

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

AUGUST ASSIGNMENT 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.

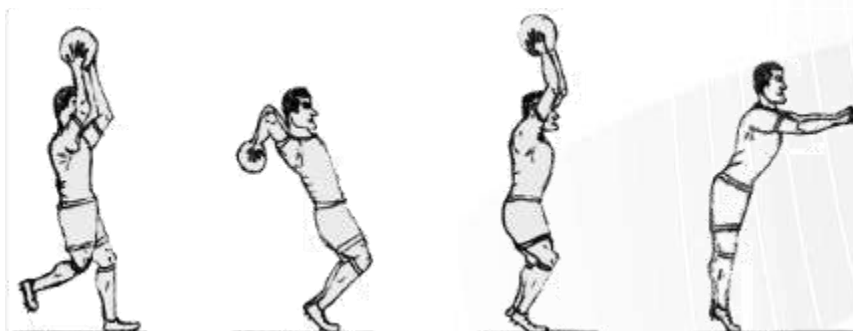
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SECTION	SECTION A	SECTION B	% SCORE	EE1	EE2	ME1	ME2	AE1	AE2	BE1	BE2
SCORE RANGE	30 MARKS	50 MARKS		90-100	75-89	58-74	41-57	31-40	21-30	11-20	1-10
POINTS				8 POINTS	7 POINTS	6 POINTS	5 POINTS	4 POINTS	3 POINTS	2 POINTS	1 POINT
LEARNER'S TOTAL SCORE											

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."

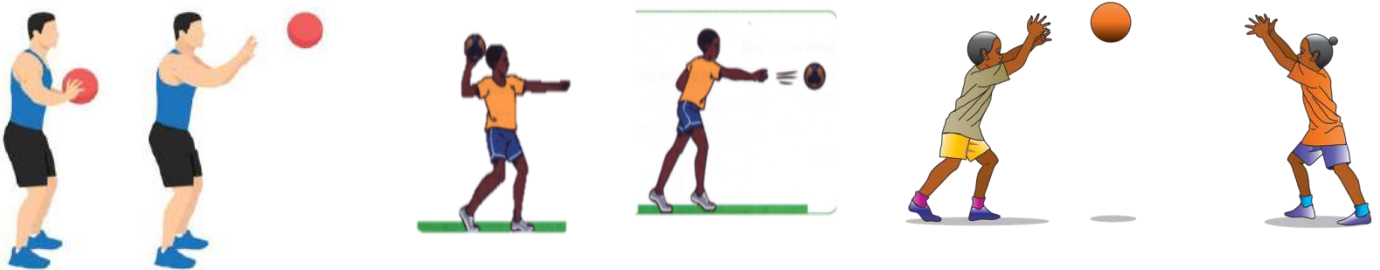
Sarah: "I pass the ball while I am moving at high speed."

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)

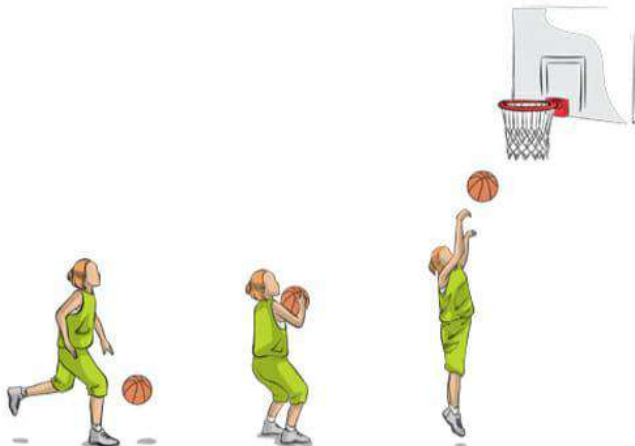
(i) _____

(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)

MARKING SCHEME (SUMMARY)

SECTION A (30 MARKS)

1. Football: Starts and Restarts (5 Marks)

(a) **Throw-in** (1mk)

(b) (i) Both feet must be on the ground (on or behind the touchline). (ii) The ball must be thrown with both hands from behind and over the head. (2mks)

(c) **FALSE** (A goal cannot be scored directly from a throw-in). (1mk)

(d) **Kick-off** (1mk)

2. Netball: Passing Techniques (5 Marks)

(a) **Flip pass** (1mk)

(b) **Running pass** (1mk)

(c) **Image B** (1mk)

(d) (i) Receive the ball while on the move towards the goal. (ii) Take the allowed steps (one-two rhythm) and shoot while maintaining balance/momentum. (2mks)

3. Basketball: Dribbling and Faking (5 Marks)

(a) **Crossover Dribble** (1mk)

(b) To deceive the defender, create space, or change direction to move past an opponent. (2mks)

(c) A **Set Shot** is taken with both feet firmly on the ground (usually for free throws), whereas a **Jump Shot** is taken by releasing the ball at the highest point of a vertical jump. (2mks)

4. Athletics: Hurdling (5 Marks)

(a) X: **Lead Leg** | Y: **Trail Leg** (2mks)

(b) **Landing** (1mk)

(c) (i) Ensure hurdles are facing the right direction (so they fall if hit). (ii) Clear the track of any obstacles or loose stones. (2mks)

5. Outdoor Education: Camping (5 Marks)

(a)

Tent: Shelter/Protection from weather.

First Aid Kit: Treating injuries/emergencies.

Sleeping Bag: Warmth and comfort during sleep.

Gas Stove: Cooking meals. (4mks)

(b) A designated area where a tent is pitched or an outdoor base is established for a temporary stay. (1mk)

6. Athletics: Middle Distance (5 Marks)

(a) **TRUE** (1mk)

(b) To conserve energy throughout the race and ensure a strong finish without early exhaustion. (2mks)

(c) **Rhythmic breathing** (inhaling and exhaling through both nose and mouth to maximize oxygen intake). (2mks)

SECTION B (50 MARKS)

7. Football (10 Marks)

(a) Striking the **bottom half/underneath** of the ball with the laces or instep. (2mks)

(b) (i) Stopping shots. (ii) Organizing the defense. (iii) Restarting play (goal kicks/punts). (3mks)

(c) **Marking** is staying close to an opponent to prevent them from receiving the ball. **Dodging** is a sudden body movement used by a player to get away from a marker. (3mks)

(d) **Goal kick** and **Corner kick** (defending) or **Kick-off**. (2mks)

8. Badminton (10 Marks)

(a) **A: Forehand Clear | B: Drop Shot** (2mks)

(b) A **Long Service** is hit high and deep to the back of the court. A **Short Service** is hit low and just clears the net to land in the front service box. (4mks)

(c) A firm grip allows for maximum wrist snap, which increases the power and downward angle of the smash. (2mks)

(d) **Racket** (2mks)

Q9. Athletics: Cross Country (10 Marks)

(a) Lean slightly forward, shorten the stride length, and pump the arms more vigorously for drive. (3mks)

(b) Athletes must adjust their stride and center of gravity to maintain balance and speed on uneven, muddy, or hilly surfaces. (3mks)

(c) (i) Improved cardiovascular endurance. (ii) Mental toughness/discipline. (2mks)

(d) **Curved Start** (2mks)

10. Outdoor Education: Campsite (10 Marks)

(a) Tent area, Cooking/Fire area, Waste disposal area. (3mks)

(b) To prevent smoke from entering tents and to reduce the risk of fire spreading to flammable tent materials. (2mks)

(c) (i) Safety/Security. (ii) Availability of water. (iii) Flatness/Drainage of the ground. (3mks)

(d) It speeds up the process and ensures the tent is tensioned correctly and securely fastened against wind. (2mks)

11. Basketball: Lay-up (10 Marks)

(a) **Lay-up shot** (1mk)

(b) The player takes two legal steps (right-left or left-right) after picking up the dribble before jumping. (3mks)

(c) It acts as a target to absorb the ball's momentum and guide it into the basket. (2mks)

(d) (i) Communication. (ii) Cooperation/Teamwork. (2mks)

(e) **Finger pads** (not the palm). (2mks)