

I **went to** wrestling practice

and **ate** food.

drove to

got to

Flew to

attended

trained on the mat

worked out at

hit the mats at

drilled at

grappled in

participated in

Tier 1 and 1.5 words

Tier 2 and 3 Words
With a nearly **identical** meaning

Tier 2 and 3 Words
With a **more specific** meaning

consumed

dined

had

took in

tasted

munched on

grazed on

gorged on

feasted on

digested

devoured

sampled

amuse myself with

relax with

waste time with

take part in

toy with

join in

compete in

participate in

enjoy

engage in

I did nothing over break, except **play** games and *eat* snacks.