NAME: _____ ADM NO: _____CLASS:_____

PATHWAY: _____ TRACK: _____

SPORTS AND RECREATION

OPENER TERM 3 2026 [70 marks]

INSTRUCTIONS: Answer all the questions in the spaces provided TIME: (1Hour 30 minutes)

1. Anestar boys senior school students taking sports and recreation had a discussion about the scope of the subject.
   (a) Give the definition of the following terms they would have discussed.
      (i) Sports (2mks)

      _____

      _____

      (ii) Recreation (2mks)

      _____

      _____

   (b) The students were supposed to fill in the table below indicating examples of sports and recreation activities. Complete the table with the correct information. (6mks)

Types of sports		**Types of recreation**	
Team sports	Individual sports	Active recreation	Passive recreation

   (c) State the benefits of sports and recreation in the following areas;