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

GRADE 10 SPORTS AND RECREATION (Theory) ENDTERM 1

PATHWAY: ARTS AND SPORTS

Time: 1 Hour 30 Minutes

COMPETENCY BASED EDUCATION

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.
4. **Check your work** before submitting the exam.

Performance Levels Grid

Q.No.	1a	1b	1c	1d	1e	2a	2b	2c	2d	2e	3a	3b	3c	3d	3e	4a	4b	4c	4d	4e	5a	5b	5c	5d	5e	6a	6b	6c	6d	Total
Marks	2	4	2	2	2	4	2	3	2	3	2	4	2	3	3	2	3	3	2	3	2	4	4	2	2	4	3	4	2	70
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	

-SPORTS AND RECREATION-
-002-
-Senio

SECTION A: THEORY (70 Marks)

Answer all questions in this section.

1. *Grade 1o learner performed arm swings and leg swings before a race; another learner holding a hamstring stretch while seated.*



X



Y

a) Define **flexibility** as a component of health and fitness. (2 marks)

_____

_____

b) Differentiate between: (4 marks)

i) Static stretching

_____

_____

ii) Dynamic stretching

_____

_____

c) From Image 1 above, identify: (2 marks)

i) ONE dynamic stretch

_____

_____

ii) ONE static stretch

i. _____

ii. _____

d) Explain **TWO benefits of dynamic stretching** before sports activities. (2 marks)

iii. _____

iv. _____

e) State **TWO safety precautions** to observe when performing stretches. (2 marks)

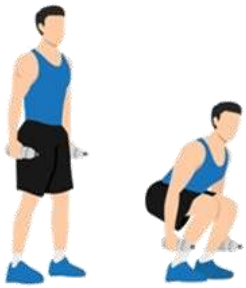
i. _____

ii. _____

2. *Learners were observed doing push-ups, squats using water containers as weights, plank hold, and repeated skipping.*



M



N



O



P

a) Define: (4 marks)

i) Muscular strength

_____

_____

ii) Muscular endurance

_____

_____

b) Using Image 2, identify: (2 marks)

i) ONE muscular strength activity

_____

_____

ii) ONE muscular endurance activity

c) State **THREE differences** between muscular strength and muscular endurance activities. (3 marks)

i. _____

ii. _____

iii. _____

d) Explain **TWO ways learners can improvise equipment** for muscular strength activities using locally available materials. (2 marks)

i. _____

ii. _____

e) State **THREE physical skills** developed during muscular strength and endurance activities. (3 marks)

i. _____

ii. _____

iii. _____

3. *Learners jogging around a field, cycling, skipping rope, and participating in a group aerobic session.*

a) Define **cardiovascular endurance**. (2 marks)

_____

_____

b) Distinguish between: (4 marks)

i) Low-impact cardiovascular activities

_____

_____

ii) High-impact cardiovascular activities

c) Identify **TWO cardiovascular activities** shown in Image 3. (2 marks)

i. _____

ii. _____

d) Explain **THREE benefits of cardiovascular endurance exercises** to the body. (3 marks)

i. _____

ii. _____

iii. _____

e) State **THREE safety measures** to observe during cardiovascular exercises. (3 marks)

i. _____

ii. _____

iii. _____

4. *A learner sitting upright at a desk, another was slouching;*

a) Define **posture**. (2 marks)

b) Identify **THREE movements** that require correct posture for good sports performance. (3 marks)

i. _____

ii. _____

iii. _____

c) Name and describe **the defective postures** shown in Image below. (3 marks)



X: _____.

Y: _____.

Z: _____.

d) Explain **TWO effects of poor posture** on sports performance. (2 marks)

i. _____

ii. _____

e) State **THREE corrective practices** that help improve posture. (3 marks)

i. _____

ii. _____

iii. _____

5. *Different groups of Learners were observed playing football, chess, traditional dances, yoga, and group discussions.*



P



Q



R



S

a) Define **recreation**. (2 marks)

i. _____

ii. _____

b) Identify **the practices**. (4 marks)

P: _____.

Q: _____.

R: _____.

S: _____.

c) Identify **FOUR dimensions of wellness**. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

d) Using Images above, identify **TWO recreation activities** and state the **dimension of wellness** each promotes. (2 marks)

i. _____

ii. _____

e) Explain **TWO benefits of recreation activities** to individual health and wellness. (2 marks)

i. _____

ii. _____

iii. _____

6. *During a video lesson, learners was identified players with the following injuries*

   i. Soccer player an ankle sprain,
   ii. Runner holding knee,
   iii. Tennis player with elbow pain

iv. *Athlete warming up.*

a) Define: (4 marks)
i) Acute injury

_____

_____

ii) Chronic injury

_____

_____

b) Classify the injuries above as **acute or chronic**. (3 marks)

Acute injuries	**Chronic injuries**

c) Draw and complete a **simple matrix** linking **TWO sports injuries** with their causes. (4 marks)

SPORTS INJURY **CAUSE**

d) State **TWO strategies athletes use to prevent injuries** during sports activities. (2 marks)

i. _____

ii. _____

THE 47 COUNTIES C1 SCHOOLS' JOINT NATIONAL SBA ASSESSEMENT

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

TERM 2: MIDTERM 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. During games time at St. Theresa Senior School, teacher Mr. Mwangi displayed the following picture cards for learners to identify.



Card A



Card B



Card C

Name the sport shown in each card. (3 marks)

a) Card A _____.
b) Card B _____.
c) Card C _____.

2. The Chief of Shankoe location, Chief Ole Mapelu, is organizing a "Peace Marathon." Match the benefit of sports in column A with its correct description in column B. (4 marks)

Column A (Benefit)	**Column B (Description)**
(i) Cohesion	A. Earning a living through professional play or officiating.
(ii) Career	B. Improving heart health and lung capacity.
(iii) Physical Health	C. Bringing different ethnic groups together in unity.
(iv) Mental Health	D. Reducing stress and improving cognitive function.

3. At Ndururumo Senior School, learners were shown the following tools during a health and fitness lesson. (3 marks)



Tool A



Tool B



Tool C

4. During a cross-country race in the community, a runner, Omari, trips and sustains a deep cut on his knee and appears to have a sprained ankle.

(a) Using the illustration provided, explain the R.I.C.E. principle for treating Omari's sprain. (2 marks)

i. _____.
ii. _____.

(b) Categorize the injury (Cut) as either Soft Tissue or Hard Tissue. (1 mark)

_____.

(c) State two strategies the race organizers should have put in place to prevent road injuries. (2 marks)

i. _____.
ii. _____.

(d) Explain one emotional effect of a long-term injury on a Senior School athlete. (1mark)

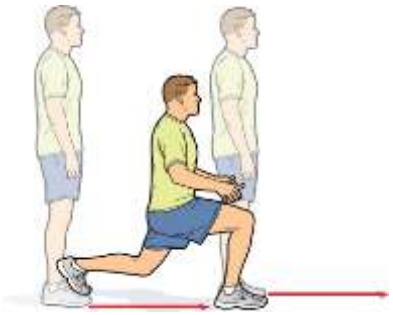
_____
_____.

5. The school is hosting a "Wellness Week." The Grade 10 class is tasked with creating a 20-minute floor aerobics routine.

(a) Outline the four phases of a standard aerobics session in their correct order. (4 marks)

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

(b) Identify the movement shown below and describe how to perform it. (2 marks)



_____
_____
_____

(c) Suggest two dimensions of wellness that a learner achieves by participating in this group aerobics session. (2 marks)

i. _____.

6. During a weekend cycling activity, Chief Wekesa reminded learners to observe road safety.



Sign A



Sign B



Sign C

State whether each statement is TRUE or FALSE. (3 marks)

a) Sign A. means there are children crossing the area _____.
b) Sign B reminds road users to be careful near a crossing area. _____.
c) Sign C means it is safe to text while crossing the road. _____.

7. At Makueni Boys Senior School, learners saw the following injury cards after a football match and long-distance training.

Write **ACUTE** or **CHRONIC** for each injury. (3 marks)

i. Twisted ankle after landing badly :_____.
ii. Blisters after many training days :_____.
iii. Shoulder dislocation after a fall :_____.

8. Coach Atieno used the diagram below while training learners in netball. (3 marks)

[Observe] → [Identify weakness] → [Plan practice] → [Give feedback]

a) Define coaching. (1 mark)

_____

_____

b) Name any two steps shown in the coaching cycle. (2 marks)

i) _____

ii) _____

9. At Lakeview Senior School, the sports office displayed the following items.







Item A **Item B** **Item C**

Name each item. (3 marks)

a) Item A _____

b) Item B _____

c) Item C _____

10. At Kiboko Mixed Senior School, learners lacked enough sports equipment. Their teacher showed them locally available materials.







Material A **Material B** **Material C**

Old tyres *Plastic containers filled with sand* *Sisal rope*

(a) State one possible sports use for each material. (3 marks)

i) Old tyres

_____

ii) Plastic containers filled with sand

_____

b) State two qualities/criteria of good improvised sports equipment. (2 marks)

(i) _____.

(ii) _____.

SECTION B: (50 MARKS)

11. Chief Namutebi and Baraka Senior School organized a community recreation and wellness day to reduce drug abuse, promote unity and keep learners active during school holidays.

Activity	Number of Participants
Football	18
Volleyball	12
Aerobics	14
Cross country	10

a) From the table above:

i) Identify the activity with the highest number of participants. (1 mark)

_____

ii) Identify the activity with the lowest number of participants. (1 mark)

_____

b) Calculate the total number of participants in all the four activities. Show your working. (2 marks)

c) Explain two benefits of sports to an individual in this community programme. (2 marks)

i. _____.

ii. _____.

d) Explain two benefits of sports to society/community. (2 marks)

i. _____.

ii. _____.

e) Outline two ways Baraka Senior School and the local community can build a strong sports culture at school and at home. (2 marks)

12. At St. Luke's Senior School, learner Moses visited the school wellness corner before joining the athletics club. The following measurements were taken by teacher Mr. Kiprop.

Measurement	Value
Mass	72 kg
Height	1.80 m
Waist circumference	84 cm
Hip circumference	96 cm

a) Calculate Moses' Body Mass Index (BMI). Show your working. (2 marks)

b) Calculate Moses' waist-to-hip ratio. Show your working. (2 marks)

c) Distinguish between: (2 marks)

Lean body weight and Fat body weight

_____

_____

_____

d) State two factors that determine body composition. (2 marks)

i. _____.

ii. _____.

13. At Karibu Senior School, learners were preparing for an aerobics display during the school open day. Their Sports and Recreation teacher, Ms. Achieng, reminded them that correct posture improves balance, movement efficiency and safety.



P.



Q.



R.

a) Identify the posture shown in:

i) Q _____ (1 mark)

ii) R _____ (1 mark)

iii) R _____ (1 mark)

b) State two effects of correct posture on sports performance during running, jumping or throwing. (2 marks)

i. _____.

ii. _____.

c) The following table was given by the teacher during the aerobics activity

Aerobics session plan

Phase	Time
Warm-up	8 minutes
Main aerobics routine	20 minutes
Cool-down	7 minutes

d) Explain the importance of:

i) warm-up (1 mark)

_____

_____

ii) cool-down (1 mark)

_____

_____

14. During the April holidy some learners attended an cycling camp and were coached on cycling. Jabali the team coach took them through a training session.

(a) List four characteristics of a good coach. (2 marks)

(i) _____.

(ii) _____.

(b) Outline three safety road signs a student should identify when cycling for recreation. (3 marks)

(i) _____.

(ii) _____.

(iii) _____.

(iv) _____.

c) State three steps in the coaching process. (3 marks)

(i) _____.

(ii) _____.

(iii) _____.

15. **Circle TRUE or FALSE** for the following statements regarding a Grade 10 aerobics session led by Mr. Wekesa. (4 marks)

i. The Cool-down phase prevents blood pooling in the legs. (TRUE / FALSE)

ii. Floor aerobics require a swimming pool to perform. (TRUE / FALSE)

iii. A Warm-up increases the internal body temperature. (TRUE / FALSE)

iv. High-impact aerobics involve both feet leaving the ground. (TRUE / FALSE)

16. During a practical session, **Abraham and Isaac** demonstrated proper lifting techniques in an aviation workshop.



Abraham



Isaac

(a) Who demonstrated the correct posture for lifting? (1 mark)

_____

(b) Describe the impact of the incorrect posture on the athlete's future performance. (2 marks)

(i) _____.

(ii) _____.

(c) Analyze how correct posture while running improves "Efficiency of Performance." (2 marks)

(i) _____.

(ii) _____.

(d) Identify two causes of postural defects in the school environment. (2 marks)

(i) _____.

(ii) _____.

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