

## Physical Education Fa Part 1 English Medium Chapter 3 Online Test

Sr	Questions	Answers Choice
1	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
2	From where the word gymnastic come	A. Persian language B. English language C. Urdu language D. Greek
3	To start a difficult work we need to do	A. Warm up B. Warm down C. Sleep D. Nothing
4	Gymnastics is a word of which language?	A. Latin B. Persian C. Greek D. Arabic
5	Which Country first used word gymnastics	A. Greece B. America C. British D. German
6	An example of involuntary movements is	A. Heart beat B. Walking C. Bending D. Jumping
7	How many group are there in physical education activities?	A. 3 B. 6 C. 5 D. 10
8	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9
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	The activities which make the body flexible are	A. Gymnastics B. Health C. Game D. Nothing
12	The base of physical education is	A. Health B. Strength C. Intelligence D. Movements
13	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
14	Gymnastic activities make a man	A. Lazy B. Weak C. Active D. Nothing
15	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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16      The first people to understand the importance of physical education are

- A. Greek
  - B. Egyptian people
  - C. Pakistani people
  - D. None of these
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17      Gymnastics make a body

- A. Gain weight
  - B. Lose weight
  - C. Flexible
  - D. Weak
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