

Talking Sport

Week - 13
Emily Seebohm
Training



BBC
LEARNING
ENGLISH

1) Pretty and fairly

In the video we learnt the phrase 'pretty tough' which means very difficult.

"...some days it's just the 6k a day, so it's pretty tough."

'Pretty' is an informal word that is mainly used in spoken English.

You can use the words 'pretty' and 'fairly' with adjectives and adverbs.

The word 'fairly' is weaker than the word 'pretty'.

For example if something is 'fairly tough' it is not very tough and it could be tougher.

e.g. The gym class was fairly tough but it could have been a lot tougher.

Now complete the sentences with the word 'pretty' or 'fairly'.

1. I have a _____ difficult class this afternoon. I find it very hard to understand the topic.
2. The film was _____ good, but I expected it to be a lot better.
3. The weather is _____ nice today, but yesterday was much better.
4. The hotel was very good. I was _____ impressed.

2) 'Some' and 'any'

So how do we know when to use 'some' and when to use 'any'?

Usually 'some' is used in positive sentences.

e.g. I am going to buy some vegetables.

Usually 'any' is used in negative sentences.

e.g. I am not going to buy any vegetables.

'Any' is also used in a lot of questions.

e.g. Is he going to buy any vegetables?

Now complete the sentences with the word 'some' or 'any'.

1. I am not going out this weekend. I haven't got _____ money.
2. Have you got _____ pets?
3. We haven't got _____ milk. I will go out and buy _____.

Answers

1) Pretty and fairly

1. I have a pretty difficult class this afternoon. I find it very hard to understand the topic.
2. The film was fairly good, but I expected it to be a lot better.
3. The weather is fairly nice today, but yesterday was much better.
4. The hotel was very good. I was pretty impressed.

2) 'Some' and 'any'

1. I am not going out this weekend. I haven't got any money.
2. Have you got any pets?
3. We haven't got any milk. I will go out and buy some.

Script

Hi I'm Natalie and welcome to Talking Sport.

Today we will be hearing from Australian swimmer, Emily Seebohm, and we will be learning the word 'session' and the phrase 'pretty tough'.

So how much training do athletes do?

Do they train every day?

Or just a few times a week?

Well let's meet Emily Seebohm.

She won a gold medal in the last Olympics in Beijing and wants to win again at the next Olympics in London.

Listen for how many times a week she trains and listen for the phrase 'pretty tough'.

Clip

I train 9 sessions a week. I do all the mornings apart from Sunday I have off. Basically I do about 6k a session, some days it's 12k a day, some days it's just the 6k a day, so it's pretty tough.

Presenter

Let's listen again for how many times a week Emily trains and listen once again for the phrase **pretty tough**.

Clip

I train 9 sessions a week. I do all the mornings apart from Sunday I have off. Basically I do about 6k a session, some days it's 12k a day, some days it's just the 6k a day, so it's **pretty tough**.

Presenter

Emily said she trains 9 times a week.

I train 9 **sessions** a week.

Emily used the word **session**.

This means a period of time given to do an activity.

Emily said the training is **pretty tough**, meaning the training is very difficult.

The training is **pretty tough**.

Well we have learnt about the word **session** and the phrase **pretty tough**.

Now let's listen to some people in London using the phrase **pretty tough**.

Vox pops

I find studying for exams pretty tough.

I do 4 gym sessions a week which is pretty tough.

I hate travelling to work in London, it takes a long time. I find it pretty tough.

On screen

I find studying for exams **pretty tough**.

I do 4 gym **sessions** a week which is **pretty tough**.

I hate travelling to work in London, it takes a long time. I find it **pretty tough**.

Presenter

I'm Natalie and that's all from Talking Sport.
See you next time.