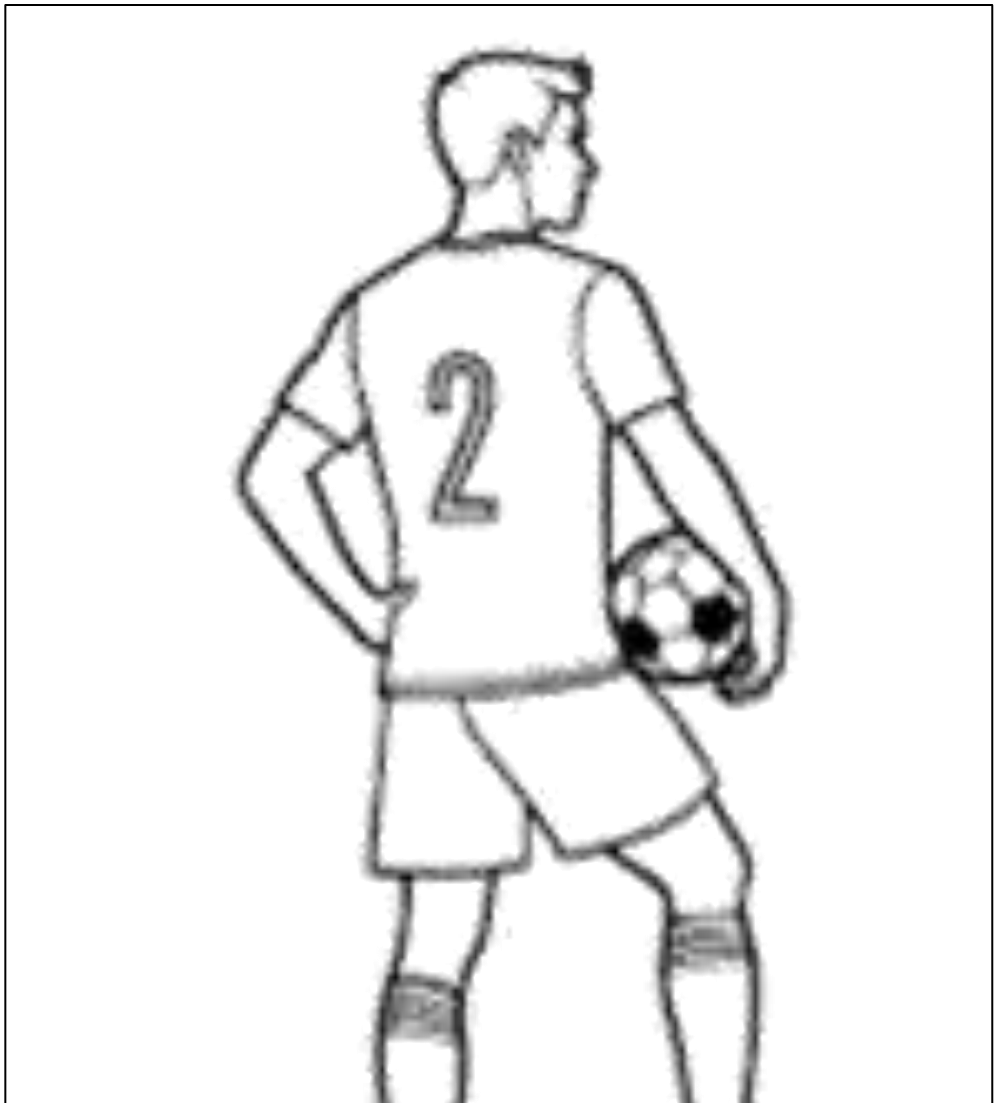
iii) Outline three qualities of a good marker in football. (3 marks)

i. _____.

ii. _____.

iii. _____.

4. Use only three primary colours to make the defender attractive.(3 marks)



5. A player was seen in the following playing costume.



a. Who among the football player wears it? (1 mark)

_____.

b. Identify THREE goalkeeping skills. (3 marks)

i. _____.

ii. _____.

iii. _____.

c. State three safety rule observed by goalkeepers during play. (3 marks)

i. _____.

ii. _____.

iii. _____.

6. Grade 10 learners were enjoying a netball game during a school inter-classes competition.



a. Identify THREE facilities used in netball. (3 **marks**)

i. _____.

ii. _____.

iii. _____.

b. Name THREE pieces of equipment used in netball. (3 **marks**)

i. _____.

ii. _____.

iii. _____.

7.

a. Describe the correct **grip** used when performing a flip pass. (2 **marks**)

_____.

_____.

_____.

b. State TWO safety precautions observed during a flip pass. (2 **marks**)

i. _____.

ii. _____.

c. Identify the types of passes demonstrated below: (3 **marks**)



L



M



N

L: _____.

M: _____.

N: _____.

8.

a. Explain the importance of **timing** when executing a side pass. (2 **marks**)

i. _____.

ii. _____.

b. State THREE basic rules of netball observed during play. (3 **marks**)

i. _____.

ii. _____.

iii. _____.

9.

a. Identify the facilities used in volleyball. (3 **marks**)

b. Name TWO pieces of equipment used in volleyball. (2 **marks**)

i. _____.

ii. _____.

10.

a. Describe correct **arm and finger placement** during setting. (3 **marks**)

i. _____.

ii. _____.

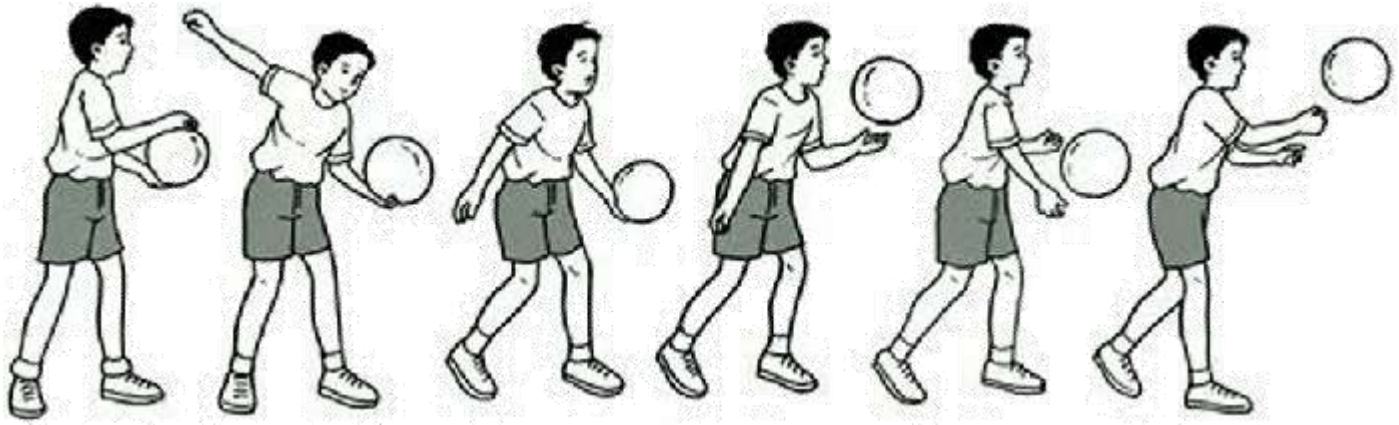
iii. _____.

b. Explain TWO roles of follow-through in setting. (2 **marks**)

i. _____.

ii. _____.

c. Amos is serving a ball in a game of volleyball



Identify the type of serve demonstrated (1 mark)

_____

d. State TWO safety rules observed during a volleyball game. (2 **marks**)

iv. _____.

v. _____.

11. Identify THREE facilities used in handball. (3 **marks**)

i. _____.

ii. _____.

iii. _____.

12.

a. Describe the correct **stance** used in handball passing. (2 **marks**)

_____.

_____.

_____.

b. Explain TWO advantages of accurate passing in handball. (4 **marks**)

i. _____.

ii. _____.

c. State ONE safety rule observed in handball. (1 **mark**)

_____.

_____.

_____.

d. Identify THREE facilities used in basketball. (3 **marks**)

i. _____.

ii. _____.

iii. _____.

e. Name TWO pieces of equipment used in basketball. (2 **marks**)

i. _____.

ii. _____.

f. Describe THREE techniques used in effective marking in basketball. (6 **marks**)

i. _____.

ii. _____.

iii. _____.

g. Identify THREE playing zones of a rugby pitch. (3 **marks**)

i. _____.

ii. _____.

iii. _____.

h. Name TWO pieces of equipment used in rugby. (2 **marks**)

i. _____.

ii. _____.

13.

a. Explain TWO dodging techniques used in rugby. (4 **marks**)

i. _____.

ii. _____.

b. Describe ONE marking technique used to stop an opponent. (1 **mark**)

_____.

_____.

c. Describe the correct **body position** during a grubber kick. (2 **marks**)

_____.

d. State TWO safety rules observed when performing a grubber kick. (2 **marks**)

i. _____.

ii. _____.

e. Ole Pioneer Senior School bought the following balls. For which type of game are the ball used? (4 marks)

THE 47 COUNTIES C1 SCHOOLS' JOINT NATIONAL SBA ASSESSEMENT

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

TERM 2 MIDTERM 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. **Learners are required to identify football restart situations, understand heading techniques, and apply basic passing principles in football.**

   (a) Study the images below of football restart situations and identify the type of kick/restart shown: (2 marks)





(i) _____ (ii) _____

(iii) When is Kick-off awarded? (1 mark)

_____

_____

(b) Match the heading technique to its correct description: (3 marks)

Technique	Description
(i) Diving Header	(a) Player lunges forward horizontally to meet a low cross.
(ii) Attacking Header	(b) Powerfully directed downwards towards the opponent's goal.
(iii) Defensive Header	(c) Used to pass the ball to a teammate while standing.

(c) State whether the following is TRUE or FALSE: (2 marks)

"In a lofted pass, the player should strike the top half of the ball to gain height."
[_____]

2. **Grade 10 Learners are demonstrating basic skills and understanding of passing, shooting, and movement in Netball and Basketball.**

(a) Identify the Netball pass shown in the picture: (1 mark)





_____.

(b) Name three factors that affect the accuracy of a Running Shot in Netball: (3 marks)

(i) _____.
(ii) _____.
(iii) _____.

(c) In Basketball, distinguish between a Crossover Dribble and a Lay-up Shot. (3 marks)

_____
_____
_____
_____

3. At Migori County School, learners are assessed on their understanding of basic Badminton equipment and strokes, as well as key Athletics events and techniques taught during Physical Education lessons.

(a) Identify the following Badminton equipment and strokes: (2 marks)



Q



R

Picture	Name of Item
Q	

(b) Identify the playing technique below. (1 mark)



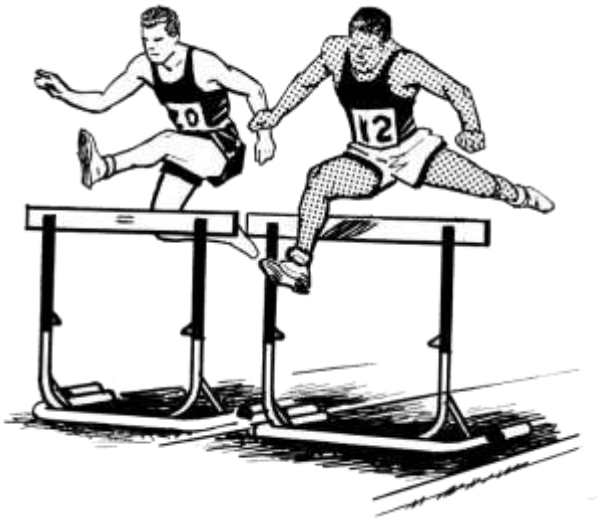
_____.

(c) Fill in the missing hurdle race distances for Senior School boys and girls. (2 marks)

i. Boys: _____ m Hurdles

ii. Girls: _____ m Hurdles

(d) Look at the image of the hurdling technique: (1 mark)



Phase identified: _____.

(e) List two Middle Distance races in Athletics: (2 marks)

4. Grade 10 learners from Makueni County are assessed on their understanding of fair play in sports and the importance of safety equipment and recovery techniques in athletics and football.

(a) Define Sportsmanship in the context of a Cross Country race. (2 marks)

_____

_____

(b) Circle the correct safety gear for a football goalkeeper: (1 mark)

Shin guards Gloves Spikes

(c) Outline two recovery techniques after a 1500m race: (2 marks)

(i) _____.

(ii) _____.

SECTION B: (50 MARKS)

5. Grade 10 learners at a school in Laikipia are being assessed on their understanding of football skills, including lofted passing, goalkeeping techniques, and team communication during set-piece situations.

(a) Describe the correct body positioning and contact point on the ball for a successful lofted pass. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

(b) Explain how stance and footwork help a goalkeeper "narrow the angle." (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

(c) Name the restart awarded when. (2 marks)

	Activity	Restart
i	A goalkeeper handles a back-pass inside the box.	
ii	The ball goes out of play over the goal line after last touching a defender	

(d) Explain the importance of communication between the goalkeeper and defenders during a corner kick. (2 marks)

i. _____

ii. _____

(e) Give the name for the following **soccer positions** (2 marks)

Number	1	2
Name		

(f) Name the following equipment used during a school game (1 mark)



_____.

6. **At a school in Tana River County, learners are assessed on their understanding of hurdling techniques and middle-distance running, focusing on proper movement, pacing, and adaptation to different terrains in athletics.**

(a) Describe the take-off and landing phases in hurdling. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

(b) Explain why pacing is important in a 1500m race compared to a 100m sprint. (4 marks)

i. _____

ii. _____

(c) Suggest two adaptations to stride length and breathing on muddy, hilly terrain. (4 marks)

(d) Distinguish between the approach and recovery phases in hurdling. (3 marks)

_____

_____

_____

7. **Grade 10 learners at Moyale Senior School are applying their knowledge of Netball and Basketball skills, focusing on passing techniques, deceptive play, and correct movement rules during game situations.**

(a)Describe the grip and release points for the flip pass. (3 marks)

_____

_____

_____

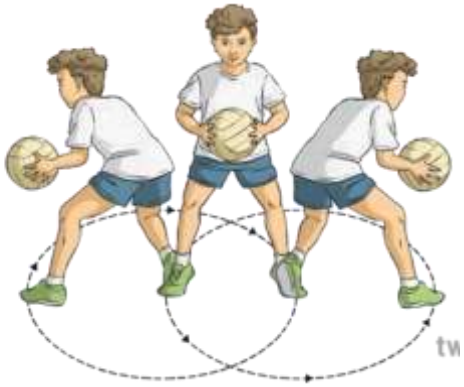
(b) Describe one scenario where a fake shot creates space in basketball. (3 marks)

_____

_____

_____

(c) Identify the netball technique shown below (1 mark)



_____.

(d) Explain the above rule in Netball after catching the ball. (3 marks)

_____

_____

8. **At Shimo la Tewa senior school, learners are assessed on their understanding of badminton skills, including different strokes, shot execution, and fair play rules during a match.**

(a) Compare the energy and racket angle between a smash and a drop shot. (4 marks)

	Smash shot	**Drop shot**
Energy		
Racket angle		

(b) State the difference between a forehand drive and a backhand drive. (4 marks)

Forehand drive	**Backhand drive**

(c) Two players Mwangi and Otieno are playing badminton, if Mwangi hits the shuttle into the net, who gains the point and who serves next? (2 marks)

_____

_____

_____

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GRADE 10 INTER C1 SENIOR SCHOOLS END OF YEAR EXAMINATIONS

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

TERM 3: ENDTERM ASSESSMENT 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 full name in the space provided above.
2. Indicate your school, stream, admission number, and date clearly.
3. This paper has **TWO sections: A and B**.
4. Attempt **ALL questions** in both sections.
5. Show all working clearly where necessary.
6. Write all answers in the spaces provided.
7. Do NOT remove any page from this 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)

1. a) State **two** important facilities required for playing a standard football match. (2 marks)

i. _____ ii. _____

b) Name the skill in football in which a player sends the ball through the air over a distance to a teammate. (1 mark)

_____

2. Study the sequence below representing the execution of a football skill.



a) Identify the football skill represented. _____ (1 mark)

b) State **two** important factors a learner should observe when performing this skill. (2 marks)

i. _____
ii. _____

3. a) Name **two** passing skills learnt in Grade 10 netball. (2 marks)

i. _____
ii. _____

b) State **one** reason why accuracy is important when executing a pass in netball. (1 mark)

_____
_____

4. Study the diagram below.



a) Identify the volleyball skill illustrated. _____ (1 mark)

b) State **two** points to observe when performing this skill correctly. (2 marks)

i. _____
ii. _____

5. a) What is meant by **sidestep** in handball? (1 mark)

_____
_____

b) State **two** situations in which sidestep movement can be useful during a handball game. (2 marks)

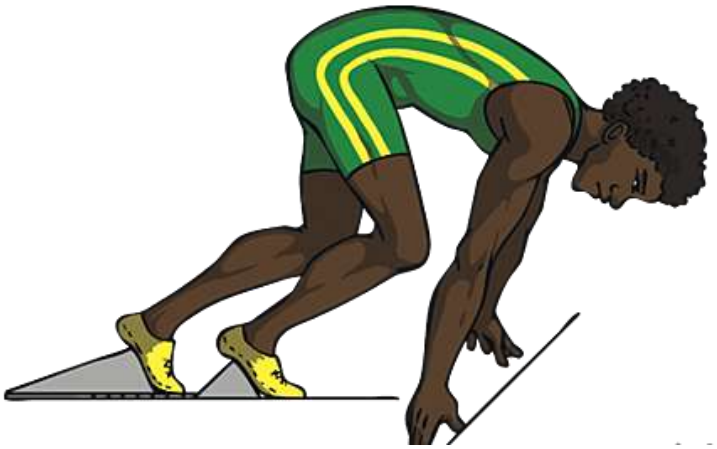
i. _____
ii. _____

6. a) Name the basketball shooting technique in which the player shoots the ball while remaining stationary, usually using both hands in a controlled motion. (1 mark)

_____

i. _____
ii. _____

7. The following diagram represents the starting position of an athlete.



a) Identify the type of start represented. _____ (1 mark)

b) State **two** reasons why a proper starting technique is important in sprinting. (2 marks)

i. _____
ii. _____

8. Name the **four main phases** of the long jump. (3 marks)

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

9. a) State **one** safety precaution that should be observed before a javelin is thrown. (1 mark)

_____-

b) Give **two** characteristics of an effective javelin throwing technique. (2 marks)

i. _____
ii. _____

10. a) Where should the shot be placed before it is put? (1 mark)

_____

b) State **two** safety measures that should be followed during a shot-put activity. (2 marks)

i. _____
ii. _____

SECTION B: 50 MARKS

Answer ALL questions in this section.

11. During a school football tournament, a Grade 10 learner is required to demonstrate effective attacking and defensive skills.

a) Explain **three stages** involved in performing an effective lofted pass in football. (3 marks)

i. _____
ii. _____
iii. _____

b) Describe **three techniques** that a player can use when attempting to dodge an opponent. (3 marks)

i. _____
ii. _____
iii. _____

c) Explain **two important responsibilities of a goalkeeper** during a football match. (2 marks)

i. _____
ii. _____

d) State **two safety precautions** that players should observe during football training or competition. (2 marks)

i. _____
ii. _____

12. A school coach is training learners to improve their passing and attacking skills in netball and volleyball.

(a) Explain the following components of a correct **flip pass in netball**: (4 marks)

i. Stance

_____
_____

ii. ii. Grip

_____
_____

iii. Release

_____
_____

iv. Follow-through

(b)

i. Identify the skill commonly used to set up an attacking play in volleyball. (1 mark)

_____

ii. Explain **three technical points** to observe when performing the skill identified in (b)(i). (3 marks)

i. _____
ii. _____
iii. _____

iii. State **two ways** in which good sportsmanship can be demonstrated during a volleyball match. (2 marks)

i. _____
ii. _____

13. (a) Handball

A handball player is attempting to move past a defender.

i. Describe the correct execution of a **sidestep** in handball. (3 marks)

i. _____
ii. _____
iii. _____

ii. Explain how a goalkeeper can effectively defend the goal using correct positioning and movement. (2 marks)

i. _____
ii. _____

(b)

A learner is practising the set shot.

i. Describe **three** technical points that should be observed when performing a basketball set shot. (3 marks)

i. _____
ii. _____
iii. _____

ii. Give **two reasons** why regular basketball practice can contribute to physical fitness and healthy living. (2 marks)

i. _____
ii. _____

14. A Grade 10 athlete is preparing for a 100-metre sprint.

ii. _____

iii. _____

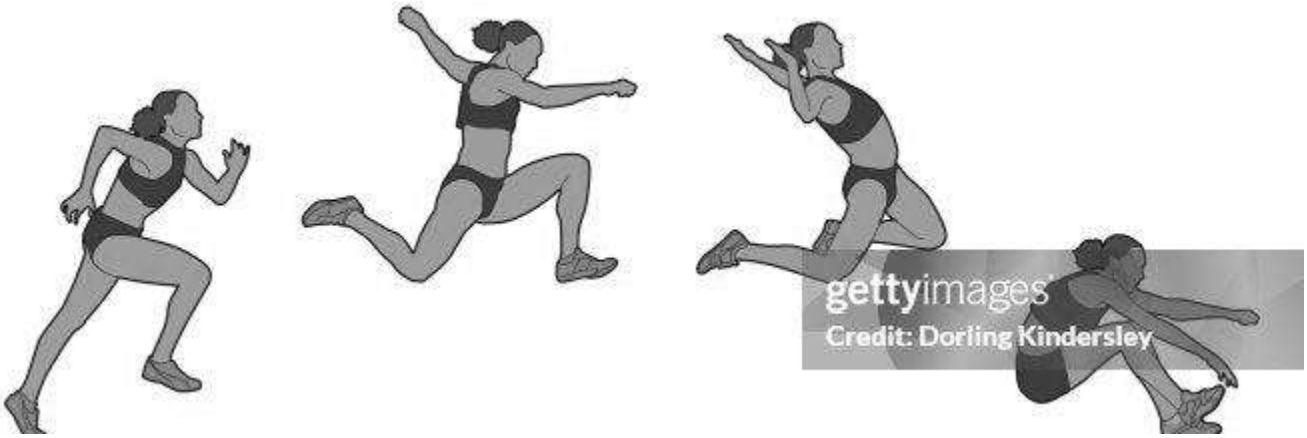
ii. Explain **two** technical aspects of effective sprinting during the acceleration phase. (2 marks)

i. _____

ii. _____

(b) Study the sequence below.

A B C D



i. Identify the four phases labelled A, B, C and D. (2 marks)

A: _____

B: _____

C: _____

D: _____

ii. Explain **one important technique** that should be observed during the take-off phase. (1 mark)

_____

_____

iii. State **two safety measures** that should be observed when conducting long-jump activities. (2 marks)

i. _____

ii. _____

15. (a)

i. Explain **two differences** between javelin and shot put in terms of the implement and method of propulsion. (2 marks)

javelin	*shot put*

ii. State **two safety precautions** that must be observed when conducting throwing events. (2 marks)

i. _____
ii. _____

(b)

i. Name **two optional sports** from the list above. (2 marks)

i. _____
ii. _____

ii. For **one** of the sports named in (b)(i), describe **two basic skills** used in the sport. (2 marks)

i. _____
ii. _____

(c) State two ways **in which regular participation in Physical Education can contribute to a healthy lifestyle. (2 marks)**

i. _____
ii. _____

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