

LESSON 1

SPORTS

INTRODUCTION

Hey welcome to the first lesson of Street Speak. We're excited to have you with us. This week we went out and talked to native English speakers like us about sports. Sports are incredibly popular in North America and everyone seems to love talking about them, so if you're ever planning to live in the West you'll want to be familiar with this topic.

We asked the following questions:

1. Do think that playing sports leads to better success in life?
 2. What do you think are the advantages of playing team sports versus individual sports?
 3. What are some sports that you either currently play or played in the past? How do you think they helped you with your life?
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THE BREAKDOWN

Below we've listed each word, phrase or expression discussed in the lesson. Here you'll see how the term was used in the video, it's meaning described in more detail and the additional examples we covered in the lesson.

Expression 1: For sure

A - Example from Video

"I think it teaches discipline and ways to move forward in a positive way, **for sure.**"

B - Meaning

Synonym for: Certainly; Absolutely. Conveys 100% agreement and confidence in what was said.

C - Additional Examples

- Example 1:
John is for sure coming to the party tonight. He's been talking about it all week!
- Example 2:
A: Do you want to go see the new Batman movie?
B: For sure!
- Example 3:
He's for sure interested in working for that new marketing company on 5th avenue.

Expression 2: In terms of

A - Example from Video

"It's a social thing **in terms of** getting along and working together collectively to come up with an end-product."

B - Meaning

With regard or attention to the specific subject or aspect being spoken about.

Alternative 1: Along the lines of...

Alternative 2: With respect to...

C - Additional Examples

- Example 1: In terms of quality I think that home made food is always better than fast-food.
- Example 2: Adam's a pretty cool guy in terms of what a star-athlete he is!
- Example 3: I used to do pretty well in school in terms of math and science.

Expression 3: To come up with

A - Example from Video

"It's a social thing in terms of getting along and working together collectively **to come up with** an end-product."

B - Meaning

To think of a new idea or concept / to imagine something new

C - Additional Examples

- Example 1: I haven't come up with the answer to the math problem but I'll figure it out soon.
- Example 2: John came up with a new software invention last year and now he's rich!
- Example 3: My Dad came up with an ingenious way to shovel snow faster. He attached a motor to his shovel!

Expression 4: To make it or break it

A - Example from Video

"In individual sports you are on your own, you are an island. So it's up to you **to make it or break it.**"

B - Meaning

To succeed or to fail

C - Additional Examples

- Example 1: Becoming a lawyer is a difficult career. That's why they said you either make it or break it in your first year.

- Example 2: The hometown hockey team is losing by one goal with 5 minutes left in the game. They don't have much time left to make it or break it!
- Example 3: The first three months of the President's term are a real make it or break it time to determine how well he's going to do in office.

Expression 5: To be riding on

A - Example from Video

"In a sport by yourself there's really no one **riding on** that other than yourself, so it teaches you a lot of good skills."

B - Meaning

To depend on

C - Additional Examples

- Example 1: I bet a lot that game. I've got a lot riding on them winning!
- Example 2: She doesn't like working for a living so she's basically riding on winning the lottery to provide for herself.
- Example 3: We were riding on having extra time to finish our exam but our professor ended the session early.

Expression 6: Back in the day

A - Example from Video

"I play football primarily and I played for this university **back in the day.**"

B - Meaning

This means "a long time ago" or "when I was younger".

C - Additional Examples

- Example 1: I used to be a championship boxer back in the day.
- Example 2: She's gained a lot of weight but back in the day she was quite beautiful.
- Example 3: Back in the day we didn't have cell phones to call our friends.

Expression 7: To channel energy (into)

A - Example from Video

"As I get older, weightlifting and fitness activities are more what I **channel my energy into.**"

B - Meaning

To focus on

C - Additional Examples

- Example 1: Lately, I've been channeling my energy into my job so I can perform better at work.
- Example 2: He often channels his energy into his woodworking. That's why he makes such beautiful cabinets.

- Example 3: If I could just channel more of my energy into school, my grades would be a lot higher.

Expression 8: Freshman (noun)

A - Example from Video

"I think coming here as a **freshman** gave me lots of opportunities to meet people friend-wise."

B - Meaning

First-year student in high school or university. Keep in mind that the terms "Freshman (1st year), Sophomore (2nd year), Junior (3rd year) and Senior (4th year)" are used in America but are not often used in Canada.

C - Additional Examples

- Example 1: I remember being a freshman in college and being really afraid on my first day.
- Example 2: You can always tell who the freshmen are on campus because they often wear their school's branded clothing.
- Example 3: I hated being a freshman because I didn't like being the youngest one on campus!

Expression 9: -wise

A - Example from Video

"I think coming here as a freshman gave me lots of opportunities to meet people friend-**wise**."

B - Meaning

Related or connected to a particular subject

C - Additional Examples

- Example 1: I enjoy living in New York, but friend-wise I find it difficult to meet new people.
- Example 2: John tries hard at school, but work-wise he often skips shifts or doesn't even show up.
- Example 3: Economy-wise America isn't doing too well right now because the price of oil has dropped significantly.

Expression 10: To draw (from / on)

A - Example from Video

"Friend-wise you'd basically have 100 guys that were your best friends that you could **draw from**."

B - Meaning

To take or obtain something from a particular source

C - Additional Examples

- Example 1: I often draw from past experiences when giving advice to people.
- Example 2: I draw on my girlfriend when I'm feeling depressed.
- Example 3: What lessons can we draw from disaster?

Expression 11: To stick around

A - Example from Video

Regardless of what my plans were before it makes me want **to stick around.**"

B - Meaning

To stay in one place for a period of time

C - Additional Examples

- Example 1: Stick around here for a few minutes, I'll come back and get you.
- Example 2: I'd love to stick around and chat some more but I have a meeting to get to.
- Example 3: James doesn't often stick around in one city, it seems like he moves with his family every year.