

Spelling list: GCSE P.E

muscles	Slow oxidative muscles are red and small with lots of capillaries; they are slower and weaker in contraction and fatigue quickly.
joints	Synovial joints are the freely moveable ones.
cartilage	The hyaline cartilage covers the ends of bones to reduce friction and absorb shock.
skeletal	Skeletal muscle attaches to and moves the skeleton.
functions	A Government is the agency or apparatus through which a governing individual or body functions and exercises authority.
protection	Conservation is the care and protection of the natural world.
fitness	The fitness centre opened this week.
bones	My dog likes to bury bones .
movement	The sensor detected a movement .
irregular	Irregular shapes have sides of unequal length.
motivation	
strength	A diagonal brace is used to add strength to scaffolding.
endurance	The runner showed great endurance .
flexibility	
hygiene	Good hygiene keeps germs away.
leisure	In my leisure time I enjoy swimming.
recreation	
somatotype	

performance The team's **performance** was dismal.

nutrition Good **nutrition** helps reduce our risk of getting a large number of diseases.