

LAVINGTON GIRLS SENIOR SCHOOL

GRADE 10 SPORTS AND RECREATION (Theory).

APRIL 2026 HOLIDAY ASSIGNMENT

Time: 1 Hour 30 Minutes

COMPETENCY BASED EDUCATION

Name: _____ Admission Number: _____

Date: _____ Signature: _____

INSTRUCTIONS TO LEARNERS

1. Write your name, signature and date of the assessment in the spaces provided above
2. Answer all the questions in the spaces provided.
3. **Read each question carefully** before writing your answer.
4. **Check your work** before submitting the exam.

1. (a) A Sports Club in your school has introduced a morning stretching routine. Learners are shown an image of a student holding a deep stretch without movement.



- i. Identify the type of stretch being demonstrated?..... (1 mark)
- ii. Give one characteristic of this type of stretch.....(1 mark)

(b) The instructor later demonstrates a leg-swing warm-up where the leg moves forward and backward continuously.

- i. Identify this type of stretch.....(1 mark)
- ii. State one advantages of this type of stretching before physical activity. (1 marks)

2. During a PE lesson, Grade 10 learners are shown two images: A and B



A



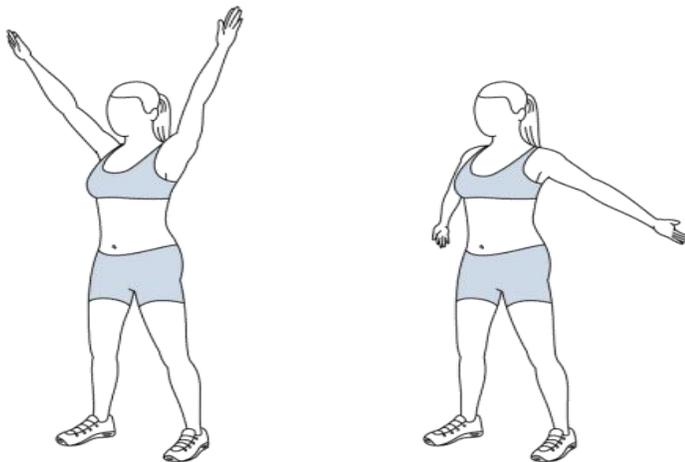
B

Using the images, compare static and dynamic stretches under the following: (6 marks)

	Static stretch	Dynamic stretch
(a) Movement		
(b) Purpose		
(c) Best time to perform		

3. Your school's athletics trainer emphasizes the importance of form while stretching and exercising. (a) Define *form* as used in physical fitness. (2 marks)

(b) Explain why good form is important when performing exercises. (2 marks)



4. An image above shows learners performing a full-range arm circle.

(a) Define Range of Motion (ROM). (2 marks)

(b) State two factors that affect ROM in the human body. (2 marks)

i. _____

ii. _____

5. A coach observes that one learner struggles to coordinate movements smoothly during warm-up drills.(a) Identify the physical fitness component the learner is lacking. (1 mark)

(b) Give two ways the learner can improve this component. (2 marks)

i. _____

ii. _____

6. Define the following terms:

(a) Flexibility (2 marks)

(b) Muscular Strength (2 marks)

(c) Muscular Endurance (2 marks)

7. During preparations for inter-class competitions, the games captain designs a workout plan for the athletics team. The plan includes stretching, strength training, and endurance running.

(a) Explain three reasons why flexibility is important in sports performance. (6 marks)

i. _____

ii. _____

iii. _____

(b) Describe how dynamic stretching contributes to injury prevention(4 marks)

8. Learners in Grade 10 are divided into groups to analyze an image showing a person performing a plank exercise.

(a) Identify the type of muscular fitness demonstrated. (2marks)_____

(b) Explain three differences between muscular strength and muscular endurance. (6 marks)

	Muscular strength	Muscular endurance
i		
ii		
iii		