

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

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