

**PHYSICAL EDUCATION GRADE 10
MID TERM 2 EXAM 2026**

MARKING SCHEME

SECTION A:(40 MARKS)

1. Define the following terms (4 marks):

- a) Physical Fitness: The ability of the body to perform daily physical activities with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits.
- b) Flexibility: The range of motion possible at a specific joint or series of joints.
- c) Endurance: The ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue.
- d) Agility: The ability to move quickly and change direction with ease and precision.

2. List four components of Health-Related Physical Fitness (4 marks):

- 1. Cardiovascular endurance. 2. Muscular strength. 3. Muscular endurance. 4. Flexibility. 5. Body composition. (Any 4).

3. Explain the importance of a warm-up before any physical activity (4 marks):

- 1. Increases heart rate and blood flow to muscles. 2. Increases muscle temperature, making them more pliable. 3. Enhances nerve transmission and reaction time. 4. Prepares the body mentally for the intensity of the upcoming activity.

4. Name four types of injuries common in sports and their basic first aid (8 marks):

- 1. Sprain (ligament injury): Use RICE (Rest, Ice, Compression, Elevation). 2. Strain (muscle/tendon tear): Use RICE. 3. Fracture (broken bone): Immobilize the area and seek medical help. 4. Dislocation: Do not attempt to reset; stabilize and seek medical assistance.

5. Define 'Balanced Diet' and its importance to an athlete (4 marks):

A balanced diet provides all necessary nutrients in correct proportions (carbohydrates, proteins, fats, vitamins, minerals, water). It is vital for athletes to provide sustained energy, support tissue repair/growth, and enhance immune function.

6. Identify four rules of a game (e.g., Football) (4 marks):

1. Players cannot use their hands (except the goalkeeper in the penalty area). 2. A goal is scored when the ball crosses the goal line between the posts. 3. Throw-ins are awarded when the ball goes out over the sidelines. 4. The game starts with a kickoff from the center circle.

7. Explain the role of the circulatory system during exercise (4 marks):

During exercise, the heart beats faster to pump more oxygenated blood to the working muscles. It also helps transport essential nutrients to muscles and removes metabolic waste products like carbon dioxide and lactic acid from the system.

8. Briefly describe the concept of 'Sportsmanship' (4 marks):

Sportsmanship is an attitude that strives for fair play, courtesy towards teammates and opponents, ethical behavior, integrity, and grace in both victory and defeat.

9. List four major muscle groups in the human body (4 marks):

1. Pectorals (chest). 2. Quadriceps (thighs). 3. Hamstrings (back of thighs). 4. Biceps (front of upper arms). 5. Gastrocnemius (calves). (Any 4).

SECTION B:(60 MARKS)

10.

a) Aerobic: Uses oxygen for low-to-moderate intensity, long-duration exercise (e.g., jogging). Anaerobic: Occurs without sufficient oxygen for short-duration, high-intensity bursts (e.g., sprinting). (6 marks)

b) FITT Principle: Frequency (how often), Intensity (how hard), Time (duration), Type (mode of exercise). (8 marks)

c) Health benefits: Reduced risk of chronic diseases (heart disease), better weight management, and improved mental health through endorphin release. (6 marks)

11.

a) Five common fouls: E.g., Pushing, tripping, holding, offside violation, hand-ball (in football). (10 marks)

b) Team Cohesion: A dynamic process which is reflected in the tendency of a group to stick together and remain united in the pursuit of its instrumental objectives. (5 marks)

c) Referee role: To enforce the rules of the game, maintain safety of players, and ensure fair play through impartial decision-making. (5 marks)

12.

a) Hydration: Essential for cooling the body through sweat, maintaining blood volume for oxygen transport, and preventing muscle cramps and fatigue. (6 marks)

b) Carbohydrates: Primary fuel source for energy. Proteins: Essential for muscle repair,

recovery, and hypertrophy (growth) after intense activity. (8 marks)

c) Negative habits: Smoking (impairs lung capacity), excessive alcohol (dehydration and poor coordination), and sleep deprivation (decreased cognitive function and recovery). (6 marks)

13.

a) RICE: Rest (stop activity to prevent further injury), Ice (reduce swelling), Compression (limit swelling), Elevation (reduce blood flow to injured site). (8 marks)

b) Importance of protective gear: Reduces force of impact, protects vital organs, prevents abrasions/lacerations, and stabilizes unstable joints. (6 marks)

c) Ethics/Fair play: Teaches character development, prevents violence/cheating, fosters a positive social environment, and ensures that success is earned legitimately. (6 marks)

