

Physical Education Fa Part 1 English Medium Chapter 3 Online Test

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

6	Teaching of gymnastics rise in Europe in	A. 20th century B. 19th century C. 18th century D. 17th century
17	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise