

Physical Education Fa Part 1 English Medium Chapter 3 Online Test

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

16	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
17	Teaching of gymnastics rise in Europe in	A. 20th century B. 19th century C. 18th century D. 17th century