GRADE 10
SPORTS AND RECREATION
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 space is insufficient.
2. Write clearly and number your answers according to the question numbers.
3. Show all calculations and include appropriate units where required.
4. For practical activities, observe safety, use suitable materials and record what you actually observe.
5. Where a question asks for examples, use relevant games, track events or recreational activities.
6. Complete the assignment independently; acknowledge any sources used for research.

ASSESSMENT RUBRIC

Strand	Maximum Marks	Marks Scored
1.0 Health and Fitness	40	
2.0 Coaching	40	
3.0 Officiating	20	
TOTAL	**100**	