



1) Phrasal verbs with 'take'

In the video we heard the phrasal verb 'taking up':

"... it's seen a huge rise in the number of young people, especially girls taking up the sport."

Below are some more phrasal verbs with the word 'take':

takes after: to look and/or act similar to someone older
in your family

take on: to have responsibility for something

take back: to return something

take over from: to replace usually people

Now complete the sentences with the correct phrasal verb. The form of phrasal verb may need to be changed.

1. Mr Smith is _____ Mrs Brown as head of the company.
2. Remind me to _____ those books to the library.
3. Over the last year I have _____ a lot more responsibilities at work.
4. Gemma really _____ her mother. They have the same eyes and hair colour.

2) Phrases with 'track'

In the video we learnt the phrase 'on track':

"She's third in the world and on track to compete in her second Olympic games this summer."

Below are some more phrases with the word 'track':

lose track:	to not concentrate on what is happening
off the beaten track:	a place that not many people know about or go to
have the inside track:	to have knowledge in a situation that nobody else has

Now complete the sentences with the correct phrase. The form of the phrase may need to be changed.

1. She has a holiday home _____ in Ireland. It is a beautiful house in the middle of the countryside. It is very relaxing and peaceful.
2. Entertainment reporters always need to _____ on what celebrities are doing.
3. The lecture was very confusing. I _____ after ten minutes!

Answers

1) Phrasal verbs with 'take'

1. Mr Smith is taking over from Mrs Brown as head of the company.
2. Remind me to take back those books to the library.
3. Over the last year I have taken on a lot more responsibilities at work.
4. Gemma really takes after her mother. They have the same eyes and hair colour.

2) Phrases with 'track'

1. She has a holiday home off the beaten track in Ireland. It is a beautiful house in the middle of the countryside. It is very relaxing and peaceful.
2. Entertainment reporters always need to have the inside track on what celebrities are doing.
3. The lecture was very confusing. I lost track after ten minutes!

Script

Presenter

Hi I'm Natalie and welcome to Talking Sport.

Today we're hearing about a judoka from Brazil and learning the phrases 'on track' and 'taking up'.

Sarah Menezes is a judoka from Brazil.

She is currently third in the world in judo and is hoping to win an Olympic medal in London this year.

BBC reporter Julia Carneiro has been to meet Sarah.

Listen for the phrases 'on track' and 'taking up'.

Clip

Far from the beaches of Rio, on the edge of the rainforest, is the state of Piaui and this is the local hero. Meet Sarah Menezes, Brazil's judo superstar. She's third in the world and on track to compete in her second Olympic games this summer. Brazil is far better known for football than judo, but thanks to Sarah's determination and success this club says it's seen a huge rise in the number of young people, especially girls, taking up the sport.

Presenter

Listen again for the phrases 'on track' and 'taking up'.

Clip

Far from the beaches of Rio, on the edge of the rainforest, is the state of Piaui and this is the local hero. Meet Sarah Menezes, Brazil's judo superstar. She's third in the world and on track to compete in her second Olympic games this summer. Brazil is far better known for football than judo, but thanks to Sarah's determination and success this club says it's seen a huge rise in the number of young people, especially girls, taking up the sport.

Presenter

Julia said the phrase 'on track'.

To be on track means you are doing the right things in order to achieve the result you want.

"She's third in the world and on track to compete in her second Olympic games."

Did you hear the phrase 'taking up'?

In this context taking up means to start practising a sport frequently.

There has been a rise in the number of young people taking up the sport.

Well we have heard that more young people are taking up judo in Brazil. Now, let's hear from some people in London. What activities or sports do they want to take up?

Vox pops

This year I want to take up boxing.

My nephew wants to take up football.

This year I want to take up netball.

On screen

This year I want to take up boxing.

My nephew wants to take up football.

This year I want to take up netball.

Presenter

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

See you next time.