

Physical Education Fa Part 1 English Medium Chapter 3 Online Test

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

16	Gymnastics is a word of which language?	A. Latin B. Persian C. Greek D. Arabic
17	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9