

Physical Education Fa Part 1 English Medium Chapter 3 Online Test

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

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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
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How many group are there in physical education activities?

- A. 3
 - B. 6
 - C. 5
 - D. 10
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