



Endurance

Noun

the ability to withstand hardship or adversity

Use this word correctly in your work in any subject this week for a **House Point**.

Sentences containing the noun 'endurance':

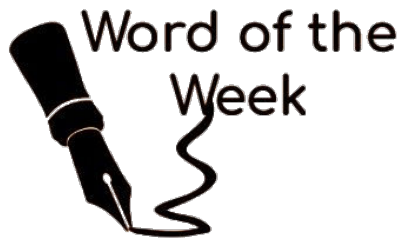
- Running a marathon is a test of human endurance.
- Regular revision will build stamina and endurance for exams.
- It'll take a while but any difficulty will be in testing our endurance.

Synonyms

- Stamina
- Persistence
- Tenacity
- Perseverance

Antonyms

- Weakness
- Lethargy
- Idleness



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What does endurance mean in everyday life?

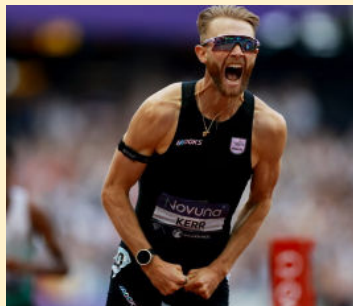
Can you think of situations where you need to keep going even when something is difficult?



Running Endurance:

How do athletes, runners or dancers develop the ability to keep going when their bodies are tired?

Sports Trivia! Who is pictured below and how have they shown physical endurance?



Languages!



French: endurance (f)

Spanish: resistencia (f)

Mandarin: 耐力 nai li

Root Word:

endure, which means "to suffer or undergo"

the suffix -ance means "the state of."