GRADE 10 PHYSICAL EDUCATION
2026 NOVEMBER – DECEMBER HOLIDAY ASSIGNMENT

Name: _____

Admission/Assessment Number: _____

School: _____

Date: _____

INSTRUCTIONS TO CANDIDATES

1. Answer all questions in the spaces provided or in your exercise book where necessary.
2. Read each question carefully before answering.
3. For practical activities, work in a safe, open area and use suitable equipment.
4. Warm up before physical activities and stop if you feel pain, dizziness or unusual discomfort.
5. Observe fair play, respect others, and follow safety instructions throughout.
6. Where a figure is provided as a placeholder, use the supplied figure when completing the assignment.

ASSESSMENT RUBRIC

Strand	Maximum Marks	Marks Scored
1.0 Ball Games	40	
2.0 Athletics	30	
3.0 Outdoor Education – Camping	30	
TOTAL	**100**	