GRADE 10 MIDTERM 2 CBE EXAMINATIONS

Kenya Certificate of Basic Education (K.C.B.E)

SPORTS AND RECREATION

Time: 2 HOURS

LEARNER'S DETAILS

Name: _____. **School:** _____.

Assessment Number: _____. **Date:** _____.

School Code: _____. **Signature:** _____.

INSTRUCTIONS TO CANDIDATES

1. Write your name in the spaces provided above.
2. Write the name of your school and your stream in the spaces provided.
3. Write your admission number and the date of the assessment in the spaces provided.
4. This paper consists of two sections: A and B.
5. Answer all questions in section A and section B.

LEARNER'S SCORE

SCORES	TOTAL	LEARNER SCORE
SECTION A	30	
SECTION B	50	

SECTION A: (30 marks)

Answer ALL questions in this section.

1. During a morning training session at **Sepetu Senior School**, *Amina* and *Brian* are preparing for inter-school athletics competitions.

(a) Define the following terms: (4 Marks)

i. Physical fitness:

_____

_____

For Marking Schemes, Contact Kenya Educators Consultancy 0724 333 200 OR

Subscribe to our website www.kenyaeducators.co.ke for similar resources