

Physical Education Fa Part 1 English Medium Chapter 3 Online Test

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

16	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9
17	From where the word gymnastic come	A. Persian language B. English language C. Urdu language D. Greek
