

Say It! Trace It! Write It!

Learn it, practice it, spell it, and pronounce it.

Instructions: Say the word, trace it, then write it on your own.

Example Sentence

Athletes often train to improve their **muscle endurance** for better performance in long-duration sports.

SAY IT!

muscle endurance

TRACE IT!

muscle endurance

WRITE IT!

muscle endurance

muscle endurance

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