

M: Hello English learners! Welcome back to **EnglishPod**! My name is **Marco**.

E: And I'm **Erica**.

M: And today we're swimming.

E: That's right. A nice summertime lesson for everyone.

M: A summertime lesson.

E: Aha.

M: So, we're gonna be talking about swimming and... well, it's a very popular sport, right?

E: Yeah, so this is another lesson in our sports series.

M: In our sports series, okay. So, why don't we preview some of the language we will find in the dialogue?

Voice: Vocabulary preview.

E: Alright, we have two words to look at here, ah, the first word is **sailing**.

M: Sailing.

E: Sailing.

M: Sailing.

E: Well, this is the verb **to sail**, right?

M: Uhu.

E: So, sailing is traveling in a boat.

M: In a boat with no engine.

E: Right, so you must use the wind to push you forward.

M: Exactly, that's a **sailboat**.

E: Yes.

M: Okay, so, sailing.

E: Uhu.

M: Now, let's take a look at our other word, **anchor**.

E: Another boat word here.

M: Yeah.

E: Anchor.

M: Anchor.

E: Anchor.

M: Now, it's spelled, A-N-C-H-O-R.

E: Right.

M: But you don't pronounce the "CH" as you normally would, right?

E: Another one of these really difficult, ah, to spell English words.

M: Right, so you don't say **anCHor**, you would say **anKor**.

E: AnKor.

M: AnKor.

E: AnKor.

M: So, the anchor is a **verb** and a **noun**.

E: That's right, well, when anchor is used as a noun it means the hook, that you throw over the boat into the water and it keeps you staying in the same place.

M: Okay, but the verb **to anchor**.

E: Yes.

M: What does it mean?

E: To do that. Hehe.

M: To do that, right? Hehe. So, you... So, to throw the anchor into the water, you would just say, **to anchor the boat**.

E: Exactly, to keep it in the same place.

M: Okay, great words related to sailing, but now let's listen to our dialogue for the first time, what's... what's happening here, Erica?

E: We've got two friends here, who are sailing in their boat and they decide to take a swim.

M: Hm, let's see what happens.

DIALOGUE, FIRST TIME

M: Alright, so, a shark attack!

E: I know, this is my worst fear when swimming.

M: Hehe. Really? In the... in the ocean, right?

E: Yeah, well, also in the lake, but...

M: Hehe. No sharks in lakes.

E: I know but I'm still afraid of them.

M: Hehe. Alright, so, don't worry about it, I'm sure the girl is okay, ah, it's probably not a shark, maybe it was a dolphin.

E: Yeah, or maybe she's gonna punch the shark in the face...

M: Hehe.

E: And she... she'll escape.

M: Okay. Let's take a look at some of the words that we saw in "**language takeaway**".

Voice: Language takeaway.

E: We have three excellent swimming words for you. The first one is **doggy-paddling**.

M: Doggy-paddling.

E: Doggy-paddling.

M: So, doggy-paddling, it's not really a proper way of swimming, right?

E: No, you don't see this in the Olympics.

M: So, if you've ever seen a dog's swim

E: Uhu.

M: That's why they call it doggy-paddling.

E: Right, you're sort of moving your hands quickly in front of you.

M: Uhu, and your legs are all over the place.

E: Yeah.

M: And you're basically not really swimming, you're just trying **to stay afloat**.

E: Yes.

M: You're trying not **to drown**.

E: Trying not **to sink**.

M: Yeah.

E: Yeah.

M: Okay, so, doggy-paddling.

E: Again, this could be a noun or a verb. **The doggy-paddle...**

M: Uhu.

E: The swimming style. Or **doggy-paddling**, the verb.

M: Okay, interesting. Alright, let's take a look at our second, ah, swimming style.

E: **Breaststroke**.

M: Breaststroke.

E: Breaststroke.

M: The breaststroke.

E: It's like...

M: How's this one?

E: Well, it's sort of like swimming like a frog.

M: So you have your legs that are similar to like a frog, right?

E: Yeah.

M: And what are your hands doing?

E: Um, your hands are moving in front of you together.

M: Uhu.

E: Then out towards the side.

M: Okay.

E: So...

M: So you're kind of doing like circles.

E: Yeah, half-circles.

M: Half-circles.

E: Uhu.

M: Okay, **breaststroke**.

E: Yeah.

M: But you get kind of tired when you swim like this, right?

E: Yeah, maybe, yeah.

M: Uhu.

E: Yeah.

M: Now, let's take a look at our third word, **backstroke**.

E: Backstroke.

M: Backstroke.

E: Backstroke.

M: So, this one's pretty easy. Backstroke, you are...

E: Lying on your back.

M: You're lying on your back.

E: In the water.

M: Uhu, and you're kicking your feet as well.

E: Yep.

M: But, what're your hands doing?

E: They going behai... back behind you, see? I'm doing it now, you see?

M: Hehe. Alright, if you guys could be here in the studio you would see Erica doing her backstroke.

E: Yeah, I'm pretty good at it.

M: Yeah. Hehe. Okay, so let's listen to this dialogue again, and then we'll come back and look at some great phrases.

DIALOGUE, SECOND TIME (slow)

M: Okay, so, we have some really good phrases related to swimming...

E: Uhu.

M: And water.

E: Yep.

M: Okay, let's take a look at these in "**fluency builder**".

Voice: Fluency builder.

E: Alright, the first one, I love this phrase, um, **take a dip**.

M: Take a dip.

E: Take a dip.

M: So, if I say, **I'm going to take a dip...**

E: You're going to have a quick swim.

M: A quick swim.

E: Yep.

M: So you can take a dip in the pool.

E: Yep.

M: In the lake.

E: In the ocean.

M: In the ocean. Even your... in your bath-tub, right?

E: No.

M: No?

E: No, it's just for swimming.

M: Hehe.

E: Unless your bath-tub is really really really big.

M: Alright, so, not for the bath-tub, but for swimming.

E: Yep.

M: Okay. Now let's take a look at our second phrase, **for a little while**.

E: For a little while.

M: For a little while.

E: For a little while.

M: This is really common, I use this a lot.

E: Yeah, me too, I probably use it five hundred times a day.

M: Hehe. Okay, so let's listen to some examples with **for a little while** and then we'll come back and explain it.

Voice: Example one.

A: I'm tired, I just going to sit down for a little while.

Voice: Example two.

B: It will only hurt for a little while.

Voice: Example three.

C: *Do you want to play tennis for a little while?*

E: So it means for a short time.

M: For a short time. And you can change it, right? You can say "Oh, I'm going to play **for a little while**".

E: Yeah, or "I'm going to sleep **for a little while**".

M: Aha, for a short time.

E: Yep. Alright, so if learners use this phrase, um, I find it sounds really really great, cause it's... it's not something that students normally use.

M: Yeah, I guess a student wouldn't really use this phrase normally.

E: Yeah, so, guys, use it, cause you'll sound awesome.

M: Yeah, you'll sound really really fluent. Okay, and let's take a look at our last phrase, **straight towards**.

E: Straight towards.

M: Straight towards me.

E: Straight towards.

M: Okay, so **straight** means directly.

E: Right, **in a line**.

M: In a line, not going anywhere else but directly.

E: Yeah, not **moving side to side**.

M: And **towards** is in that direction.

E: Uhu.

M: So, the shark was coming straight towards me, it's coming directly **at** me.

E: Moving in a line, and not moving side to side.

M: Okay, so can you give me another example of how you would use **straight towards**?

E: "Watch out! There's a car coming **straight towards** you!"

M: Okay, directly towards you.

E: Yeah, or maybe, um, when I get home from work I go straight towards the fridge.

M: Really?

E: Yes.

M: I believe this.

E: Hehe.

M: Alright, so, **straight towards**, directly. Okay, so we've looked at a lot of great words, really good phrases, let's listen to this dialogue one last time and then we'll come back and Erica's gonna tell us a really great story about boat.

DIALOGUE, THIRD TIME

E: Alright, well, Marco, I was telling you, um, that I used to spend every summer on the lake.

M: Uhu.

E: Um, and my family had a really small house on a small island.

M: Uhu.

E: And the my cousins had another small house on another small island.

M: Okay.

E: So our families are really close and we used to go to one house for dinner one night and another house to... dinner...

M: Uhu.

E: The next night. So, everyone was over at my cousins' house except for my grandfather.

M: Uhu.

E: Um, and, so, he was thinking: okay, it's late, maybe I'd better go pick up my wife and see what's going on. So, he goes into the boat. It's dark.

M: Okay.

E: There's no light on the boat.

M: Uhu.

E: He's driving straight towards the island when suddenly my... my cousin in his boat drives directly into my grandfather.

M: Hehe. So, they crashed.

E: They crashed.

M: Two boats crashed in the lake.

E: Yeah, and then my... my grandfather's boat flipped over, turned **upside down**.

M: Wow.

E: And he fell in the water.

M: Da... wha... but he was okay, right?

E: Yeah, he was okay, but, um, you know what, he was really angry about this.

M: Hehe. And the boat?

E: The boat stayed in the water and, you know, the... the m... engine fell down to the bottom.

M: Aah.

E: So, we had to go the next morning to get the boat, and we actually had to, um, hire some **scuba divers** to go to the bottom of the lake to get the engine.

M: Wow.

E: Yeah, um...

M: I imagine your grandpa was pretty angry.

E: Yeah, he tells the story, um...

M: Every year.

E: Yeah, exactly.

M: Hehe.

E: Um, but you know what, I... I've got a million of these crazy lake stories, cause my family, just...

M: It always happens.

E: Yeah, um, yeah.

M: Hehe, alright guys, well, do you have any crazy stories or any stories related to boats or to swimming?

E: Or to shark attacks?

M: Or shark attacks.

E: Yeah.

M: Ah, so come to our website englishpod.com, leave your stories, share with us and also if you have any doubts or questions Erica and I are always there to answer.

E: Well, we're out of time for this lesson, but, um, until next time... Good bye!

M: Bye!