Physical Education Fa Part 1 English Medium Chapter 3 Online Test

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

16	People of Greece takes the word gymnastics in	A. Huge meanings B. Limited meanings C. Specific meanings D. Only in exercise point of view
17	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