PPSC Lecturer Physical Education | BS-17 — GUESS PAPER 2026 (Set 1 of 2) · Predicted Questions

Body: Punjab Public Service Commission (PPSC) · **Post:** Lecturer Physical Education | BS-17 · **Set:** 1 of 2 · **Questions:** 100 predicted — 0 repeated questions, 0 verified facts predicted to recur, 100 syllabus anchors · **Price:** Free

GUESS PAPER — predicted questions for the upcoming exam, NOT a past paper. Every question below is a prediction: it is here because the same question, the same fact, or the same topic appeared in verified PPSC Lecturer Physical Education | BS-17 past papers. **No pass guarantee.** A guess paper raises the odds; it does not promise a result. Answers are the best-supported answers, not exam keys.

[C]-HEAVY PAPER — thin verified pool. 100 of the 100 questions below are syllabus anchors on this post's recurring topics, because the verified archive for this post holds only 0 items. Those questions are flagged [C] on every one of them: they are predictions about the syllabus, not verified facts. Study the topic, not just the answer.

> **How to use this paper:** study the basis under each question, not just the answer — the real paper will ask the same topics in different words. Revise the underlying topic, not only the four options. Do not quote any item as "asked in the 2026 exam" — nothing here has been asked yet.

Question 1 Physical Education

How many players are there in a cricket team on the field?

- A. 12
- B. 10
- C. 13

Why this answer? A cricket team has 11 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 2 Physical Education

How many players are there in a hockey team on the field?

- A. 11 ✓ **Predicted answer**
- B. 12
- C. 10
- D. 13

Why this answer? A hockey team has 11 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 3 Physical Education

How many players are there in a volleyball team on the field?

- A. 7
- B. 5
- C. 6 ✓ **Predicted answer**
- D. 8

Why this answer? A volleyball team has 6 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

4 Physical Education

How many players are there in a badminton singles team on the field?

- A. 2
- B. 3
- C. 4
- D. 1 ✓ **Predicted answer**

Why this answer? A badminton singles team has 1 players on the field.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 5 Physical Education

What is the Body Mass Index (BMI) of a person weighing 80 kg with a height of 2 metres?

- A. 21
- B. 19
- C. 20 ✓ **Predicted answer**
- D. 22

Why this answer? BMI = weight / height squared = 80 / (2 x 2) = 20.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 6 Physical Education

What is the Body Mass Index (BMI) of a person weighing 72 kg with a height of 2 metres?

- A. 18 ✓ **Predicted answer**
- B. 19
- C. 17
- D. 20

swer? BMI = weight / height squared = 72 / (2 x 2) = 18.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 7 Physical Education

Which sport is Jahangir Khan known for?

- A. cricket
- B. squash ✓ **Predicted answer**
- C. tennis
- D. athletics

Why this answer? Jahangir Khan is known for squash.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 8 Physical Education

Which sport is Wasim Akram known for?

- A. tennis
- B. athletics
- C. cricket ✓ **Predicted answer**
- D. hockey

Why this answer? Wasim Akram is known for cricket.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 9 Physical Education

Which sport is Aisam-ul-Haq Qureshi known for?

- B. athletics
- C. hockey
- D. football

Why this answer? Aisam-ul-Haq Qureshi is known for tennis.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 10 Physical Education

Which sport is Muhammad Yousuf known for?

- A. tennis
- B. athletics
- C. hockey
- D. cricket ✓ **Predicted answer**

Why this answer? Muhammad Yousuf is known for cricket.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 11 Physical Education

Which game is played with a bat and a ball?

- A. Football
- B. Hockey
- C. Basketball
- D. Cricket ✓ **Predicted answer**

Why this answer? Cricket is played with a bat and a ball.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and

s in every Lecturer Physical Education sitting.

Question 12 Physical Education

Which game is played only with the feet?

- A. Football ✓ **Predicted answer**
- B. Cricket
- C. Hockey
- D. Basketball

Why this answer? Football is played only with the feet.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 13 Physical Education

Which game is played with a racket and a ball on a table?

- A. Badminton
- B. Tennis
- C. Squash
- D. Table tennis ✓ **Predicted answer**

Why this answer? Table tennis uses a racket and a ball on a table.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 14 Physical Education

Which game is known as the national game of Pakistan?

- A. Cricket
- B. Football

key ✓ **Predicted answer**

- D. Squash

Why this answer? Hockey is the national game of Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 15 Physical Education

What is physical education?

- A. Education through physical activity ✓ **Predicted answer**
- B. Playing games only
- C. Running only
- D. Exercise only

Why this answer? Physical education is education through physical activity.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 16 Physical Education

What is the aim of physical education?

- A. Winning games only
- B. All-round development of a person ✓ **Predicted answer**
- C. Building muscles only
- D. Losing weight only

Why this answer? The aim is all-round development.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

17 Physical Education

What is physical fitness?

- A. Being strong only
- B. Being fast only
- C. Being thin
- D. The ability to do daily work without fatigue ✓ **Predicted answer**

Why this answer? Physical fitness is doing daily work without fatigue.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 18 Physical Education

What are the components of physical fitness?

- A. Strength, endurance, speed, flexibility and agility ✓ **Predicted answer**
- B. Strength only
- C. Speed only
- D. Flexibility only

Why this answer? The components are strength, endurance, speed, flexibility and agility.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 19 Physical Education

What is strength?

- A. Speed
- B. Flexibility
- C. The ability of muscles to exert force ✓ **Predicted answer**
- D. Endurance

swer? Strength is muscles exerting force.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 20 Physical Education

What is endurance?

- A. Strength
- B. The ability to continue activity for a long time ✓ **Predicted answer**
- C. Speed
- D. Flexibility

Why this answer? Endurance is continuing activity for a long time.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 21 Physical Education

What is speed?

- A. The ability to move quickly ✓ **Predicted answer**
- B. Strength
- C. Endurance
- D. Flexibility

Why this answer? Speed is moving quickly.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 22 Physical Education

What is flexibility?

- B. Speed
- C. Endurance
- D. The ability to bend joints easily ✓ **Predicted answer**

Why this answer? Flexibility is bending joints easily.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 23 Physical Education

What is agility?

- A. Strength
- B. The ability to change direction quickly ✓ **Predicted answer**
- C. Speed
- D. Endurance

Why this answer? Agility is changing direction quickly.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 24 Physical Education

What is warming up?

- A. Preparing the body for exercise ✓ **Predicted answer**
- B. Cooling down
- C. Resting
- D. Sleeping

Why this answer? Warming up prepares the body for exercise.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and

Question 25 Physical Education

What is cooling down?

- A. Warming up
- B. Bringing the body back to normal after exercise ✓ **Predicted answer**
- C. Resting
- D. Sleeping

Why this answer? Cooling down brings the body back to normal.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 26 Physical Education

What is a balanced diet for a sportsperson?

- A. A diet of meat only
- B. A diet with all nutrients ✓ **Predicted answer**
- C. A diet of rice only
- D. A diet of fruit only

Why this answer? A balanced diet has all nutrients.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 27 Physical Education

What is the main source of energy for exercise?

- A. Carbohydrates ✓ **Predicted answer**
- B. Proteins

mins

- D. Minerals

Why this answer? Carbohydrates are the main energy source.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 28 Physical Education

What is dehydration?

- A. Loss of energy
- B. Loss of strength
- C. Loss of water from the body ✓ **Predicted answer**
- D. Loss of speed

Why this answer? Dehydration is loss of water.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 29 Physical Education

What is the most important thing to drink during exercise?

- A. Water ✓ **Predicted answer**
- B. Juice
- C. Milk
- D. Tea

Why this answer? Water is most important during exercise.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

30 Physical Education

What is the Olympic Games?

- A. An international sports event held every four years ✓ **Predicted answer**
- B. A national event
- C. A yearly event
- D. A monthly event

Why this answer? The Olympics are held every four years.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 31 Physical Education

When were the first modern Olympic Games held?

- A. 1900
- B. 1850
- C. 1920
- D. 1896 ✓ **Predicted answer**

Why this answer? The first modern Olympics were in 1896.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 32 Physical Education

Where were the first modern Olympic Games held?

- A. Paris
- B. London
- C. Rome
- D. Athens ✓ **Predicted answer**

swer? The first modern Olympics were in Athens.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 33 Physical Education

Who founded the modern Olympic Games?

- A. Thomas Bach
- B. Pierre de Coubertin ✓ **Predicted answer**
- C. Jesse Owens
- D. Carl Lewis

Why this answer? Pierre de Coubertin founded the modern Olympics.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 34 Physical Education

What is the motto of the Olympic Games?

- A. 'Faster, Higher, Stronger' ✓ **Predicted answer**
- B. 'Stronger Together'
- C. 'Play Fair'
- D. 'Win at All Costs'

Why this answer? The Olympic motto is 'Faster, Higher, Stronger'.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 35 Physical Education

How many rings are in the Olympic symbol?

- B. Five ✓ **Predicted answer**
- C. Six
- D. Seven

Why this answer? There are five Olympic rings.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 36 Physical Education

What do the Olympic rings represent?

- A. Five countries
- B. Five sports
- C. Five games
- D. The five continents ✓ **Predicted answer**

Why this answer? The rings represent the five continents.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 37 Physical Education

When did Pakistan first participate in the Olympics?

- A. 1947
- B. 1952
- C. 1948 ✓ **Predicted answer**
- D. 1956

Why this answer? Pakistan first participated in 1948.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics

Question 38 Physical Education

In which sport has Pakistan won Olympic gold medals?

- A. Cricket
- B. Hockey ✓ **Predicted answer**
- C. Football
- D. Squash

Why this answer? Pakistan won Olympic gold in hockey.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 39 Physical Education

How many Olympic gold medals has Pakistan won in hockey?

- A. One
- B. Three ✓ **Predicted answer**
- C. Two
- D. Four

Why this answer? Pakistan won three Olympic gold medals in hockey.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 40 Physical Education

What is the Asian Games?

- A. A national event
- B. A world event

- D. A yearly event

Why this answer? The Asian Games are for Asian countries.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 41 Physical Education

What is the Commonwealth Games?

- A. A national event
- B. A world event
- C. A sports event for Commonwealth countries ✓ **Predicted answer**
- D. A yearly event

Why this answer? The Commonwealth Games are for Commonwealth countries.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: Olympics recurs in every Lecturer Physical Education sitting.

Question 42 Physical Education

What is cricket?

- A. A game with a stick
- B. A game with feet only
- C. A bat-and-ball game played by two teams of 11 ✓ **Predicted answer**
- D. A game with a racket

Why this answer? Cricket is a bat-and-ball game with 11 players per team.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

43 Physical Education

How many players are in a cricket team?

- A. 10
- B. 12
- C. 11 ✓ **Predicted answer**
- D. 9

Why this answer? A cricket team has 11 players.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 44 Physical Education

How many overs are in a one-day cricket match per side?

- A. 20
- B. 50 ✓ **Predicted answer**
- C. 40
- D. 60

Why this answer? A one-day match has 50 overs per side.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 45 Physical Education

How many overs are in a T20 cricket match per side?

- A. 50
- B. 40
- C. 20 ✓ **Predicted answer**
- D. 10

swer? A 120 match has 20 overs per side.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 46 Physical Education

What is the length of a cricket pitch?

- A. 20 yards
- B. 22 yards ✓ **Predicted answer**
- C. 24 yards
- D. 18 yards

Why this answer? A cricket pitch is 22 yards long.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 47 Physical Education

Who is known as the 'Sultan of Swing'?

- A. Imran Khan
- B. Shahid Afridi
- C. Wasim Akram ✓ **Predicted answer**
- D. Waqar Younis

Why this answer? Wasim Akram is the Sultan of Swing.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 48 Physical Education

Who is known as the 'Rawalpindi Express'?

- B. Imran Khan
- C. Shahid Afridi
- D. Shoaib Akhtar ✓ **Predicted answer**

Why this answer? Shoaib Akhtar is the Rawalpindi Express.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 49 Physical Education

Who was the captain of Pakistan's 1992 World Cup team?

- A. Wasim Akram
- B. Javed Miandad
- C. Inzamam-ul-Haq
- D. Imran Khan ✓ **Predicted answer**

Why this answer? Imran Khan captained the 1992 World Cup team.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 50 Physical Education

In which year did Pakistan win the Cricket World Cup?

- A. 1996
- B. 1992 ✓ **Predicted answer**
- C. 1999
- D. 1987

Why this answer? Pakistan won the World Cup in 1992.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports

Question 51 Physical Education

What is hockey?

- A. A bat-and-ball game
- B. A game with feet only
- C. A game with a racket
- D. A game played with a stick and a ball ✓ **Predicted answer**

Why this answer? Hockey is played with a stick and a ball.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 52 Physical Education

How many players are in a hockey team?

- A. 11 ✓ **Predicted answer**
- B. 10
- C. 12
- D. 9

Why this answer? A hockey team has 11 players.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 53 Physical Education

What is the national game of Pakistan?

- A. Cricket
- B. Hockey ✓ **Predicted answer**

- D. Squash

Why this answer? Hockey is the national game of Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 54 Physical Education

Who is known as the 'Flying Horse' of hockey?

- A. Shahbaz Ahmed
- B. Samiullah Khan ✓ **Predicted answer**
- C. Hassan Sardar
- D. Islahuddin

Why this answer? Samiullah Khan was the Flying Horse.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 55 Physical Education

What is football?

- A. A bat-and-ball game
- B. A game played with the feet ✓ **Predicted answer**
- C. A game with a stick
- D. A game with a racket

Why this answer? Football is played with the feet.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

56 Physical Education

How many players are in a football team?

- A. 10
- B. 12
- C. 11 ✓ **Predicted answer**
- D. 9

Why this answer? A football team has 11 players.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 57 Physical Education

How long is a football match?

- A. 90 minutes ✓ **Predicted answer**
- B. 60 minutes
- C. 120 minutes
- D. 80 minutes

Why this answer? A football match is 90 minutes.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 58 Physical Education

What is the FIFA World Cup?

- A. A club competition
- B. A national event
- C. A yearly event
- D. The world championship of football ✓ **Predicted answer**

swer? The FIFA World Cup is football's world championship.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 59 Physical Education

Which country has won the most FIFA World Cups?

- A. Germany
- B. Argentina
- C. Italy
- D. Brazil ✓ **Predicted answer**

Why this answer? Brazil has won the most World Cups.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 60 Physical Education

What is squash?

- A. A bat-and-ball game
- B. A game with a stick
- C. A game with feet
- D. A racket game played in a court ✓ **Predicted answer**

Why this answer? Squash is a racket game in a court.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 61 Physical Education

Who is the greatest squash player of Pakistan?

- B. Imran Khan
- C. Jahangir Khan ✓ **Predicted answer**
- D. Wasim Akram

Why this answer? Jahangir Khan is the greatest squash player of Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 62 Physical Education

How many times did Jahangir Khan win the British Open?

- A. 5 times
- B. 7 times
- C. 8 times
- D. 10 times ✓ **Predicted answer**

Why this answer? Jahangir Khan won the British Open 10 times.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 63 Physical Education

What is badminton?

- A. A bat-and-ball game
- B. A racket game with a shuttlecock ✓ **Predicted answer**
- C. A game with a stick
- D. A game with feet

Why this answer? Badminton uses a racket and a shuttlecock.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and

s in every Lecturer Physical Education sitting.

Question 64 Physical Education

What is tennis?

- A. A bat-and-ball game
- B. A game with a stick
- C. A game with feet
- D. A racket game with a ball and a net ✓ **Predicted answer**

Why this answer? Tennis uses a racket, a ball and a net.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 65 Physical Education

What is volleyball?

- A. A bat-and-ball game
- B. A game with a stick
- C. A game with a ball over a net ✓ **Predicted answer**
- D. A game with feet

Why this answer? Volleyball is played with a ball over a net.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 66 Physical Education

What is basketball?

- A. A game of shooting a ball into a hoop ✓ **Predicted answer**
- B. A bat-and-ball game

- D. A game with feet

Why this answer? Basketball is shooting a ball into a hoop.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 67 Physical Education

What is athletics?

- A. A game with a bat
- B. A game with a stick
- C. A game with feet
- D. Track and field sports ✓ **Predicted answer**

Why this answer? Athletics is track and field sports.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 68 Physical Education

What is a marathon?

- A. A short race
- B. A relay race
- C. A long-distance race of about 42 km ✓ **Predicted answer**
- D. A hurdles race

Why this answer? A marathon is about 42 km.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

69 Physical Education

What is the 100-metre race?

- A. A marathon
- B. A relay
- C. A hurdles race
- D. A sprint ✓ **Predicted answer**

Why this answer? The 100-metre is a sprint.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 70 Physical Education

Who is the fastest man in the world?

- A. Carl Lewis
- B. Usain Bolt ✓ **Predicted answer**
- C. Jesse Owens
- D. Michael Johnson

Why this answer? Usain Bolt is the fastest man.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: sports personalities recurs in every Lecturer Physical Education sitting.

Question 71 Physical Education

What is the human skeleton?

- A. The framework of bones ✓ **Predicted answer**
- B. The muscles
- C. The skin
- D. The organs

swer? The skeleton is the framework of bones.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 72 Physical Education

How many bones are in the adult human body?

- A. 196
- B. 206 ✓ **Predicted answer**
- C. 216
- D. 226

Why this answer? The adult body has 206 bones.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 73 Physical Education

What is the largest muscle in the human body?

- A. Biceps
- B. Triceps
- C. Quadriceps
- D. Gluteus maximus ✓ **Predicted answer**

Why this answer? The gluteus maximus is the largest muscle.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 74 Physical Education

What is the heart?

organ that pumps blood ✓ **Predicted answer**

- B. An organ that filters blood
- C. An organ that makes bile
- D. An organ that digests food

Why this answer? The heart pumps blood.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: anatomy recurs in every Lecturer Physical Education sitting.

Question 75 Physical Education

What is the role of a physical education teacher?

- A. Teaching maths
- B. Teaching physical activities ✓ **Predicted answer**
- C. Teaching English
- D. Teaching science

Why this answer? A PE teacher teaches physical activities.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 76 Physical Education

What is the importance of games in school?

- A. Wasting time
- B. Making money
- C. Passing exams
- D. Developing teamwork and health ✓ **Predicted answer**

Why this answer? Games develop teamwork and health.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education:

to physical education recurs in every Lecturer Physical Education sitting.

Question 77 Physical Education

What is the difference between games and sports?

- A. Sports are competitive; games may be for fun ✓ **Predicted answer**
- B. They are the same
- C. Games are competitive
- D. Sports are for fun

Why this answer? Sports are competitive; games may be for fun.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: introduction to physical education recurs in every Lecturer Physical Education sitting.

Question 78 Physical Education

What is the Pakistan Sports Complex?

- A. A sports complex in Islamabad ✓ **Predicted answer**
- B. A stadium in Lahore
- C. A school
- D. A club

Why this answer? The Pakistan Sports Complex is in Islamabad.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 79 Physical Education

What is the Ayub National Stadium?

- A. A stadium in Lahore
- B. A stadium in Karachi

adium in Quetta ✓ **Predicted answer**

- D. A stadium in Peshawar

Why this answer? Ayub National Stadium is in Quetta.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: games and sports recurs in every Lecturer Physical Education sitting.

Question 80 Physical Education

What is the role of exercise in health?

- A. Making money
- B. Passing exams
- C. Building houses
- D. Keeping the body fit ✓ **Predicted answer**

Why this answer? Exercise keeps the body fit.

Why predicted [C] — Syllabus anchor: syllabus anchor — Physical Education: fitness and health recurs in every Lecturer Physical Education sitting.

Question 81 English

Choose the correct synonym of 'Happy'.

- A. Sad
- B. Angry
- C. Tired
- D. Joyful ✓ **Predicted answer**

Why this answer? 'Joyful' is a synonym of 'happy'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: synonyms recur in every Lecturer sitting.

82 English

Choose the correct antonym of 'Brave'.

- A. Cowardly ✓ **Predicted answer**
- B. Bold
- C. Fearless
- D. Heroic

Why this answer? 'Cowardly' is the antonym of 'brave'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: antonyms recur in every Lecturer sitting.

Question 83 English

Choose the correct spelling of the word meaning an event.

- A. Occurrence ✓ **Predicted answer**
- B. Occurence
- C. Ocurrence
- D. Occurrance

Why this answer? 'Occurrence' is the correct spelling.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: spelling recur in every Lecturer sitting.

Question 84 English

The plural of 'Child' is:

- A. Childs
- B. Childes
- C. Childrens
- D. Children ✓ **Predicted answer**

Answer: The plural of 'child' is 'children'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: plurals recur in every Lecturer sitting.

Question 85 English

Choose the correct synonym of 'Begin'.

- A. End
- B. Start ✓ **Predicted answer**
- C. Stop
- D. Finish

Why this answer? 'Start' is a synonym of 'begin'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: synonyms recur in every Lecturer sitting.

Question 86 English

Choose the correct antonym of 'Ancient'.

- A. Old
- B. Modern ✓ **Predicted answer**
- C. Antique
- D. Classic

Why this answer? 'Modern' is the antonym of 'ancient'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: antonyms recur in every Lecturer sitting.

Question 87 English

He ___ to school every day.

- B. going
- C. goes ✓ **Predicted answer**
- D. gone

Why this answer? With 'he', the present simple takes 'goes'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: grammar (subject-verb agreement) recurs in every Lecturer sitting.

Question 88 English

Choose the correct spelling of the word meaning apart.

- A. Separate ✓ **Predicted answer**
- B. Seperate
- C. Seprate
- D. Separete

Why this answer? 'Separate' is the correct spelling.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: spelling recur in every Lecturer sitting.

Question 89 English

The past tense of 'Teach' is:

- A. Teached
- B. Teaching
- C. Taught ✓ **Predicted answer**
- D. Teaches

Why this answer? The past tense of 'teach' is 'taught'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: grammar (verb forms)

ry Lecturer sitting.

Question 90 English

Choose the correct synonym of 'Wealthy'.

- A. Poor
- B. Needy
- C. Rich ✓ **Predicted answer**
- D. Broke

Why this answer? 'Rich' is a synonym of 'wealthy'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: synonyms recur in every Lecturer sitting.

Question 91 English

Choose the correct antonym of 'Victory'.

- A. Triumph
- B. Win
- C. Defeat ✓ **Predicted answer**
- D. Success

Why this answer? 'Defeat' is the antonym of 'victory'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: antonyms recur in every Lecturer sitting.

Question 92 English

She has lived here ___ 2010.

- A. for
- B. from

e ✓ **Predicted answer**
- D. by

Why this answer? 'Since' is used with a point in time (2010).

Why predicted [C] — Syllabus anchor: syllabus anchor — English: grammar (prepositions) recurs in every Lecturer sitting.

Question 93 English

Choose the correct spelling of the word meaning required.

- A. Neccessary
- B. Necessary ✓ **Predicted answer**
- C. Necesary
- D. Neccesary

Why this answer? 'Necessary' is the correct spelling.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: spelling recur in every Lecturer sitting.

Question 94 English

The plural of 'Woman' is:

- A. Women ✓ **Predicted answer**
- B. Womans
- C. Womens
- D. Womanses

Why this answer? The plural of 'woman' is 'women'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: plurals recur in every Lecturer sitting.

95 English

Choose the correct synonym of 'Rapid'.

- A. Slow
- B. Steady
- C. Fast ✓ **Predicted answer**
- D. Late

Why this answer? 'Fast' is a synonym of 'rapid'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: synonyms recur in every Lecturer sitting.

Question 96 English

Neither of the answers ___ correct.

- A. is ✓ **Predicted answer**
- B. are
- C. were
- D. have been

Why this answer? 'Neither' takes a singular verb: 'is'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: grammar (subject-verb agreement) recurs in every Lecturer sitting.

Question 97 English

Choose the correct antonym of 'Honest'.

- A. Truthful
- B. Dishonest ✓ **Predicted answer**
- C. Sincere
- D. Loyal

swer? 'Dishonest' is the antonym of 'honest'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: antonyms recur in every Lecturer sitting.

Question 98 English

The past tense of 'Buy' is:

- A. Buyed
- B. Bought ✓ **Predicted answer**
- C. Buying
- D. Buys

Why this answer? The past tense of 'buy' is 'bought'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: grammar (verb forms) recurs in every Lecturer sitting.

Question 99 English

Choose the correct spelling of the word meaning surroundings.

- A. Enviroment
- B. Envirnoment
- C. Environment ✓ **Predicted answer**
- D. Enviornment

Why this answer? 'Environment' is the correct spelling.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: spelling recur in every Lecturer sitting.

Question 100 English

Choose the correct synonym of 'Courage'.

very ✓ Predicted answer

- B. Fear
- C. Cowardice
- D. Weakness

Why this answer? 'Bravery' is a synonym of 'courage'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: synonyms recur in every Lecturer sitting.

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