

## **Advanced 1- Pull your socks up**

**Class objective:** I will be able to understand the idiom and use it appropriately.

### **Concept A: Meaning of the idiom:**

- Pull your socks up meaning encourages one to get up and achieve something, try extra hard to do it if you really have to.
- It means to make an effort to improve your work or behaviour because it is not good enough
- to be determined to work very hard
- to resolve to achieve a target that is usually difficult to achieve
- to ensure that the set goals are met through hard work and perseverance
- to be prepared for a difficult course.

### **Concept B: Example sentences using idiom:**

- He's going to have to pull his socks up if he wants to stay in the team.
- The company needs you to pull your socks up now that the market condition is so bad.
- I am pulling my socks up to be able to pass the chartered accountancy exam this time.
- You cannot just pull your socks up and expect to get out of this adventure unscathed. You will need to have a better plan.
- She has pulled her socks up and has promised me to complete the course.

### **Concept C: Idiom story:**

Sportsman is someone who needs to have quite a few qualities; dedication, hard work, strength, mental stability, agility, ability to make quick decisions and most importantly, to be cooperative.

Rina had started playing basketball since she was 9 years old. Her interest in sports was such that she excelled in the sport soon. She was a very active, sporty, humble and intelligent girl. She started first playing for her team, then for the state team, then for the nation. She was proud of herself and her progress as well.

The next 5 years of her life went really smooth and everything seemed to be just perfect. But we all know, the faster we gain success, the faster we gain haters as well. There was one such authority who felt that her growth was really fast and that now Rina was starting to get job offers. That was when she was intentionally wounded by an opponent and was advised by the doctor to take a year's rest.

This news was a big drop in her career. She saw all her juniors rising up to a big level. Oh! How she wished to get back to court and play the tournaments again.

Rina had recovered a lot, and she was determined to pull up her socks for the comeback. She worked really hard day and night. She had gained 7 kgs in that span

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3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

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- 1. **Notes**
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10. **References**

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