

Physical Education Fa Part 1 English Medium Online Test

Sr	Questions	Answers Choice
1	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9
2	Gymnastic activities make a man	A. Lazy B. Weak C. Active D. Nothing
3	The activities which make the body flexible are	A. Gymnastics B. Health C. Game D. Nothing
4	From where the word gymnastic come	A. Persian language B. English language C. Urdu language D. Greek
5	To start a difficult work we need to do	A. Warm up B. Warm down C. Sleep D. Nothing
6	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
7	Which Country first used word gymnastics	A. Greece B. America C. British D. German
8	The first people to understand the importance of physical education are	A. Greek B. Egyptian people C. Pakistani people D. None of these
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	Teaching of gymnastics rise in Europe in	A. 20th century B. 19th century C. 18th century D. 17th century
11	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
12	How many group are there in physical education activities?	A. 3 B. 6 C. 5 D. 10
13	Gymnastics make a body	A. Gain weight B. Lose weight C. Flexible D. Weak
14	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
15	Gymnastics is a word of which language?	A. Latin B. Persian C. Greek D. Arabic

16	An example of involuntary movements is	A. Heart beat B. Walking C. Bending D. Jumping
17	The base of physical education is	A. Health B. Strength C. Intelligence D. Movements