Sports & Health Phrasal Verbs



I Match the verbs with the definition

1 work out___	A easy exercise to prepare for more intensive exercise
2 work off ___	B to be evaluated for a team
3 warm up ___	C exercise
4.try out for ___	D punch someone unconscious
5 pass out ___	E lose weight through exercise
6 give up ___	F get bigger than normal
7 knock out ___	G lose consciousness
8. throw up ___	H stop doing something
9 swell up ___	I recover
10 cut down on ___	J vomit
11. get over ___	K survive
12 get rid of ___	L reduce intake
13 pull through ___	M die
14 pass away ___	N eliminate



II Read the sentences and circle the correct form of the verb.

1 Dauntless initiates …..everyday
A work out B work it out C both are correct
2 Tris …….. during training
A worked off 2 pounds B worked 2 pounds off C both are correct
3 Four asked the initiates to …… first.
A warm up their muscles B warm their muscles up C both are correct
4 You don't have to ……
A try out for this faction B try this faction out for C both are correct
5 When Peter hit her, Tris ……..
A passed out cold B passed cold out C both are correct
6. Four told Tris ..
A to not give up B not to give up C both are correct
7 Al …….. during the training.
A knocked him out B knocked out him C both are correct
8 After breakfast, one of the initiates …….
A threw it up B threw up it C both are correct
9 Tris felt her eye. The punch…
A had swelled it up B had swelled up it C both are correct
10 Four said they were eating too much salt and had to …
A cut down on it B cut it down on C both are correct
11 After being knocked out, the doctors were surprised at how Tris… so quickly.
A got it over B got over it C both are correct
12 Eric looked at Tris. He definitely wanted to…
A get rid of her B get her rid of C both are correct
13 After the punch, nobody though that Tris would…
A pull it through B pull through it C both are correct
14. He thought about his mother. She had…
A passed a long time ago away B passed away a long time ago C both are correct



