PHYSICAL EDUCATION GRADE 10

OPENER EXAM TERM 2, 2026

TIME: 2½ HOURS

N AM E…….ADM NO……

DATE……SIGN……

INSTRUCTIONS TO CANDIDATES

1. ***This paper consists of 6 questions.***
2. ***Answer ALL questions.***
3. ***Write your answers clearly in the spaces provided after each question.***
4. ***All answers must be written in English.***
5. ***Candidates should check that all pages are printed and no questions are missing.***

1.(a) Describe EIGHT health-related components of physical fitness, giving one practical example of how each component is developed or tested. **(8 marks)**

(b) Explain SEVEN benefits of regular physical activity to the health and well-being of a Grade 10 learner. **(7 marks)**

(c) State FIVE factors that affect the physical fitness levels of an individual. **(5 marks)**

2.(a) Describe SIX skill-related components of physical fitness and for each state one sport or activity in which it is most important. (Award 1 mark for naming the component and 1 mark for a relevant sport — any 4 complete descriptions = 8 marks.) **(8 marks)**

(b) Describe how the following fitness tests are conducted, stating what component each test measures: (i) The Sit-and-Reach Test (ii) The Illinois Agility Run Test (iii) The Harvard Step Test (iv) The 12-Minute Cooper Run/Walk Test. **(7 marks)**

(c) State FIVE principles of training that a physical education teacher should follow when designing a fitness programme for learners. **(5 marks)**

3.(a) Describe the correct technique used in the SPRINT START (crouch start) from the 'On your marks' position through to the 'Drive phase' of a 100 m race. **(6 marks)**

(b) Explain FIVE rules that govern the conduct of the 4 x 100 m relay race as stipulated by World Athletics (WA). **(5 marks)**

(c) State FOUR common technical faults observed in shot put and for each suggest a correction a coach would recommend. **(4 marks)**

4.(a) Using football as your reference, describe SIX basic skills a player must master, giving a brief explanation of the correct technique for each skill. **(6 marks)**

(b) State FIVE rules of basketball as prescribed by FIBA that a referee must enforce during a match. **(5 marks)**

(c) Explain FOUR attacking strategies/tactics that a team in an invasion game can use to create goal-scoring opportunities. **(4 marks)**

5.(a) Describe the step-by-step technique for performing the FORWARD ROLL in gymnastics, highlighting SIX key teaching points a coach must emphasise. **(6 marks)**

(b) Explain FIVE safety precautions that must be observed during a gymnastics lesson to prevent injuries. **(5 marks)**

(c) State FOUR basic gymnastics body shapes and describe how each is formed. **(4 marks)**

6.(a) You are a PE teacher and a learner collapses on the field during a cross-country run. Describe SIX steps you would follow in managing this emergency, including how you would apply the DR ABC protocol. **(6 marks)**

(b) Explain FIVE ways in which proper nutrition positively influences athletic performance in a student athlete. **(5 marks)**

(c) State FOUR common sports injuries and for each describe the RICE method of initial management. **(4 marks)**