

PHYSICAL EDUCATION GRADE 10

END TERM 1 EXAMINATION 2026

TIME 2 HOURS

Name: _____ Admission No: _____

Class: _____ Date: _____

INSTRUCTIONS TO CANDIDATES

1. This paper consists of two sections: A and B.
2. Answer ALL the questions in Section A in the spaces provided.
3. Answer any two questions from Section B in the spaces provided.
4. The paper carries a total of 100 marks.

SECTION A: ANSWER ALL QUESTIONS (60 MARKS)

1. State four reasons why it is important to warm up before participating in physical activity. (4 marks)

a) _____

b) _____

c) _____

d) _____

2. Define the term 'Physical Fitness'. (2 marks)

3. List the two main components of physical fitness and give two examples for each. (6 marks)

a) Component 1: _____

i) Example: _____

ii) Example: _____

b) Component 2: _____

i) Example: _____

ii) Example: _____

4. Explain how the 'FITT' principle can be used to design a fitness program to improve cardiovascular endurance. (8 marks)

a) F (Frequency): _____

b) I (Intensity): _____

c) T (Time): _____

d) T (Type): _____

5. Identify three long-term effects of regular exercise on the skeletal system. (3 marks)

a) _____

b) _____

c) _____

6. During a soccer match, a player suddenly falls and clutches the back of their thigh in pain.

a) Name the type of injury the player has most likely sustained. (1 mark)

b) Outline the immediate first aid procedure you would follow using the R.I.C.E. method. (4 marks)

R - _____

I - _____

C - _____

E - _____

7. Define the term 'goal setting' in a fitness context. (2 marks)

8. A student wants to improve their muscular strength. State one example of a SMART goal they could set for themselves. (4 marks)

S (Specific): _____

M (Measurable): _____

A (Achievable): _____

R (Relevant): _____

T (Time-bound): _____

9. Distinguish between the 'cool-down' and the 'warm-up'. Give one reason for performing a cool-down. (4 marks)

Difference: _____

Reason for Cool-down: _____

10. Name the main energy system used for the following activities: (4 marks)

a) A 100-meter sprint: _____

b) A marathon run: _____

11. Explain how the respiratory system responds to an immediate increase in exercise intensity. (3 marks)

12. State three safety precautions that should be observed in a gymnasium environment. (3 marks)

a) _____

b) _____

c) _____

13. Describe how you would use the 'talk test' to monitor exercise intensity. (2 marks)

14. Apart from improving physical health, list two psychological benefits of participating in regular physical activity. (2 marks)

a) _____

b) _____

15. Define 'balance' as a skill-related component of fitness and provide one sporting example where it is essential. (2 marks)

16. What is the role of carbohydrates in a pre-game meal for an athlete? (2 marks)

17. State four ethical considerations for a sports coach when dealing with young athletes. (4 marks)

- a) _____
- b) _____
- c) _____
- d) _____

SECTION B: ANSWER ANY TWO QUESTIONS (40 MARKS)

18. Discuss the importance of leading a healthy, active lifestyle beyond just physical appearance. In your answer, address the following:

- a) The impact on mental and social well-being. (6 marks)
- b) The long-term benefits for chronic disease prevention. (6 marks)
- c) The role of physical activity in improving productivity and academic performance. (8 marks)

19. You are tasked with teaching a group of beginners the fundamental skills of a sport of your choice (e.g., basketball, volleyball, swimming).

- a) Name the sport you have chosen. (1 mark)

- b) Describe the key teaching points for three basic skills in that sport. (9 marks)
- c) Explain how you would structure a 60-minute training session for these beginners, including the timing and purpose of each phase. (10 marks)

20. A sedentary teenager has decided to start a fitness program to improve their overall health.

- a) Analyze the potential barriers this individual might face in sticking to their new fitness program. (6 marks)
- b) Suggest practical strategies to overcome each barrier you have identified. (6 marks)
- c) Design a one-week (7-day) progressive workout plan for this individual. The plan should include a variety of activities and state the FITT principle used for each day. (8 marks)

END