Sports in Portuguese

129 words, from beginner to advanced.

#	WORD	TRANSLATION	LEVEL
1	**Fazer caminhada** A2 /fɐ'zeɾ kemi'ɲadɐ/	Going for a hike	B1–B2
2	**Treinar** A2 /tɾɐj'naɾ/ treinei · treinado	Train	B1–B2
3	**Fazer ginásio** A2 /fɐ'zeɾ ʒi'nazju/	Work out	B1–B2
4	**Fazer musculação** B1 /fɐ'zeɾ muʃkulɐ'sɐ̃w̃/	Weight training	B1–B2
5	**Praticar pilates** B1 /pɾeti'kaɾ pi'latɨʃ/	Practicing pilates	B1–B2
6	**Jogar andebol** A2 /ʒu'gaɾ ɐ̃dɨ'bɔɬ/	Playing handball	B1–B2
7	**Jogar xadrez** A2 /ʒu'gaɾ ʃɐ'dɾeʃ/	Playing chess	B1–B2
8	**Praticar karaté** A2 /pɾeti'kaɾ kɛɾɐ'tɛ/	Practicing karate	B1–B2
9	**Combater o sedentarismo** B2 /kõbɐ'teɾ u sɨdẽtɐ'ɾiʒmu/	Fighting sedentary lifestyles	C1
10	**Monitorizar os batimentos cardíacos** B2 /munituɾi'zaɾ uʒ bɐti'mẽtuʃ kɐɾ'diɐkuʃ/	Monitor your heart rate	C1
11	**Jogar futebol** A1 /ʒu'gaɾ futɨ'bɔɬ/	Play soccer	A1–A2
12	**Praticar boxe** A2 /pɾeti'kaɾ 'bɔksɨ/	Practise boxing	B1–B2
13	**Correr na passadeira** A2 /ku'ʁeɾ nɐ pɐsɐ'dɐjɾɐ/	Running on the treadmill	B1–B2
14	**Fazer flexão** B1 /fɐ'zeɾ flɛk'sɐ̃w̃/	Do push-ups	B1–B2
15	**Fazer agachamento** B1 /fɐ'zeɾ ɐgɐʃɐ'mẽtu/	Squatting	B1–B2
16	**Fazer prancha** B1 /fɐ'zeɾ 'pɾɐ̃ʃɐ/	Do the plank	B1–B2
17	**Treino de força** B1 /'tɾɐjnu dɨ 'fɔɾsɐ/ o · pl. os treinos de força	Strength training	B1–B2
18	**Jogar ao mata** B1 /ʒu'gaɾ aw 'matɐ/	Play dodgeball	C1
19	**Treino anaeróbico** B2 /'tɾɐjnu ɐnɐɛ'ɾɔbiku/ o · pl. os treinos anaeróbicos	Anaerobic training	C1

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20	**Treino intervalado** B2 /ˈtɾejnu ĩtɨɾveˈladu/ o · pl. os treinos intervalados	Interval training	C1
21	**Participar num campeonato** A2 /pɐɾtisiˈpaɾ nũ kɐ̃pjuˈnatu/	Participate in a championship	B1–B2
22	**Perder uma partida** A2 /pɨɾˈdeɾ ˈumɐ pɐɾˈtidɐ/	Lose a match	B1–B2
23	**Empatar o jogo** B1 /ɐ̃pɐˈtaɾ u ˈʒogu/	Tie the game	B1–B2
24	**Usar ténis apropriados** B1 /uˈzaɾ ˈtɛniz ɐpɾuˈpɾjaduʃ/	Wear appropriate sneakers	B1–B2
25	**Ter disciplina** B1 /ˈteɾ diʃiˈplinɐ/	Have discipline	B1–B2
26	**Ter foco** B1 /ˈteɾ ˈfɔku/	Have focus	B1–B2
27	**Manter o ritmo** B1 /mɐ̃ˈteɾ u ˈʁitmu/	Keep up the pace	B1–B2
28	**Caminhar** A2 /kɐmiˈɲaɾ/ caminhei · caminhado	Walk	A1–A2
29	**Correr** A1 /kuˈʁeɾ/ corri · corrido	Run	A1–A2
30	**Perder peso** A2 /pɨɾˈdeɾ ˈpezu/	Lose weight	A1–A2
31	**Saltar** A2 /seɬˈtaɾ/ saltei · saltado	Jump	A1–A2
32	**Fazer exercício** A2 /fɐˈzeɾ izɨɾˈsisju/	Exercising	A1–A2
33	**Ir ao ginásio** A2 /ˈiɾ aw ʒiˈnazju/	Going to the gym	A1–A2
34	**Andar de bicicleta** A1 /ɐ̃ˈdaɾ dɨ bisiˈklɛtɐ/	Cycling, to ride a bike	A1–A2
35	**Nadar** A1 /nɐˈdaɾ/ nadei · nadado	To swim	A1–A2
36	**Partida** A2 /pɐɾˈtidɐ/ a · pl. as partidas	Match	A1–A2
37	**Alongar** B1 /ɐlõˈgaɾ/ alonguei · alongado	Stretch	B1–B2
38	**Fazer alongamento** B1 /fɐˈzeɾ ɐlõgɐˈmẽtu/	Stretching	B1–B2
39	**Alongar antes do treino** B1 /ɐlõˈgaɾ ˈẽtɨʒ du ˈtɾejnu/	Stretching before training	B1–B2

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40	**Aquecimento** A2 /ɐkɨsi'mẽtu/ o · pl. os aquecimentos	Warm-up	B1–B2
41	**Fazer artes marciais** B1 /fɐ'zeɾ 'aɾtɨʒ meɾsi'ajʃ/	Do martial arts	B1–B2
42	**Praticar judo** A2 /pɾeti'kaɾ 'ʒudu/	Practicing judo	B1–B2
43	**Ser o árbitro** B1 /'seɾ u 'aɾbitɾu/	Be the referee	B1–B2
44	**Jogar na defesa** B1 /ʒu'gaɾ nɐ dɨ'fezɐ/	Play defense	B1–B2
45	**Jogar no ataque** B1 /ʒu'gaɾ nu ɐ'takɨ/	Play in attack	B1–B2
46	**Ser titular** B1 /'seɾ titu'laɾ/	Be in the starting line-up	B1–B2
47	**Melhorar o desempenho** B1 /mɨʎu'ɾaɾ u dɨzẽ'pɐɲu/	Improve performance	B1–B2
48	**Aumentar a resistência** B1 /awmẽ'taɾ ɐ ʁɨziʃ'tẽsjɐ/	Build endurance	B1–B2
49	**Controlar a respiração** B1 /kõtɾu'laɾ ɐ ʁɨʃpiɾɐ'sɐ̃w̃/	Control your breathing	B1–B2
50	**Cuidar da postura** B1 /kuj'daɾ dɐ puʃ'tuɾɐ/	Take care of your posture	B1–B2
51	**Evitar lesões** B1 /ivi'taɾ lɨ'zõjʃ/	Avoiding injuries	B1–B2
52	**Ganhar massa muscular** B1 /gɐ'ɲaɾ 'masɐ muʃku'laɾ/	Gain muscle mass	B1–B2
53	**Queimar calorias** B1 /kɐj'maɾ kɐlu'ɾiɐʃ/	Burn calories	B1–B2
54	**Manter o corpo em forma** A2 /mẽ'teɾ u 'koɾpu ẽj 'fɔɾmɐ/	Keeping your body in shape	B1–B2
55	**Ter equilíbrio** B1 /'teɾ ɨki'libɾju/	Have balance	B1–B2
56	**Ter coordenação** B1 /'teɾ kuuɾdɨnɐ'sɐ̃w̃/	Have coordination	B1–B2
57	**Ter flexibilidade** B2 /'teɾ flɨksibili'dadɨ/	Have flexibility	B1–B2
58	**Ter força muscular** B1 /'teɾ 'fɔɾsɐ muʃku'laɾ/	Have muscular strength	B1–B2
59	**Ultrapassar limites** B1 /uɬtɾɐpɐ'saɾ li'mitʃ/	Going beyond limits	B1–B2
60	**Superar desafios** B1 /supɨ'ɾaɾ dɨzɐ'fiuʃ/	Overcoming challenges	B1–B2
61	**Ser atleta amador** B1 /'seɾ ɐ'tlɛtɐ ɐmɐ'doɾ/	Being an amateur athlete	B1–B2

#	WORD	TRANSLATION	LEVEL
62	**Ser atleta profissional** B1 /'seɾ ɐ'tlɛtɐ pɾufisju'nal/	Being a professional athlete	B1–B2
63	**Assistir a uma partida** A2 /ɐsiʃ'tiɾ ɐ 'umɐ pɐɾ'tidɐ/	Watch a match	A1–A2
64	**Sentir disposição** B1 /sẽ'tiɾ diʃpuzi'sɐ̃w̃/	Feel energetic	B1–B2
65	**Seguir uma rotina de treinos** B1 /sɨ'giɾ 'umɐ ʁu'tinɐ dɨ 'tɾɐjnuʃ/	Follow a training routine	B1–B2
66	**Ter um personal trainer** B1 /teɾ ũ 'pɐɾsənel 'tɾejnɐɾ/	Having a personal trainer	B1–B2
67	**Seguir um plano de treino** B1 /sɨ'giɾ ũ 'plɐnu dɨ 'tɾejnu/	Follow a training plan	B1–B2
68	**Usar aplicação de treinos** B1 /u'zaɾ ɐplikɐ'sɐ̃w̃ dɨ 'tɾɐjnuʃ/	Use a training app	B1–B2
69	**Ter metas** B1 /'teɾ 'mɛtɐʃ/	Have goals	B1–B2
70	**Respirar fundo** A2 /ʁɨʃpi'ɾaɾ 'fũdu/	Take a deep breath	A1–A2
71	**Subir escadas** A1 /su'biɾ ɨʃ'kadɐʃ/	Climbing stairs	A1–A2
72	**Fazer yoga** A2 /fɐ'zeɾ 'jɔgɐ/	Doing yoga	A1–A2
73	**Jogar voleibol** A2 /ʒu'gaɾ vulɐj'bɔɬ/	Play volleyball	A1–A2
74	**Jogar basquetebol** A2 /ʒu'gaɾ bɐʃkɨtɨ'bɔɬ/	Play basketball	A1–A2
75	**Jogar ténis** A1 /ʒu'gaɾ 'tɛniʃ/	Play tennis	A1–A2
76	**Jogar pingue-pongue** A2 /ʒu'gaɾ ˌpĩgɨ'põgɨ/	Play ping-pong	A1–A2
77	**Manter a motivação** B1 /mẽ'teɾ ɐ mutive'sɐ̃w̃/	Maintaining motivation	B1–B2
78	**Sentir-se realizado** B2 /sẽ'tiɾ sɨ ʁɨeli'zadu/	Feeling fulfilled	B1–B2
79	**Competir em torneios** B1 /kõpɨ'tiɾ ẽj tuɾ'nɐjuʃ/	Compete in tournaments	B1–B2
80	**Participar em maratonas** B1 /pɐɾtisi'paɾ ẽj mɛɾɐ'tɔnɐʃ/	Take part in marathons	B1–B2
81	**Subir ao pódio** B1 /su'biɾ aw 'pɔdju/	Stand on the podium	B1–B2
82	**Representar uma equipa** B1 /ʁɨpɾɨzẽ'taɾ 'umɐ i'kipɐ/	Representing a team	B1–B2
83	**Vestir a camisola** A2 /vɨʃ'tiɾ ɐ kɐmi'zɔlɐ/	Wear the team shirt	B1–B2

#	WORD	TRANSLATION	LEVEL
84	**Praticar desporto ao ar livre** A2 /pɾeti'kaɾ dɨʃ'poɾtu aw 'aɾ 'livɾɨ/	Practise outdoor sports	B1–B2
85	**Ter espírito desportivo** B2 /'teɾ ɨʃ'piɾitu dɨʃpuɾ'tivu/	Have a sporting spirit	B1–B2
86	**Respeitar o adversário** B1 /ʁɨʃpej'taɾ u ɐdvɨɾ'saɾju/	Respect your opponent	B1–B2
87	**Jogar com fair play** B1 /ʒu'gaɾ kõ ˌfɛɾ 'plɐj/	Play fair	B1–B2
88	**Aplaudir o esforço** B2 /ɐplɐw'ðiɾ u ɨʃ'foɾsu/	Applaud the effort	B1–B2
89	**Aprender com a derrota** B1 /ɐpɾẽ'deɾ kõ ɐ ðɨ'ʁɔtɐ/	Learn from defeat	B1–B2
90	**Viver o desporto** B1 /vi'veɾ u dɨʃ'poɾtu/	Living the sport	B1–B2
91	**Pedalar** A2 /pɨdɐ'laɾ/ pedalei · pedalado	Pedaling	A1–A2
92	**Fazer natação** A2 /fɐ'zeɾ nɐtɐ'sɐ̃w̃/	To go swimming	A1–A2
93	**Jogar golfe** A2 /ʒu'gaɾ 'gɔɬfɨ/	Play golf	A1–A2
94	**Levantar peso** A2 /lɨvẽ'taɾ 'pezu/	Lifting weights	A1–A2
95	**Fazer parte de uma equipa** A2 /fɐ'zeɾ 'paɾtɨ dɨ 'umɐ ɨ'kipɐ/	Being part of a team	A1–A2
96	**Defender** B1 /dɨfẽ'deɾ/ defendi · defendido	Defend	A1–A2
97	**Vestir o uniforme** A2 /vɨʃ'tiɾ u uni'fɔɾmɨ/	Putting on the uniform	A1–A2
98	**Beber água durante o treino** A2 /bɨ'beɾ 'agwɐ du'ɾẽtɨ u 'tɾɐjnu/	Drink water during training	A1–A2
99	**Usar capacete** A2 /u'zaɾ kɐpɐ'setɨ/	Wear a helmet	A1–A2
100	**Ter uma vida ativa** B1 /teɾ 'umɐ 'vidɐ ɐ'tivɐ/	Lead an active life	A1–A2
101	**Saltar à corda** A2 /seɬ'taɾ a 'kɔɾdɐ/	Jump rope	A1–A2
102	**Ganhar uma partida** A2 /gɐ'ɲaɾ 'umɐ pɐɾ'tidɐ/	Win a match	A1–A2
103	**Ganhar medalha** A2 /gɐ'ɲaɾ mɨ'ðaʎɐ/	Win a medal	A1–A2
104	**Marcar golo** A2 /mɐɾ'kaɾ 'gɔlu/	Score a goal	A1–A2
105	**Marcar ponto** A2 /mɐɾ'kaɾ 'põtu/	Score a point	A1–A2

#	WORD	TRANSLATION	LEVEL
106	**Usar proteção** A2 /u'zaɾ pɾutɛ'sɐ̃w̃/	Use protective gear	A1–A2
107	**Usar luvas** A2 /u'zaɾ 'luvɐʃ/	Wear gloves	A1–A2
108	**Usar relógio desportivo** A2 /u'zaɾ ʁi'lɔʒju dʲʃpuɾ'tivu/	Wearing a sports watch	A1–A2
109	**Celebrar a vitória** A2 /sɨlɨ'bɾaɾ ɐ vi'tɔɾjɐ/	Celebrating victory	A1–A2
110	**Libertar endorfina** B2 /libɨɾ'taɾ ẽduɾ'finɐ/	Release endorphins	B1–B2
111	**Medir o desempenho** B2 /mɨ'diɾ u dʲzẽ'pɐɲu/	Measuring performance	B1–B2
112	**Praticar taekwondo** B1 /pɾɐti'kaɾ tɛ'kwõdu/	Practicing taekwondo	B1–B2
113	**Fazer capoeira** B1 /fɐ'zeɾ kɐpu'ejɾɐ/	Doing capoeira	B1–B2
114	**Usar halteres** B1 /u'zaɾ aɬ'tɛɾɨʃ/	Using dumbbells	B1–B2
115	**Usar barra** B1 /u'zaɾ 'baʁɐ/	Use the barbell	B1–B2
116	**Usar elíptico** B1 /u'zaɾ i'liptiku/	Use an elliptical trainer	B1–B2
117	**Fazer circuito** B1 /fe'zeɾ siɾ'kujtu/	Do circuit training	B1–B2
118	**Arrefecimento** B2 /ɐʁɨfɨsi'mẽtu/ o · pl. os arrefecimentos	Cool-down	B1–B2
119	**Praticar jiu-jitsu** B1 /pɾɐti'kaɾ ˌʒiw'ʒitsu/	Practicing jiu-jitsu	B1–B2
120	**Usar bicicleta estática** B1 /u'zaɾ bisi'klɛtɐ ɨʃ'tatikɐ/	Use an exercise bike	B1–B2
121	**Usar o stepper** B1 /u'zaɾ u 'stɛpeɾ/	Using a stepper	B1–B2
122	**Apitar o jogo** B2 /ɐpi'taɾ u 'ʒoɣu/	Referee the match	B1–B2
123	**Fazer treino de resistência** B2 /fe'zeɾ 'tɾejnu dʲ ʁɨziʃ'tẽsjɐ/	Do endurance training	B1–B2
124	**Treino de velocidade** B1 /'tɾejnu dʲ vɨlusi'dadʲɨ/ o · pl. os treinos de velocidade	Speed training	B1–B2
125	**Treino de agilidade** B2 /'tɾejnu dʲ ɐʒili'dadʲɨ/ o · pl. os treinos de agilidade	Agility training	B1–B2
126	**Treino aeróbico** B2 /'tɾejnu ɐɛ'ɾɔbiku/ o · pl. os treinos aeróbicos	Aerobic training	B1–B2

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127	**Correr a estafeta** B1 /kuˈʁɐɾ ɐ ɨʃtɐˈfɛtɐ/	Run a relay	B1–B2
128	**Usar joelheira** B1 /uˈzaɾ ʒuɐˈʎejɾɐ/	Wear knee pads	B1–B2
129	**Fazer triatlo** B1 /fɐˈzeɾ tɾiˈatlu/	Do a triathlon	B1–B2

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