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

MARKING SCHEME

GRADE 10: SPORTS AND RECREATION – TERM 1 – JANUARY 2026

SECTION A (40 Marks)

1. Stretching Exercises

a) **Static Stretch**
i. Type of stretch: **Static Stretch** (holding a position without movement)
ii. Characteristics:

- ✓ Held for 15–60 seconds
- ✓ Improves flexibility gradually
- ✓ Performed without movement
- ✓ Reduces risk of injury
- ✓ Increases muscle length

b) **Dynamic Stretch**
i. Type of stretch: **Dynamic Stretch** (movement-based stretch, e.g., leg swings)
ii. Advantages:

- ✓ Prepares muscles for activity
- ✓ Increases blood flow to muscles
- ✓ Enhances coordination and balance
- ✓ Improves joint range of motion
- ✓ Reduces risk of muscle strain

2. Comparison: Static vs Dynamic Stretches

Feature	Static Stretch	Dynamic Stretch
Movement	Stationary, held position	Continuous movement, controlled swings
Purpose	Increase flexibility, cool-down	Warm-up, prepare muscles for activity
Best time to perform	After exercise / during cool-down	Before exercise / warm-up

3. Form in Physical Fitness

a) **Definition:**

- Form refers to the correct posture, technique, and body alignment used when performing exercises.

b) **Importance:**

- ✓ Reduces risk of injury
- ✓ Ensures maximum efficiency and performance
- ✓ Targets the correct muscles
- ✓ Promotes balance and coordination

4. Range of Motion (ROM)

a) **Definition:**

- The full movement potential of a joint, usually measured in degrees.

b) **Factors affecting ROM:**
i. Age (older individuals have reduced ROM)
ii. Muscle flexibility / joint structure
iii. Ligament and tendon elasticity
iv. Previous injuries
v. Gender (females often have greater ROM)

5. Coordination in Physical Fitness

a) Component lacking: **Coordination**
b) Ways to improve:
i. Practice drills requiring hand-eye or foot-eye coordination
ii. Balance exercises (e.g., single-leg stands, agility ladders)
iii. Repetitive practice of complex movement sequences

6. Fluid Movement

- ✓ Smooth, efficient movement of the body during sports performance.
- ✓ Reduces energy wastage
- ✓ Enhances coordination and timing
- ✓ Improves balance and agility
- ✓ Facilitates faster reaction to opponents or objects

7. Definitions

a) **Flexibility:**

- Ability of a joint or series of joints to move through an unrestricted, pain-free range of motion.

b) **Muscular Strength:**

- The maximum force a muscle or muscle group can exert against a resistance in a single effort.

c) **Muscular Endurance:**

- The ability of a muscle or muscle group to perform repeated contractions over a prolonged period without fatigue.

SECTION B (60 Marks)

8. Importance of Flexibility & Dynamic Stretching

a) Reasons flexibility is important:
i. Prevents injuries by reducing muscle strain
ii. Enhances performance by allowing greater range of motion
iii. Improves posture and balance
iv. Reduces muscle soreness
v. Supports faster recovery after exercise

b) Contribution of dynamic stretching to injury prevention:

- ✓ Gradually increases heart rate and blood flow
- ✓ Prepares muscles and joints for movement
- ✓ Enhances neuromuscular coordination
- ✓ Reduces stiffness and prepares tendons for action
- ✓ Activates major muscle groups for performance

9. Muscular Fitness

a) Type of fitness: **Muscular Endurance**

b) Differences between Muscular Strength and Muscular Endurance:

Feature	Muscular Strength	Muscular Endurance
i	Maximum force in one effort	Ability to sustain repeated contractions
ii	Short duration activity	Long duration activity
iii	Heavy resistance, fewer reps	Low-moderate resistance, many reps

c) Benefits of developing muscular endurance:
i. Improves performance in long-duration sports
ii. Reduces fatigue during games
iii. Enhances posture and stability
iv. Supports efficient breathing and circulation
v. Reduces risk of injury

10. Balance and Form

a) **Balance Definition:**

- Ability to maintain body stability, either stationary (static) or while moving (dynamic).

b) Importance of balance:
i. Prevents falls and injuries
ii. Enhances coordination and agility in sports
iii. Improves performance in movements requiring stability

c) Consequences of poor form:
i. Increased risk of muscle strain and injuries
ii. Reduced effectiveness of exercises
iii. Imbalanced muscle development
iv. Fatigue due to inefficient movement
v. Poor posture and technique in sports

11. Fitness Evaluation

a) Muscular endurance activities:
i. Wall sit (isometric endurance)
ii. Push-ups (repeated contraction endurance)

b) Flexibility activity:
i. Static calf stretch

c) Support of overall fitness:
i. Wall sit → strengthens lower body muscles → endurance and stability
ii. Push-ups → strengthens upper body muscles → endurance and functional fitness
iii. Calf stretch → improves ankle flexibility → better movement and reduces injury

12. Contribution of Flexibility, Dynamic, and Static Stretching

i. Image 1 (Gymnast backbend) → improves **flexibility**, enables greater range of motion for routines
ii. Static stretches → maintain and improve muscle length
iii. Image 2 (Footballer butt-kicks) → **dynamic stretching**, warms up muscles, enhances mobility
iv. Flexibility → reduces risk of strains and sprains
v. Dynamic movement → prepares cardiovascular system and neuromuscular coordination

13. Components of Muscular Fitness

i. **Muscular strength** – maximum force exerted in a single effort
ii. **Muscular endurance** – ability to sustain repeated contractions
iii. **Flexibility** – joint and muscle range of motion
iv. **Power** – combination of strength and speed to generate explosive force
v. **Coordination** – smooth, controlled muscle movements
vi. **Balance** – stability during movement or stationary positions
vii. **Agility** – ability to change direction quickly
viii. **Reaction time** – speed of responding to stimuli

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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