

Physical Education Fa Part 1 English Medium Chapter 3 Online Test

Sr	Questions	Answers Choice
1	To start a difficult work we need to do	A. Warm up B. Warm down C. Sleep D. Nothing
2	Which Country first used word gymnastics	A. Greece B. America C. British D. German
3	From where the word gymnastic come	A. Persian language B. English language C. Urdu language D. Greek
4	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
5	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9
6	How many group are there in physical education activities?	A. 3 B. 6 C. 5 D. 10
7	Gymnastics is a word of which language?	A. Latin B. Persian C. Greek D. Arabic
8	The activities which make the body flexible are	A. Gymnastics B. Health C. Game D. Nothing
9	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
10	Teaching of gymnastics rise in Europe in	A. 20th century B. 19th century C. 18th century D. 17th century
11	People of Greece takes the word gymnastics in	A. Huge meanings B. Limited meanings C. Specific meanings D. Only in exercise point of view
12	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
13	An example of involuntary movements is	A. Heart beat B. Walking C. Bending D. Jumping
14	Gymnastic activities make a man	A. Lazy B. Weak C. Active D. Nothing
15	Gymnastics make a body	A. Gain weight B. Lose weight C. Flexible D. Weak

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The base of physical education is

- A. Health
- B. Strength
- C. Intelligence
- D. Movements

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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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