PHYSICAL EDUCATION GRADE 10

END TERM 1 EXAMINATION 2026

TIME 2 HOURS

Name: _____ **Admission No**: _____

Class: _____ **Date:** _____

INSTRUCTIONS TO CANDIDATES

1. This paper consists of two sections: A and B.
2. Answer ALL the questions in Section A in the spaces provided.
3. Answer any two questions from Section B in the spaces provided.
4. The paper carries a total of 100 marks.

SECTION A: ANSWER ALL QUESTIONS (60 MARKS)

1. State four reasons why it is important to warm up before participating in physical activity. (4 marks)

a) _____

b) _____

c) _____

d) _____