END TERM 3 2026

GRADE 10

PHYSICAL EDUCATION

SUMMATIVE ASSESSMENT

TIME: 2 HOURS

Name: _____

Assessment Number: _____

Class / Stream: _____

Date: _____

INSTRUCTIONS TO CANDIDATES

1. Write your name and assessment details in the spaces provided.

2. Read all questions carefully before answering.

3. Answer ALL questions.

4. Use clear and legible handwriting.

5. Where a diagram is provided, study it carefully and respond to the instructions given.

6. Where drawing or labelling is required, make your work clear and accurate.

7. Give practical examples where required.

8. All answers should be written in the spaces provided where applicable.

9. Check that all pages and questions are present before beginning.

EXAMINER'S USE ONLY

Section	Question Numbers	Maximum Score	Candidate's Score
A	1–3	30	
B	4–6	30	
C	7–8	20	
TOTAL		80	

SECTION A — GAMES (30 MARKS)

1. Football requires coordinated technical skills, teamwork and safe participation.

(a) State two correct procedures for restarting play in football. **(2 marks)**

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(b) Explain three important coaching points when performing a lofted pass. **(3 marks)**

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(c) Describe two ways a defender can use body positioning when marking an opponent. **(2 marks)**

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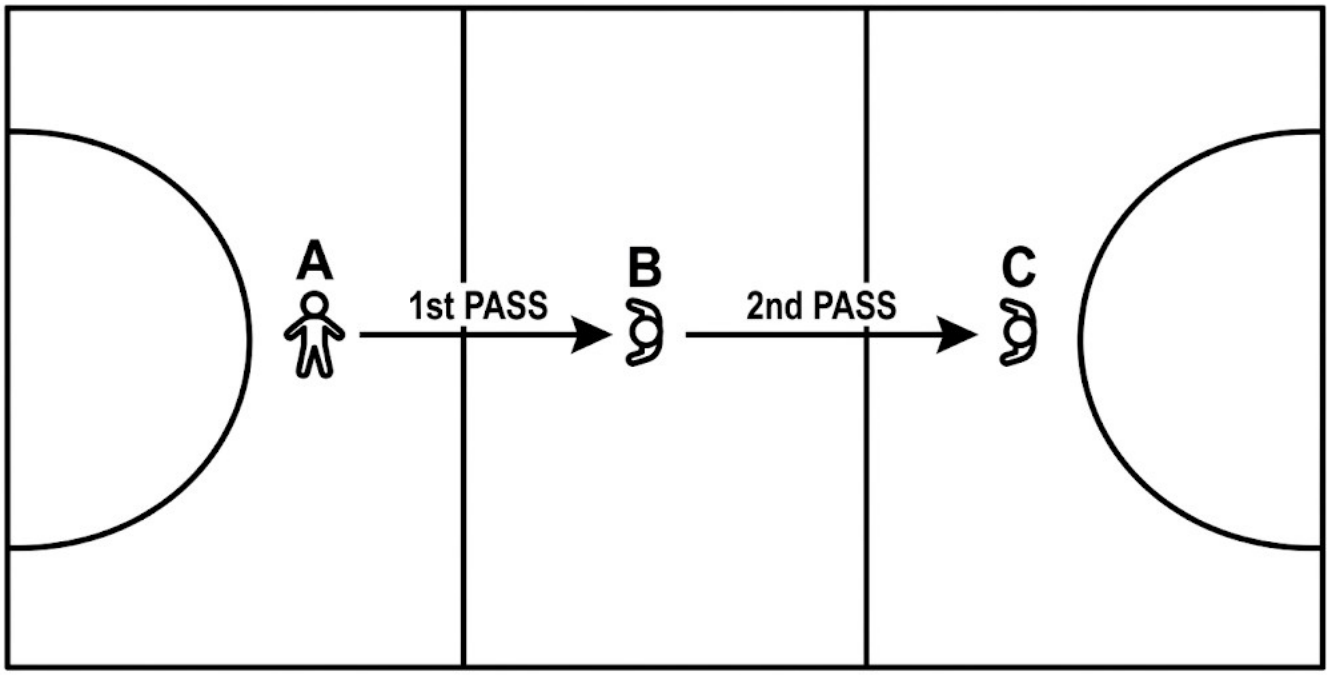
(d) Explain three ways participation in football can contribute to individual wellbeing. **(3 marks)**

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2. Study the simplified Netball movement figure below.



(a) Identify the skill sequence represented by the arrows and explain how the movement supports effective passing. **(4 marks)**

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(b) State three coaching points for performing a running shot or pass accurately in Netball. **(3 marks)**

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(c) Give three benefits of teamwork during a mini Netball game. **(3 marks)**

_____

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3. Basketball involves controlled movement, deception and accurate shooting.

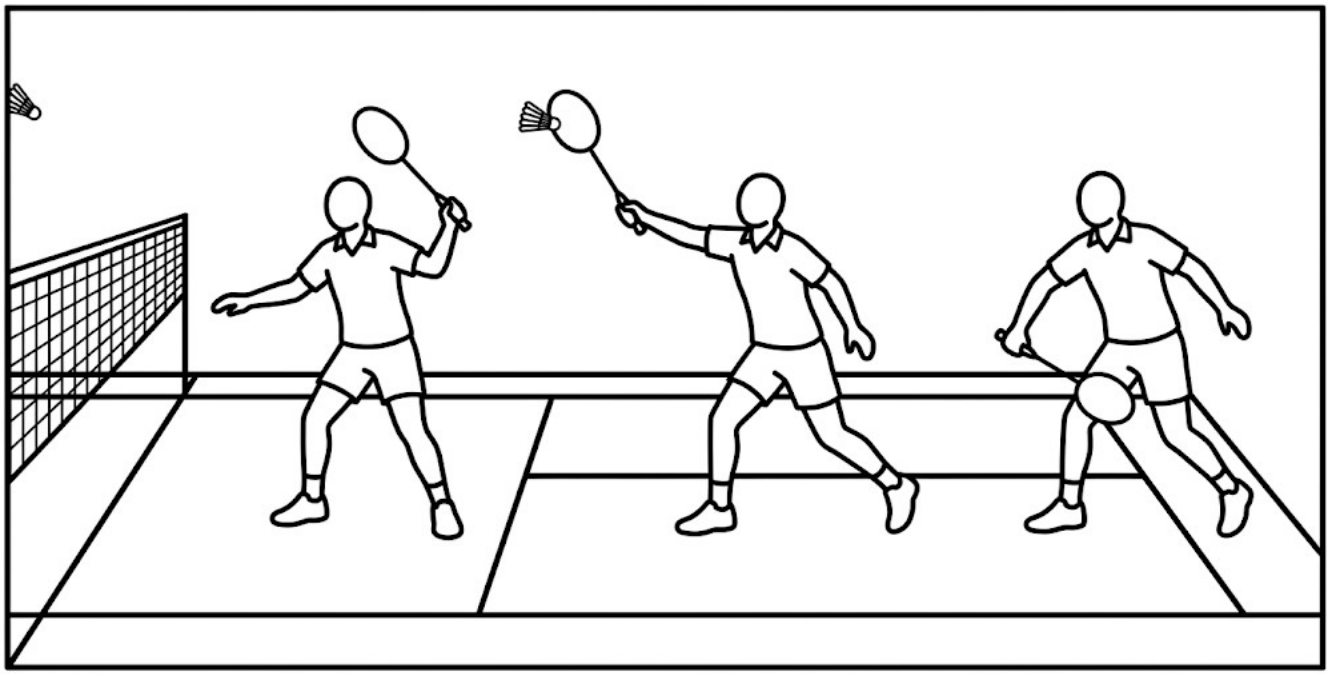
(a) Describe four coaching points for effective crossover dribbling. **(4 marks)**

(b) Explain how faking and feinting can help a player create space for a shot. **(2 marks)**

(c) State two key points for a correct lay-up and two key points for a jump shot. **(4 marks)**

SECTION B — GAMES AND ATHLETICS (30 MARKS)

4. Study the badminton stroke figure below.

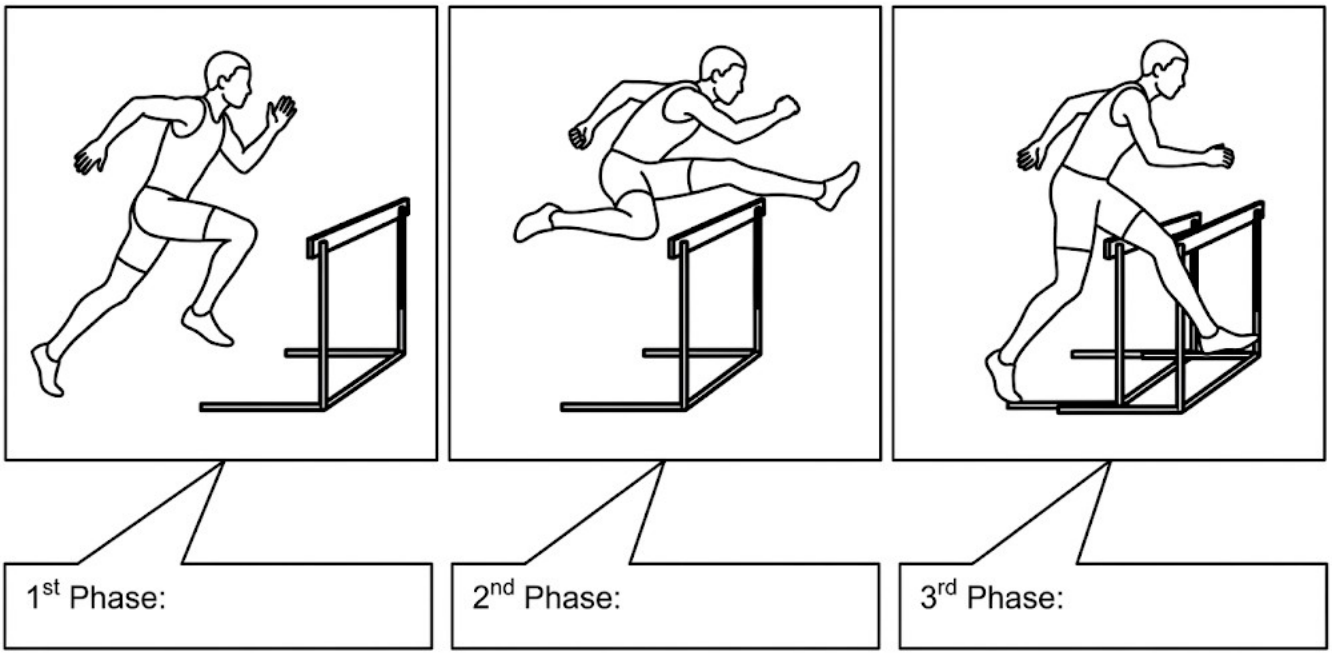


(a) Name the three stages represented in the figure. **(3 marks)**

(b) For any two stages, describe two important technical aspects of grip, stance, swing, contact or follow-through. **(4 marks)**

(c) State three safety or fair-play practices that should be observed during a badminton game. **(3 marks)**

5. Hurdling requires coordinated technique from the start to recovery.



(a) Identify the three phases shown. **(3 marks)**

(b) Explain four safety precautions that should be observed when practising hurdling. **(4 marks)**

(c) State three ways hurdling can contribute to individual wellness. **(3 marks)**

6. Middle-distance running depends on efficient pacing and recovery.

(a) State the three key techniques emphasised in the curriculum for middle-distance races. **(3 marks)**

(b) Explain how pacing and breathing contribute to performance in a middle-distance race. **(4 marks)**

(c) Give three appropriate recovery practices after a middle-distance race. **(3 marks)**

SECTION C — ATHLETICS AND OUTDOOR EDUCATION (20 MARKS)

7. Cross-country running is performed over varied terrain and requires effective management of effort and recovery.

(a) Describe five techniques used in cross-country running, including starting, pacing, terrain management, breathing, finishing or recovery. **(5 marks)**

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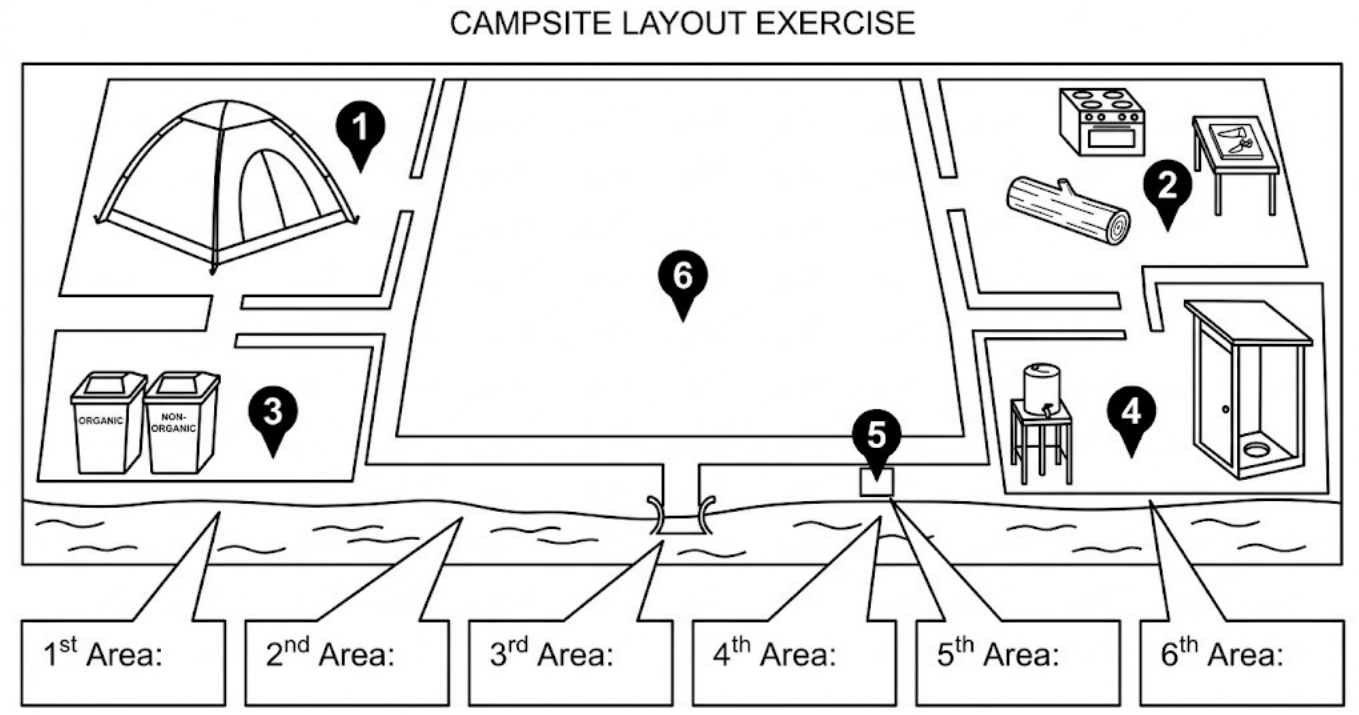
(b) Explain three ways a learner can maintain safety when running over different terrains. **(3 marks)**

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_____
_____

(c) State two ways cross-country activities can promote environmental awareness. **(2 marks)**

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_____

8. A school is planning a camping adventure. Study the campsite layout below and answer the questions.



(a) Identify the six numbered areas in the campsite layout and state one safety consideration for any two of them. **(6 marks)**

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_____
_____
_____
_____
_____

(b) State two important considerations when selecting a campsite. **(2 marks)**

_____
_____

(c) Give two examples of responsible activities that may be undertaken during a camping adventure while conserving the environment. **(2 marks)**

END OF QUESTION PAPER