

# Talking Sport

## Week 6 - Achieng Ajulu-Bushell Motivation



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### 1) Motivation/Motivate

In the video Achieng used the word 'motivation', meaning a powerful reason for doing something.

*"... the motivation to get out of bed"*

**Motivation is a noun.**

Example: Getting fit is my motivation for running every morning.

**Motivate is a verb.**

Example: We need to motivate the team to get good results.

**Now complete the sentences with the verb or the noun.**

1. Living in London has really \_\_\_\_\_ me to learn English.
2. I have no \_\_\_\_\_ to go to school today because I haven't done my homework.
3. Jill always gets good results from her team. She is really good at \_\_\_\_\_ people.
4. My children are my \_\_\_\_\_ to go to work everyday.

## **2) Idioms with 'easy'**

In the video Achieng used the word 'easier':

*"Getting up at 5 o'clock in the morning doesn't really get any easier..."*

### **Below are some phrases with the word easy:**

go easy on:

be gentle towards someone  
even if they have done  
something wrong

easy as pie:

something that is not very  
difficult to do

easy on the ear:

music that is pleasant to listen  
to

take it easy:

to rest or not work hard

### **Now complete the sentences with the correct phrase.**

1. I have had a very busy day, I am going to \_\_\_\_\_ tonight.
2. Please \_\_\_\_\_ her, she knows she has made a mistake and she is already upset about it.
3. I cannot believe you don't know how to boil an egg! It is as \_\_\_\_\_!
4. When I am driving home from work I like to listen to something that is \_\_\_\_\_.

## **Answers**

### **1) Motivation / Motivate**

1. Living in London has really motivated me to learn English.
2. I have no motivation to go to school today because I haven't done my homework.
3. Jill always gets good results from her team. She is really good at motivating people.
4. My children are my motivation to go to work everyday.

### **2) Idioms with 'easy'**

1. I have had a very busy day I am going to take it easy tonight.
2. Please go easy on her, she knows she has made a mistake and she is already upset about it.
3. I cannot believe you don't know how to boil an egg! It is as easy as pie!
4. When I am driving home from work I like to listen to something that is easy on the ear.

## **Script**

### Presenter

Hi I'm Natalie and welcome to Talking Sport.

Training for the Olympics is always tough, but it is even harder when you also have to go to school.

17 year old swimmer, Achieng Ajulu-Bushell is aiming to compete in next year's Olympics for Great Britain.

She often swims twice a day, once before school and once after.

So does Achieng find this training hard?

Let's hear from her.

Listen out for the words 'motivation' and 'struggle'.

### Clip

Getting up at 5 o'clock in the morning doesn't really get any easier, I mean you do get used to it, but the motivation to get yourself out of bed when it's dark or raining like that is always a struggle.

### Presenter

Watch the clip again.

### Clip

Getting up at 5 o'clock in the morning doesn't really get any easier, I mean you do get used to it, but the **motivation** to get yourself out of bed when it's dark or raining like that is always a **struggle**.

### Presenter

motivation

This is the powerful reason for doing something.

the **motivation** to get yourself out of bed...

a struggle

This means a difficult thing to do or achieve.

... that is always **a struggle**

Let's hear from some people in London. Listen to how they use the word 'motivation'.

Vox pops

I play badminton and my motivation is to win.

Performing well is my motivation.

My motivation to get out of bed in the morning is to make money at work.

On screen

my motivation is...

... is my motivation

my motivation to get out of bed in the morning is...

Presenter

I'm Natalie and that's all from Talking Sport.

I'll see you next time.