Spelling list: GCSE P.E

Slow oxidative **muscles** are red and small with lots of capillaries; they are muscles

slower and weaker in contraction and fatigue quickly.

joints Synovial **joints** are the freely moveable ones.

The hyaline **cartilage** covers the ends of bones to reduce friction and cartilage

absorb shock.

skeletal muscle attaches to and moves the skeleton.

A Government is the agency or apparatus through which a governing functions

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.