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

GRADE 10 –SPORTS AND RECREATION



April 2026

Time: 2 Hours

Code: CKEAB 004

LEARNER'S DETAILS

Name: _____School: _____

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

INSTRUCTIONS TO LEARNERS

1. Answer all questions.
2. Show all working in calculation questions.

SECTION A: THEORY (70 Marks)

Answer all questions.

1. a) Define flexibility as a component of health-related fitness. (2 marks)

_____.

_____.

_____.

b) Differentiate between static and dynamic stretching. (2 marks)

_____.

_____.

_____.

_____.

c) Identify TWO benefits of flexibility exercises for sports performance. (2 marks)

i. _____.

ii. _____.

