

Phrasal verbs

A Match the phrasal verbs in bold 1-6 to their meanings a-f

1. Mum always comes to the court to cheer me on when I play tennis.		(a) starts
2. Barcelona will go down as one of the best football teams ever.		(b) be remembered as
3. The weather was so bad the organisers had to call off the rugby match		(c) cancel
4. Remember to warm up before you exercise, otherwise you may hurt yourself.		(d) prepare your body for exercise
5. The match kicks off at 3 o'clock, so I'll meet you half an hour before.		(e) encourage loudly
6. If I go running every day, my trainers will soon wear out .		(f) become old and damaged

B Rewrite these sentences using the phrasal verbs in A.

1 They are going to *cancel* the volleyball tournament.

1 They are going to _____ the volleyball tournament.

2 England will never *be thought of* as the best football team.

2 England will never _____ as the best football team.

3 If I use my tennis racket all the time, it'll soon break.

3 If I use my tennis racket all the time, it'll soon _____.

4 We always *do stretching exercises* first before we play tennis.

4 We always _____ first before we play tennis.

5 Don't worry. I'll be there to *shout my support for you*.

5 Don't worry. I'll be there to _____.

6 Does the football match *start* at 7 o'clock?

6 Does the football match _____ at 7 o'clock?

Word Formation

C Complete the text with the correct form of the words.

Free-diving: the big blue

Have you ever wondered what it feels like to drift a couple of hundred meters down towards the bottom of the sea? If the answer is 'yes', then free-diving may be the perfect sport for you. The (1) *define/definition* of free-diving is any underwater activity that involves holding your breath for a long period of time. The type of diving which attracts the most attention from the media is called 'competitive apnea'. This is an extreme sport in which (2) *compete/competitors* try to dive as (3) *deep/depth* as they can on a single breath, without the (4) *assist/assistance* of air tanks. Many people who go snorkeling or spear-fishing for fun could be classed as free-divers if they hold their breath for long periods of time. Many divers say the experience of free-diving gives them a great sense of (5) *free/freedom* while they are underwater. Also, many of the sports (6) *follow/followers* use yoga to increase their focus. An improved level of (7) *concentrate/concentration* often helps the divers to hold their breath for longer and to dive to much greater (8) *depth/deep* than normal. Before you decide to try free-diving though, you must first go through a lot of training under the (9) *supervision/supervise* of a professional. This is because it can be a very (10) *danger/dangerous* sport if not done (10) *properly/proper*.