



THE KENYA NATIONAL EXAMINATIONS COUNCIL

SPORTS AND RECREATION

School-Based Assessment

Grade 10

SCORING GUIDE

Total Marks: 40

SECTION A: MULTIPLE-CHOICE QUESTIONS (12 MARKS)

SECTION A: MULTIPLE-CHOICE QUESTIONS – 12 MARKS

Qn.	Key
1	A
2	C
3	C
4	A
5	B
6	A
7	A
8	A
9	A
10	A
11	C
12	A
Total Marks	12

SECTION B: STRUCTURED QUESTIONS – 28 MARKS

Q13. Postural Defects – 3 Marks

Expected Responses

- i. A – Kyphosis
- ii. B – Lordosis
- iii. C – Scoliosis

Total: 3 marks

Q14. Body Mass Index (BMI) – 2 Marks

- Body mass/weight in kilograms (kg) – 1 mark.
- Height in metres (m) – 1 mark.
- Accept: $BMI = \text{Body mass (kg)} \div [\text{Height (m)}]^2$.

Q15. Phases of Floor Aerobics – 6 Marks

Expected response	Marks
Warm-up phase – prepares the body for exercise by gradually increasing body temperature and heart rate and preparing muscles for activity.	2
Main/aerobic phase – involves the main aerobic movements and exercises performed continuously to improve cardiovascular fitness and coordination.	2
Cool-down phase – gradually reduces exercise intensity and may include gentle movements and stretching as the body returns towards its resting state.	2
Total	6

Q16. Middle-Distance Race Tactics – 2 Marks

Any two relevant tactics, each awarded 1 mark:

- i. Pace oneself throughout the race.
- ii. Avoid starting too fast.
- iii. Maintain a steady/controlled pace.
- iv. Conserve energy for the later stages.
- v. Position strategically among competitors.
- vi. Increase speed gradually towards the finish.
- vii. Make an effective finishing sprint.
- viii. Monitor the pace of other competitors.

Any two $\times$ 1 mark = 2 marks.

Q17. Identification of Sporting Talent – 3 Marks

Expected Responses

- i. **Physical fitness/attributes** – demonstrates appropriate levels of fitness such as speed, strength, endurance, agility and flexibility.
- ii. **Technical skills** – demonstrates good ability to perform the skills required in the particular sport.
- iii. **Coordination and movement ability** – demonstrates good balance, body control, timing and coordination.
- iv. **Psychological qualities** – demonstrates motivation, confidence, determination, concentration and resilience.
- v. **Performance potential** – demonstrates good current performance and the ability to improve with training.
- vi. **Interest and commitment** – shows sustained interest, willingness to practise and commitment to developing sporting ability.
- vii. **Learning ability/adaptability** – learns new skills quickly and adapts effectively to different sporting situations.

Any three $\times$ 1 mark = 3 marks.

Q18. Principles of Effective Coaching – 8 Marks

- i. **Individual differences** – considers differences in learners' abilities, fitness levels, needs and rates of learning.
- ii. **Progressive training** – training activities move from simple to complex and from lower to higher levels of difficulty as learners improve.
- iii. **Specificity** – training activities are selected to develop the specific skills, fitness components and performance requirements of a particular sport.
- iv. **Overload** – training gradually increases the demands placed on the body to stimulate improvement in fitness and performance.
- v. **Recovery and rest** – provide adequate rest between training sessions or activities to allow the body to recover and adapt.

- vi. **Motivation and encouragement** – encourage learners to develop confidence, commitment, persistence and a positive attitude towards training.
- vii. **Safety** – ensures that activities, equipment, facilities and training procedures minimise the risk of injury.

Any FOUR well explained responses × 2 marks = 8 marks.

Q19. Team and Meet/Game Officials – 4 Marks

a) Identify two officials – 2 marks

Award 1 mark for each correctly identified official.

- i. Team manager
- ii. Coach.
- iii. Team official.
- iv. Referee.
- v. Umpire/judge where applicable.
- vi. Starter.
- vii. Timekeeper.
- viii. Marshal.
- ix. Field-event official/judge.

Any two officials × 1 mark = 2 marks.

b) State one responsibility of each official – 2 marks

- i. **Team manager** – Organises and coordinates the team.
- ii. **Coach** – Trains and prepares athletes.
- iii. **Team official** – Provides administrative and logistical support.
- iv. **Referee** – Enforces the rules of the game.
- v. **Umpire/Judge** – Makes decisions and awards scores/points.
- vi. **Starter** – Starts races fairly according to the rules.
- vii. **Timekeeper** – Records athletes' times.
- viii. **Marshal** – Directs and controls movement of athletes and people.
- ix. **Field-event official/judge** – Measures and records field-event performances and determines valid attempts.

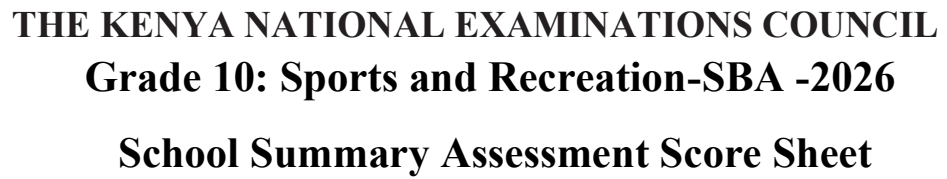
Any two correct role, one mark each = 2 marks

Marks distribution

Task	Task Name	Question Numbers	Total Marks	Learners Score	Performance Level
Task 1	Health and Fitness	Q1–6, Q13–15	17		
Task 2	Coaching	Q7–10, Q16–18	17		
Task 3	Officiating	Q11–12, Q19	6		
Total		Q1–19	40		

Scoring Rubrics

Task	Task Name	Total Marks	Performance Level			
			Exceeding expectation	Meeting expectation	Approaching expectation	Below Expectation
Task 1	Health and Fitness	17	Any learner scoring 16 or 17 marks out of the 17 marks	Any learner scoring 11 to 15 marks out of the 17 marks	Any learner scoring 6 to 10 marks out of the 17 marks	Any learner scoring 5 or less marks out of the 17 marks
Task 2	Coaching	17	Any learner scoring 16 or 17 marks out of the 17 marks	Any learner scoring 11 to 15 marks out of the 17 marks	Any learner scoring 6 to 10 marks out of the 17 marks	Any learner scoring 5 or less marks out of the 17 marks
Task 3	Officiating	6	Any learner scoring 6 out of the 6 marks	Any learner scoring 4 to 5 marks out of the 6 marks	Any learner scoring 2 to 3 marks out of the 6 marks	Any learner scoring 1 or no mark out of the 6 marks

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