

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