

Spelling list: 36 Sport Upskill

physical	Physical exercise is good for your health.
exercise	Exercise is good for your health.
squash	Squash the box flat before putting it in the bin.
tennis	The tennis court was too wet for play.
aerobic	I did an aerobic workout at the gym today.
athletics	She threw the discus at the athletics event.
pilates	
training	Jane is training to be a nurse.
coach	They went by coach to the beach.
yoga	Be careful you don't destroy the yoga balls.
Wednesday	He will be 16 years old on Wednesday .
weekly	This TV drama is a weekly serial.
participate	She didn't want or participate in the sports lesson.
ability	The course is suitable for pupils of all abilities.
beginner	She was an absolute beginner at the piano.
evening	The evening sun cast a long shadow.
fascinating	As a master story teller, I love to rivet the attention of the children with fascinating and suspenseful stories.
intriguing	
summer	Summer is the warmest season.

lesson

His favourite **lesson** is Spanish.