

techniques

agile

specially

spectator

struggle

competitive

traction

worthwhile

When you practice routines or methods to help you do something you are practicing techniques.

If you are agile you can move quickly and easily.

If something has been made just for you it has been made specially for you.

When you go to watch a game or show you are a spectator.

If you struggle you try extra hard to do something.

When you are competitive you try hard to win or be the best.

When you walk up a hill or across some ice traction is what keeps you from sliding.

If you decide that something is worthwhile you think it is important.

Lesson 6