PHYSICAL EDUCATION GRADE 10

OPENER EXAM TERM 2, 2026

TIME: 2½ HOURS

N AM E…….ADM NO……

DATE……SIGN……

INSTRUCTIONS TO CANDIDATES

1. ***This paper consists of 6 questions.***
2. ***Answer ALL questions.***
3. ***Write your answers clearly in the spaces provided after each question.***
4. ***All answers must be written in English.***
5. ***Candidates should check that all pages are printed and no questions are missing.***

1.(a) Describe EIGHT health-related components of physical fitness, giving one practical example of how each component is developed or tested. **(8 marks)**

(b) Explain SEVEN benefits of regular physical activity to the health and well-being of a Grade 10 learner. **(7 marks)**
