

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

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16 Final activity for the lesson of gymnastics is

A. Warm up  
B. Resting  
**C. Warm down**  
D. Lateral exercise

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17 Gymnastic activities make a man

A. Lazy  
B. Weak  
**C. Active**  
D. Nothing

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