

Talking Sport

Week - 10

Alistair Brownlee

Focus on



BBC
LEARNING
ENGLISH

1) Verbs and prepositions – 'on'

In the video Alistair said he was focusing on everything he could do to get better.

"I'm just focusing on doing everything I can to get better."

The verb 'focus' and the preposition 'on' usually go together.

Below are some more verbs that often go together with the preposition 'on'.

agree on

concentrate on

plan on

work on

Now complete the sentences with the correct phrase. Choose from one option inside the bracket.

1. I am _____ taking two weeks holiday in January.
(planning on / concentrate on)
2. I need to _____ my school work if I am going to pass my exams. (agree on / concentrate on)
3. I am going to _____ Saturday so I can have Monday off.
(work on / agree on)
4. We have both _____ who should be invited to the party.
(agreed on / planning on)

2) Phrases with 'work'

In the video Alistair used the phrase 'works for me' meaning he is discovering what is effective or what will be successful for him.

"...finding out what works for me."

Below are some phrases with the word 'work'.

in the works:	something that is being planned or made
out of work:	unemployed
to work wonders:	have a very good effect on something or someone
to have your work cut out:	have something very difficult to do or complete

Now complete the sentences with the correct phrase.

1. Those kids are very badly behaved! Nicola really has her _____ looking after them.
2. Drinking lots of water _____ on my skin.
3. I hear that my favourite pop star has a new album _____.
4. I am _____ at the moment and I really need a well-paid job.

Answers

1) Verbs and prepositions – 'on'

1. I am planning on taking two weeks holiday in January.
2. I need to concentrate on my school work if I am going to pass my exams.
3. I am going to work on Saturday so I can have Monday off.
4. We have both agreed on who should be invited to the party.

2) Phrases with 'work'

1. Those kids are very badly behaved! Nicola really has her work cut out looking after them.
2. Drinking lots of water works wonders on my skin.
3. I hear that my favourite pop star has a new album in the works.
4. I am out of work at the moment and I really need a well-paid job.

Script

Hi I'm Natalie and welcome to Talking Sport.

The triathlon involves three sports, swimming, cycling and running.

In the last Olympics in Beijing, Germany won the men's triathlon event.

But next year Alistair Brownlee from Team GB is hoping to win gold in London.

So let's hear from Alistair.

Listen out for what he is doing to prepare for the games.

Clip

I'm just focusing on doing everything I can to get better really, enjoying the sport and, you know, really finding out what works for me.

Presenter

Watch the clip again.

Clip

I'm just focusing on doing everything I can to get better really, enjoying the sport and, you know, really finding out what works for me.

Presenter

Alistair is doing three things to prepare for the London 2012 Olympics:

focusing on doing everything he can to get better

enjoying the sport

and finding out what works for him

Let's look at some of these phrases in more detail.

focusing on

This means paying special attention to something.

I'm focusing on doing everything I can to get better.

Alistair said the phrase **works for me** meaning he is discovering what is effective or what will be successful for him

...I am really finding out what works for me

Let's hear from some people in London. Let's hear what works for them.

Vox pops

In the morning drinking a lot of coffee works for me.

I find that drinking lots of water every day works for me.

Getting up early works for me.

On screen

...drinking a lot of coffee works for me.

...drinking lots of water every day works for me.

Getting up early works for me.

Presenter

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

See you next time.