

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

MARKING SCHEME

GRADE 10: PHYSICAL EDUCATION – TERM 1 – JANUARY 2026

SECTION A (40 Marks)

1. Uneven football pitch

a) Problems players may face:

- i. Difficulty controlling the ball
- ii. Increased risk of injury (twisting ankle, falling)
- iii. Slower movement and poor footing
- iv. Uneven bounce affecting passes and shots

b) Way to improve the pitch:

- ✓ Mow the grass regularly
- ✓ Level the surface by filling holes and removing bumps
- ✓ Mark lines clearly

2. Lofted pass in football

a) Definition:

- ✓ A pass where the ball is kicked into the air to cover long distances and bypass defenders

b) Situations where lofted pass is appropriate:

- i. When passing over defenders
- ii. Switching play from one side to another
- iii. Reaching a forward making a run behind the defense

3. Stance, contact, follow-through

a) Position activity:

- i. Shooting / passing technique
- ii. Ball control skill

b) Correct contact point for lofted pass:

- ✓ Strike the lower half of the ball

c) Importance of follow-through:

- i. Increases accuracy of the pass or shot
- ii. Ensures sufficient power and distance
- iii. Reduces injury risk

4. Marking and dodging

a) Principles of effective marking:

- i. Stay close to the attacker

- ii. Keep eyes on the ball and attacker
- iii. Maintain balanced stance

b) Common dodging move:

- ✓ Shoulder feint / body feint
- ✓ Step-over
- ✓ Cruyff turn

5. Goalkeeper training

a) Correct stance:

- ✓ Feet shoulder-width apart, knees slightly bent, hands ready in front

b) Skills a goalkeeper must master:

- i. Catching and holding the ball
- ii. Diving to save shots
- iii. Kicking / clearing the ball
- iv. Communication with defenders
- v. Positioning and anticipation

6. Netball court

a) Features of standard court:

- i. Three main sections (goal third, center third, goal third)
- ii. Goal circles marked at each end
- iii. Center circle for starts and restarts
- iv. Side and goal lines clearly marked

b) Position not allowed inside goal circle:

- i. Center (C)
- ii. Wing Attack (WA)
- iii. Wing Defense (WD)

7. Flip pass in netball

a) Definition:

- ✓ A short, quick pass where the ball is pushed with fingers while flipping over the defender

b) Correct stance:

- ✓ Feet shoulder-width apart, knees bent, body leaning slightly forward

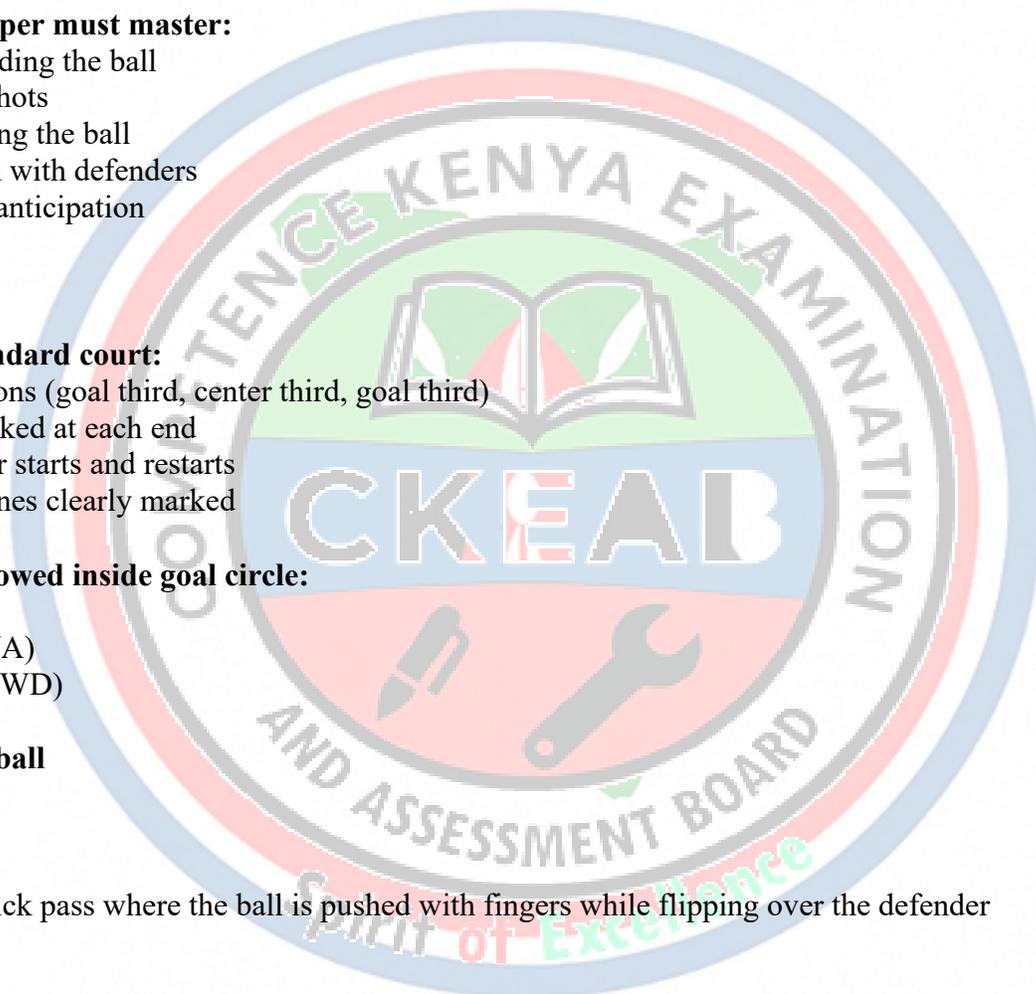
c) Effective situations:

- i. When a defender is blocking a straight pass
- ii. In a confined space near the goal third

8. Side pass technique

a) Correct contact and release:

- ✓ Hold ball with both hands at chest level, push sideways while releasing at target height



b) Factor determining accuracy:

- ✓ Proper alignment of shoulders and hands

9. Stepping rule in netball

a) Rule broken:

- ✓ Stepping / footwork violation

b) Penalty:

- ✓ Free pass awarded to opposing team

c) Team possession:

- ✓ Opponents of the player who committed the offence

10. Safety precautions when using sports equipment:

- i. Inspect equipment before use
- ii. Wear appropriate protective gear
- iii. Use equipment only for its intended purpose
- iv. Keep playing area clean and safe
- v. Follow teacher/coach instructions

SECTION B (60 Marks)

11. Lofted pass (football)

a) Key teaching points:

- i. Correct stance: knees slightly bent, body leaning forward
- ii. Contact point: strike lower half of the ball
- iii. Follow-through: ensures distance and accuracy
- iv. Head up to identify target
- v. Use laces for long-distance passes

b) Game situations:

- i. Bypassing a compact defense
- ii. Switching play across the field
- iii. Reaching forwards making runs

c) Common errors:

- i. Incorrect contact point causing short passes
- ii. Poor follow-through reducing accuracy
- iii. Leaning back instead of forward

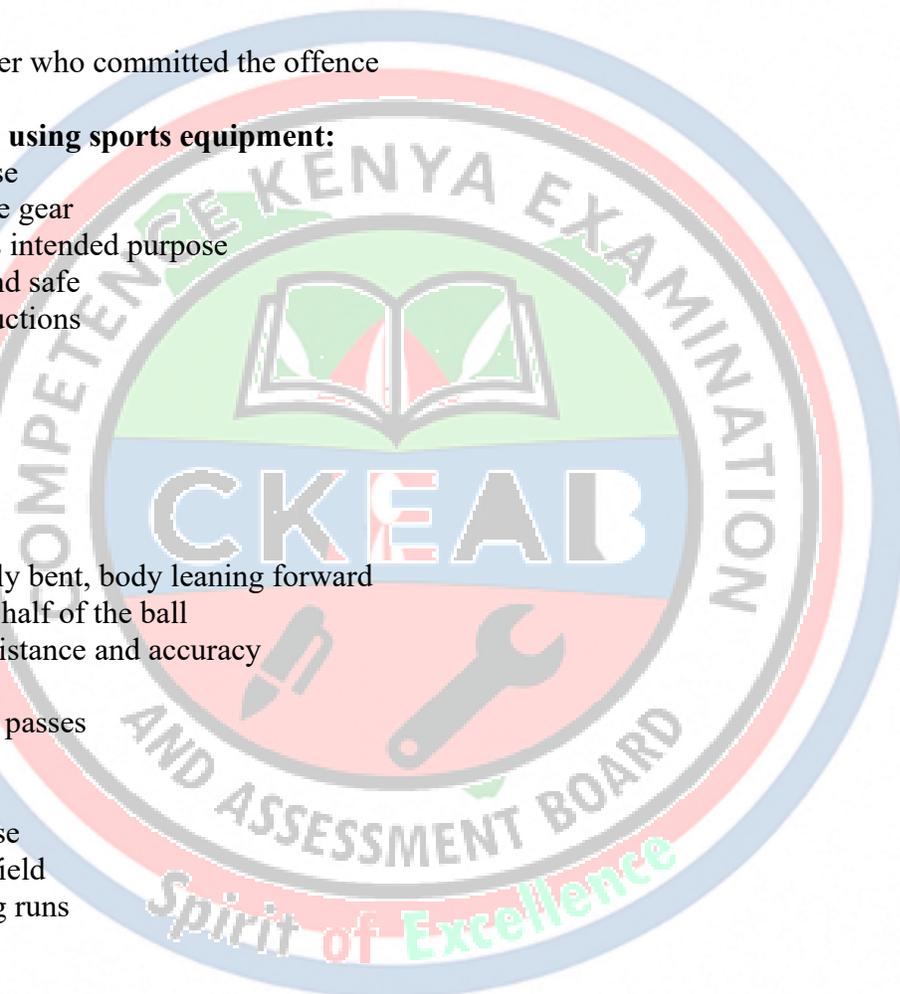
d) Dangers of overuse:

- i. Ball easily intercepted
- ii. Reduced ball control in tight spaces

12. Defensive skills (football)

a) Types of marking:

- i. Man-to-man marking



- ii. Zonal marking
- iii. Combination marking

b) Defensive principles:

- i. Maintain correct distance from attacker
- ii. Stay between attacker and goal
- iii. Anticipate attacker's moves

c) Dodging techniques attackers use:

- i. Shoulder feint
- ii. Body feint / step-over
- iii. Change of pace / direction

d) Training drills for marking:

- i. Shadowing drill
- ii. One-on-one marking drill
- iii. Small-sided games focusing on defense

13. Goalkeeping

a) Responsibilities:

- i. Stop goals
- ii. Organize defense
- iii. Communicate with teammates
- iv. Collect and distribute ball efficiently

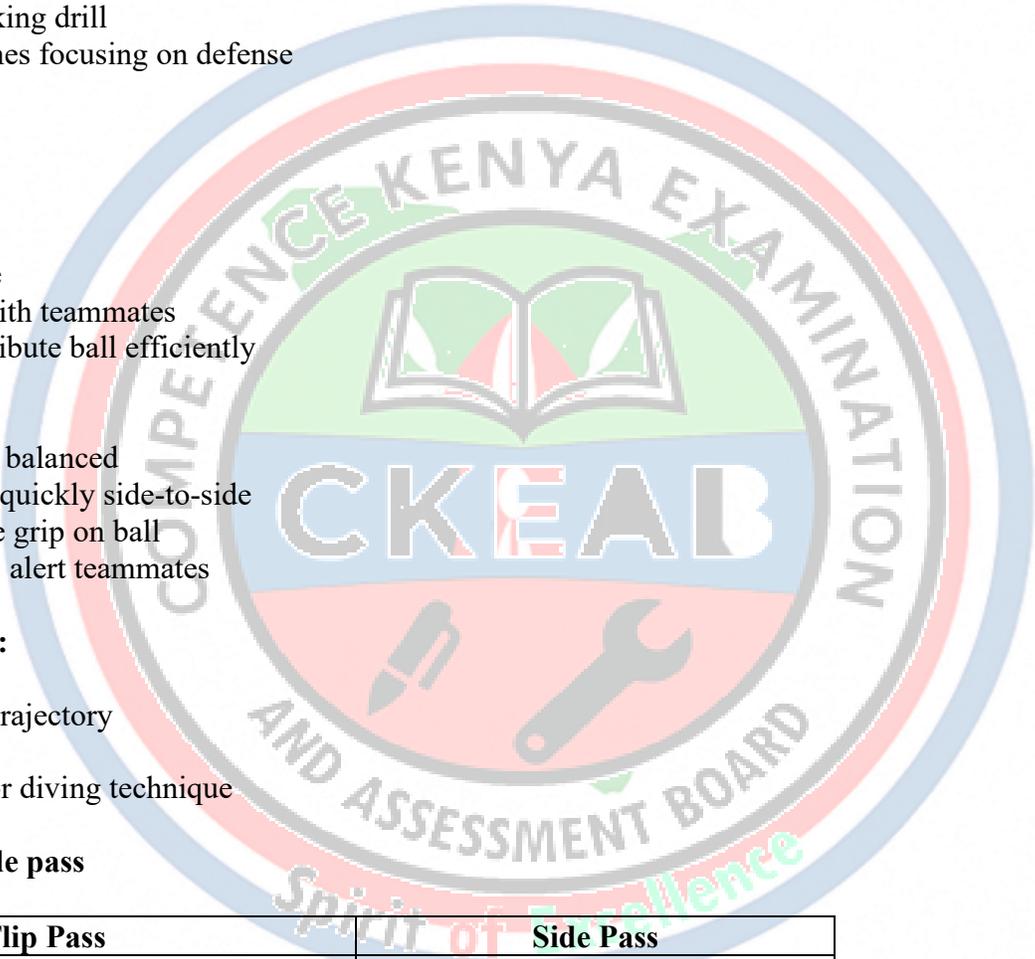
b) Fundamentals:

- i. Stance: ready and balanced
- ii. Footwork: move quickly side-to-side
- iii. Handling: secure grip on ball
- iv. Communication: alert teammates

c) Common errors:

- i. Poor positioning
- ii. Misjudging ball trajectory
- iii. Hesitation
- iv. Weak catching or diving technique

14. Flip pass vs Side pass



Flip Pass	Side Pass
Feet shoulder-width, knees bent, body forward	Feet parallel, knees slightly bent
Ball held with fingers, flipped over defender	Both hands at chest, push sideways
Quick release with wrist flick	Smooth release, sideways push

b) Factors for accuracy:

- i. Proper stance
- ii. Correct grip
- iii. Follow-through
- iv. Vision / target awareness

c) Common mistakes:

- i. Releasing too early

- ii. Poor stance
- iii. Incorrect hand placement

15. Netball fouls

a) Footwork violations:

- i. Stepping
- ii. Lifting landing foot before releasing ball
- iii. Dragging foot
- iv. Pivoting incorrectly

b) Contact fouls & penalties:

- i. Obstruction – free pass
- ii. Contact – free pass or penalty
- iii. Over-contact – penalty pass
- iv. Dangerous play – penalty pass

c) Scenarios for free/penalty pass:

- i. Player steps
- ii. Contacting opponent
- iii. Blocking throw
- iv. Interference in goal circle

16. Sports facilities & equipment

a) Football pitch features:

- i. Proper dimensions (length & width)
- ii. Goal posts & nets
- iii. Even surface, safe grass height

b) Netball court features:

- i. Court dimensions marked clearly
- ii. Goal circles
- iii. Center circle

c) Safe equipment characteristics:

- i. No sharp edges
- ii. Strong & durable
- iii. Properly maintained

d) Maintenance practices:

- i. Regular cleaning
- ii. Grass trimming / line painting
- iii. Equipment inspection

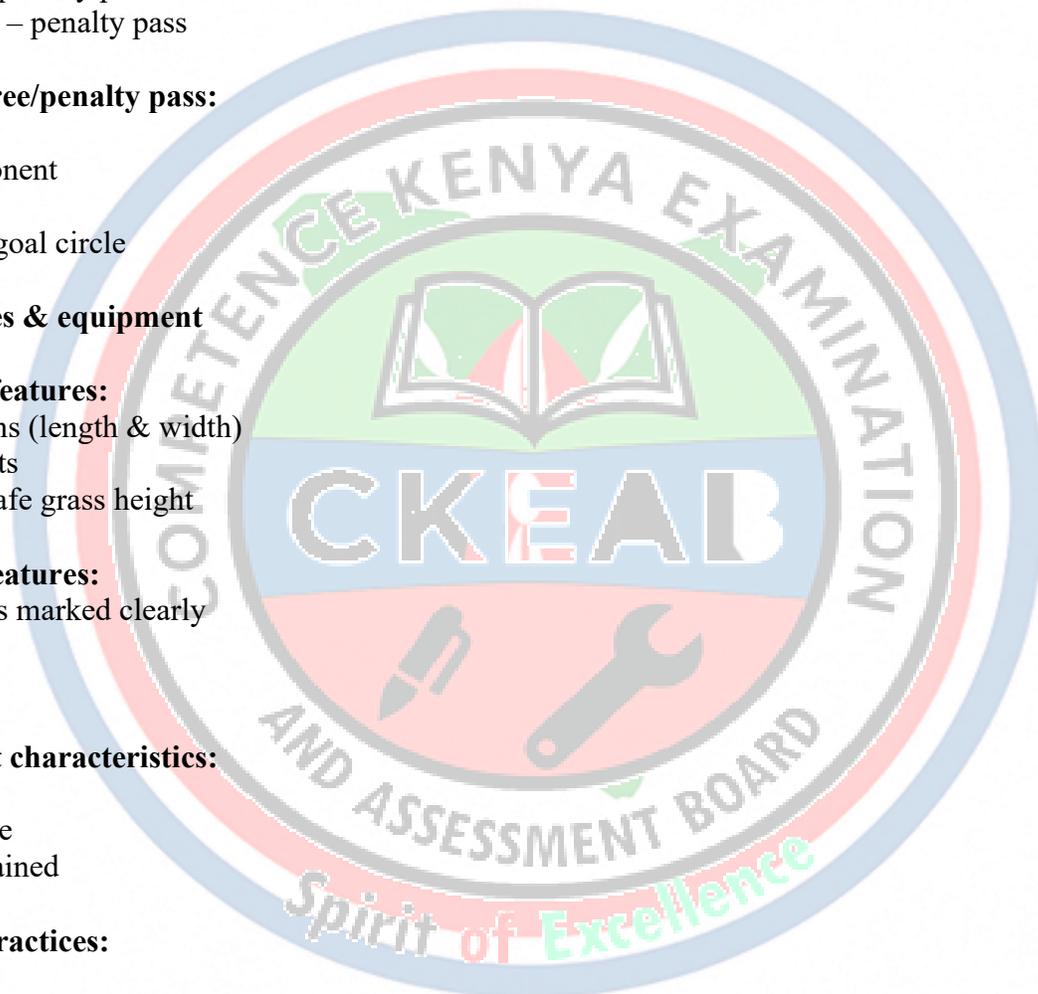
17. Warm-up, stance, follow-through & facilities

a) Warm-up prevents injuries:

- i. Increases blood flow to muscles
- ii. Reduces muscle stiffness
- iii. Prepares joints and ligaments

b) Importance of correct stance:

- i. Improves balance



- ii. Enhances skill execution
- iii. Prevents injuries

c) Follow-through similarities:

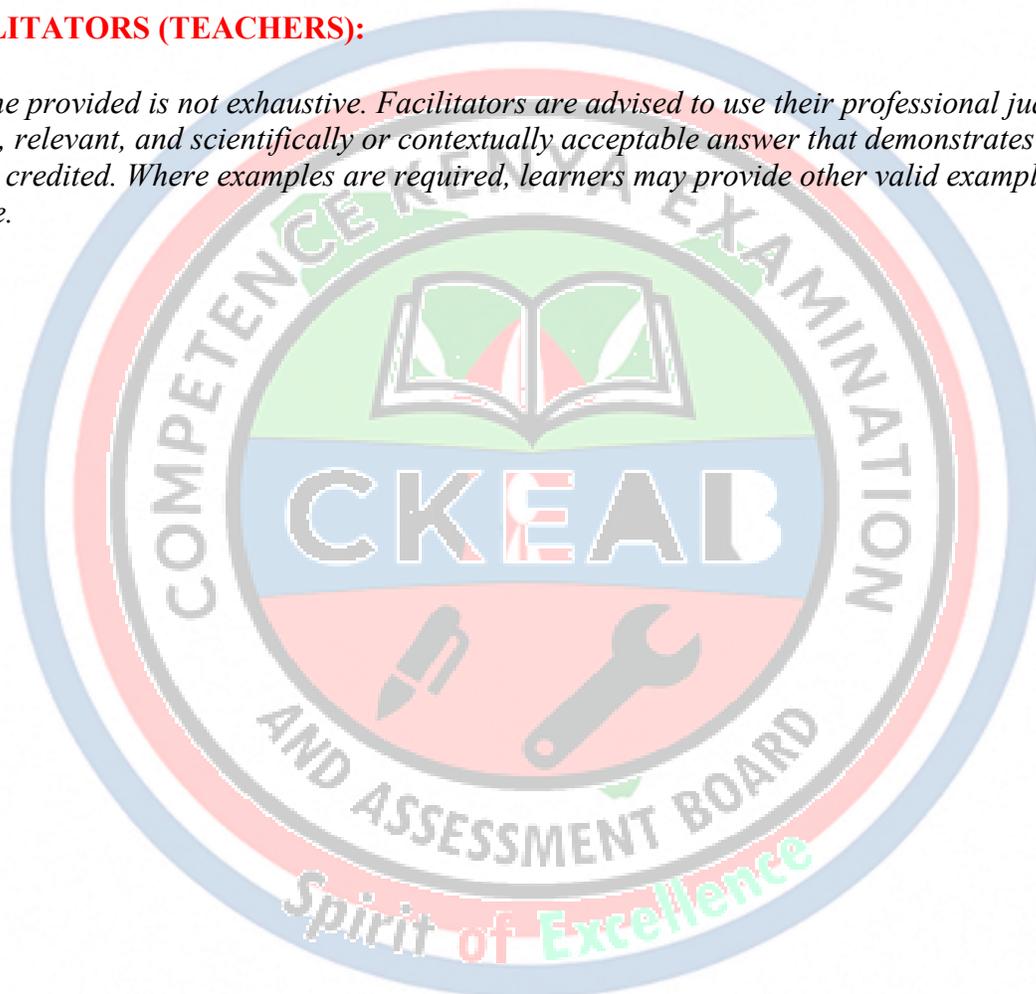
- i. Ensures accuracy
- ii. Generates power
- iii. Reduces injury risk

d) Impact of poor facilities:

- i. Increased injury risk
- ii. Reduced performance
- iii. Interruptions and delays in play

NOTE TO FACILITATORS (TEACHERS):

The marking scheme provided is not exhaustive. Facilitators are advised to use their professional judgment when awarding marks. Any correct, relevant, and scientifically or contextually acceptable answer that demonstrates understanding of the concepts should be credited. Where examples are required, learners may provide other valid examples apart from those listed in the scheme.



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