PHYSICAL EDUCATION GRADE 10
MID TERM 2 EXAM 2026

TIME: 2 HOURS

NAME…… ADM NO…….

DATE……. SIGN……

INSTRUCTIONS TO CANDIDATES

1. This paper consists of two sections: A and B.

2. Answer all questions in Section A.

3. Answer any three questions from Section B.

4. Ensure your handwriting is legible and neat.

SECTION A:(40 MARKS)

1. Define the following terms (4 marks):

a) Physical Fitness

b) Flexibility

c) Endurance

d) Agility