

## Spelling list: Key Stage 3: PE: med - tri

medicine	I'm taking <b>medicine</b> to help my swollen knee.
mobile	My grandma is very <b>mobile</b> despite her age.
mobility	His <b>mobility</b> was poor.
muscle	He's pulled a <b>muscle</b> in his leg.
personal	I'm hoping to beat my <b>personal</b> best.
pitch	Her singing was slightly off <b>pitch</b> .
quadriceps	<b>Quadriceps</b> are large muscles at the front of the thighs.
qualify	We need to train hard if we want our team to <b>qualify</b> .
relay	They set a new record for the 400m <b>relay</b> race.
squad	We're the best <b>squad</b> in the county.
tactic	He used a good <b>tactic</b> .
tournament	There was a jousting <b>tournament</b> .
triceps	He exercised his <b>triceps</b> .