



1) Phrases with 'keep' 含有'keep' 一词的短语

In the video we learnt the phrase 'keep a low profile', meaning to not attract attention to yourself.

"The soft-spoken star finds it hard to keep a low profile. He's recognised everywhere he goes."

下面是更多含有'keep' 一词的短语:

keep it up: continue	a phrase used to encourage someone to doing something well
keep a promise:	to complete an action you promise to do
keep track of: situation	to maintain knowledge about an ongoing
keep someone guessing:	to not tell someone what you are doing

现在请你用上面的短语来完成下列句子，短语的时态和语态需要酌情调整。

1. He likes to _____ about what he is doing. He never tells me anything!
2. Jill changes her job all the time. It is hard to _____ where she is working.
3. Everybody is doing excellent work. _____!
4. You can rely on me. I always _____.

2) Fighting phrases 表示搏斗的短语

In the video we heard from taekwondo fighter Rohullah Nikpai.

以下是更多小时搏斗'**fighting**' 的短语:

fighting fit:	very healthy
fighting chance:	a small but good possibility of success
fighting spirit: something	to have the energy and desire to do difficult

现在请你用上面的短语来完成下列句子，短语的时态和语态需要酌情调整。

1. We need to do a lot of work, but we still have a _____ of winning the league.
2. My mother is 60 years old and _____.
3. The athletes showed a lot of _____ in the final of the competition.

Answers 答案

1) Phrases with 'keep' 含有'keep' 一词的短语

1. He likes to keep me guessing about what he is doing. He never tells me anything!
2. Jill changes her job all the time. It is hard to keep track of where she is working.
3. Everybody is doing excellent work. Keep it up!
4. You can rely on me. I always keep a promise.

2) Fighting phrases 表示搏斗的短语

1. We need to do a lot of work, but we still have a fighting chance of winning the league.
2. My mother is 60 years old and fighting fit.
3. The athletes showed a lot of fighting spirit in the final of the competition.

Script 文字稿

Presenter

Hi I'm Natalie and welcome to Talking Sport.

Today we're hearing about a taekwondo fighter from Afghanistan and learning the phrase 'keep a low profile'.

Rohullah Nikpai is from Afghanistan and is a taekwondo fighter.

Rohullah won his country's first ever Olympic medal in the 2008 Beijing Olympic Games.

BBC reporter Lyse Doucet has been to meet Rohullah.

Listen out for which medal Rohullah won in Beijing and listen for the phrase 'keep a low profile'.

Clip

Rohullah Nikpai is a new kind of warrior in a country which has seen some 30 years of war. He's fighting to win taekwondo gold in London 2012. Nikpai's bronze medal in Beijing 2008 was a golden moment for him, for a country which had never won an Olympic medal before. The soft-spoken star finds it hard to keep a low profile. He's recognised everywhere he goes.

Presenter

Listen again for which medal Rohullah won in Beijing and listen for the phrase 'keep a low profile'.

Clip

Rohullah Nikpai is a new kind of warrior in a country which has seen some 30 years of war. He's fighting to win taekwondo gold in London 2012. **Nikpai's bronze medal** in Beijing 2008 was a golden moment for him, for a country which had never won an Olympic medal before. The soft-spoken star finds it hard to **keep a low profile**. He's recognised everywhere he goes.

Presenter

Did you hear which medal Rohullah won at the Beijing Olympic games?

Yes he won a bronze medal.

Lyse said the phrase 'keep a low profile'.

On screen

keep a low profile

保持低姿态

Presenter

The soft spoken star finds it hard to **keep a low profile**.

Well we have heard about Rohullah and learnt the phrase 'keep a low profile', now let's listen to some people in London using this phrase.

Vox pops

If my boss is angry or in a bad mood, I try to keep a low profile.

I'm quite shy and I don't like a lot of attention, so I usually keep a low profile.

It's hard for the Royal Family to keep a low profile because everybody knows who they are.

On screen

If my boss is angry or in a bad mood, I try to **keep a low profile**.

I'm quite shy and I don't like a lot of attention, so I usually **keep a low profile**.

It's hard for the Royal Family to **keep a low profile** because everybody knows who they are.

Presenter

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

See you next time.