



THE KENYA NATIONAL EXAMINATIONS COUNCIL

SPORTS AND RECREATION

School-Based Assessment -Written Assessment

Grade 10

2026

Time: 1 Hour 30 Min

Name: _____ Assessment No.: _____

School: _____ Signature: _____

Instructions 1. This School-Based Assessment is to be undertaken by Grade 10 learners taking Sports and Recreation. 2. The assessment comprises TWO sections. Section A and B 3. The learner should attempt all the questions in both sections .	For Teacher's Use Only		
	Tasks	Max. Score	Learner's score
	Questions 1-12	12	
	Question13	3	
	Question14	2	
	Question 15	6	
	Question16	2	
	Question 17	3	
	Question 18	8	
	Question 19	4	
	Total	40	

SECTION A: (12 MARKS)

Answer all the questions in this section.

1. During a football match, a player sprained the ankle, while another suffered a cut. Which of the following statements describes these injuries correctly?
 - A. The sprain is a soft tissue injury while the cut is classified as an open injury
 - B. Both injuries are classified as fractures affecting the skeletal system
 - C. The cut is a chronic injury while the sprain develops over time
 - D. Both injuries are internal conditions that cannot be observed externally

2. Some teenage athletes had higher body fat levels even though they train regularly. Which of the following is a possible explanation for this?
 - A. Body fat is affected only by exercise
 - B. Regular training always leads to low body fat.
 - C. Age and body changes can affect body fat
 - D. Teenagers cannot change their body composition

3. To reduce the increased youth unemployment and drug abuse, the county government introduced structured community sports leagues. After one year, crime was reduced and youth engagement in productive activities improved. Which of the following statement justifies continuation of the programme?
 - A. The programme improves physical fitness but has minimal influence on social behaviour among participants
 - B. The programme supports talent identification but has limited impact on broader community relationships
 - C. The programme promotes social cohesion, reduces crime, and creates economic opportunities through sport
 - D. The programme increases competition levels but may contribute to divisions within the community

4. Two athletes followed the same training programme, but one gained muscle faster than the other. Which of the following aspects best explains this difference?
 - A. Differences in genetic makeup and metabolism influence muscle development in individuals
 - B. Training programmes always produce identical results regardless of individual biological differences
 - C. Muscle gain depends only on training intensity and not on inherited characteristics
 - D. Environmental factors have no measurable influence on physical development outcomes

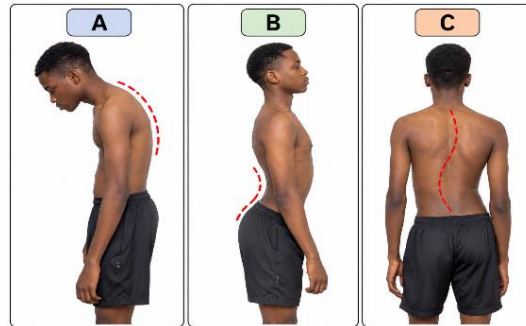
5. An instructor advised learners to maintain a straight back while lifting weights. Why was this advice important?
- A. It reduces the effectiveness of exercise while improving physical appearance
 - B. It prevents injuries and promotes efficient engagement of the targeted muscles
 - C. It makes the activity easier to perform but limits the overall training benefits
 - D. It has minimal influence on both performance outcomes and injury prevention
6. A basketball coach insisted on warm-up, use of appropriate equipment, and hydration during training. What is the main benefit of these practices?
- A. These strategies reduce injury risk and enhance overall athletic performance
 - B. These strategies increase training duration without improving safety outcomes
 - C. Injuries cannot be prevented through preparation or structured training routines
 - D. Such practices are only beneficial to elite athletes and not school learners
7. A school athletics trainer observed that an athlete has good endurance but poor coordination. Which statement best shows the difference between the two components of fitness?
- A. Endurance enables sustained activity, while coordination enables controlled movement
 - B. Endurance enables quick movement, while coordination enables sustained physical activity
 - C. Endurance enables strong muscles, while coordination enables improved physical flexibility
 - D. Endurance enables accurate movement, while coordination enables improved physical stamina
8. Grade 10 learners were asked to improvise play equipment of their choice. Which of the following should the learners have in mind as they improvise?
- A. The materials should be safe, suitable and strong
 - B. Any locally available material can be used to improvise
 - C. Safety is not realised in improvised play equipment
 - D. Improvised equipment is only used for recreation
9. In an 800m race, an athlete started very fast but slowed down before reaching the finish. What could have caused this?
- A. Starting too fast used up energy needed for the later stages
 - B. Maintaining a steady pace reduced the energy for finishing
 - C. Starting at a moderate pace, limited the ability to maintain speed
 - D. Increasing speed during the race reduced the finishing effort

10. In a football match, your school team changed from a defensive formation to an attacking formation after conceding a goal. Why did the team make this change?
- A. To create more chances by committing more players to attack
 - B. To strengthen the defence by keeping more players behind the ball
 - C. To improve ball control by maintaining the same team formation
 - D. To create space by moving more players into different positions
11. A coach makes a fair decision even though some team members do not agree with it. Which principle of leadership is demonstrated?
- A. Following team preferences when making important decisions
 - B. Avoiding decisions that may lead to disagreement
 - C. Treating everyone equally when making decisions
 - D. Changing decisions whenever team members raise concerns
12. A Grade 10 learner was acting as a team official and making sure that athletes are present, properly equipped and ready for events. What does this show?
- A. The learner is carrying out duties to help the team succeed
 - B. The learner is focused on facilitating events for athletes
 - C. The learner is not involved in preparing for the team to win
 - D. The learner is mainly focused on individual members' performance

SECTION B: (28 MARKS)

Answer all the questions in this section.

13. The teacher displayed the following pictures of postural defects during a sports and recreation lesson. Identify the three defects. **(3 marks)**



- A. _____
B. _____
C. _____

14. Before starting the training programme, the teacher asked all Grade 10 learners to determine their Body Mass Index (BMI). State the two measurements required and the formula used to calculate BMI. **(2 marks)**

15. You have been asked to lead the class in performing floor aerobics. Explain three phases of the floor aerobics through which you will lead the class. **(6 marks)**

16. During a 1500m race, some athletes started very fast and later became tired, causing them to lose their position. Highlight two tactics the athlete could use to perform well in a middle-distance race. **(2 marks)**

17. A Grade 10 teacher is selecting learners with talent and potential to represent the school in a new sport. State three aspects the teacher should consider when identifying sporting talent. **(3 marks)**

18. A newly appointed coach is determined to improve the performance of school teams across various sports. Analyse four principles of effective coaching that the coach can adopt to achieve this goal. **(8 marks)**

19. A school is preparing athletes for an inter-school athletics competition. The team needs officials to ensure that the athletes are properly prepared and that the events are conducted according to the rules.

- a) Identify two officials who may be involved in preparing or managing the team and competition. **(2 marks)**

- b) State one responsibility of each official identified in (a). **(2 marks)**
