

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

16	From where the word gymnastic come	A. Persian language B. English language C. Urdu language D. Greek
17	Gymnastics make a body	A. Gain weight B. Lose weight C. Flexible D. Weak