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

GRADE 10 –PHYSICAL EDUCATION

April 2026

Time: 2 Hours

Code: CKEAB 004

Homework

LEARNER'S DETAILS

Name: _____School: _____

Assessment Number: _____School Code: _____ Date: _____Signature: _____

INSTRUCTIONS TO LEARNERS

Answer all questions

SECTION A: THEORY (80 Marks)

QUESTION 1: RUGBY (6 MARKS)

a) Name three types of passes commonly used in rugby. (3 marks)

i. _____

ii. _____

iii. _____

b) Explain two safety rules observed when performing a tackle. (2 marks)

i. _____

ii. _____

c) State one benefit of mastering the side step in rugby. (1 mark)

_____

_____

QUESTION 2: VOLLEYBALL (8 MARKS)

a) Identify three facilities found in a volleyball court. (3 marks)

i. _____

ii. _____

iii. _____

b) Describe the correct body position when performing a spike. (3 marks)

i. _____

ii. _____

iii. _____

c) List two pieces of equipment used in volleyball. (2 marks)

i. _____

ii. _____

