

Abstract

This paper is written on the premise that Kenyan youth participation in sports and recreation is not well documented. The paper therefore tracks sports in Kenya from pre-colonial, colonial and post colonial periods with a particular emphasis on All Africa Games, Common Wealth Games and the Olympic Games. It highlights personal and external factors that have influenced youth participation in sports and recreation in Kenya. The various policies for youth sports in Kenya are weighted against other policies in Nigeria, England and USA to demonstrate mechanisms instituted elsewhere that makes youth participation in sports more efficient. The emerging trends of youth in sports and recreation in Kenya are highlighted and various fundamental issues are raised with a view to strengthen youth participation in sports and recreation in Kenya.