

Physical Education Fa Part 1 English Medium Chapter 3 Online Test

Sr	Questions	Answers Choice
1	The base of physical education is	A. Health B. Strength C. Intelligence D. Movements
2	An example of involuntary movements is	A. Heart beat B. Walking C. Bending D. Jumping
3	Gymnastics is a word of which language?	A. Latin B. Persian C. Greek D. Arabic
4	Gymnastics is also called as	A. Father of all sports B. Mother of all sports C. Child of all sports D. Science of all sports
5	Gymnastics make a body	A. Gain weight B. Lose weight C. Flexible D. Weak
6	How many group are there in physical education activities?	A. 3 B. 6 C. 5 D. 10
7	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
8	Teaching of gymnastics rise in Europe in	A. 20th century B. 19th century C. 18th century D. 17th century
9	People of Greece takes the word gymnastics in	A. Huge meanings B. Limited meanings C. Specific meanings D. Only in exercise point of view
10	The first people to understand the importance of physical education are	A. Greek B. Egyptian people C. Pakistani people D. None of these
11	Which Country first used word gymnastics	A. Greece B. America C. British D. German
12	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
13	To start a difficult work we need to do	A. Warm up B. Warm down C. Sleep D. Nothing
14	From where the word gymnastic come	A. Persian language B. English language C. Urdu language D. Greek
15	The activities which make the body flexible are	A. Gymnastics B. Health C. Game D. Nothing

16	Gymnastic activities make a man	A. Lazy B. Weak C. Active D. Nothing
17	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9