14 IDIOMS

1. Warm-up activity

What are these: "Break a leg", "Cost an arm and a leg", "Pull someone's leg."? What do they mean?

2. Vocabulary: match idioms with definitions

1. A couch potato	a) To come to an unsuccessful end
2. To catch off guard	b) To surprise someone or take them by surprise
3. Ruled the roost	c) To criticize someone
4. Sweat like a pig	d) To do more than what is required or expected
5. Virgin territory	e) A person who spends a lot of time sitting on a couch and watching TV
6. Get one's feet wet	f) To be in a position of power or control
7. End in smoke	g) To be restless or agitated
8. Deliver the goods	h) To be uncertain or indecisive about something
9. Full of beans	i) To perspire or sweat heavily
10. Go the extra mile	j) In private or in secrecy
11. To be in two minds	k) To start doing something new or unfamiliar
12. Behind closed doors	l) An area or field that is new or unexplored
13. To give someone a piece of mind	m) To be energetic and lively
14. Have ants in one's pants	n) To fulfill a promise or expectation

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3. Gap-fill: Complete the sentences below using one of the idioms from the list:

1. I'm so tired from working out at the gym that I'm going to be _____ for the rest of the day.
2. The magician was able to _____ the audience with his impressive tricks.
3. My boss always _____ in our office and makes all the decisions.
4. I was so nervous during my presentation that I _____ like a pig.
5. I'm excited to explore this new city because it's _____ for me.
6. I'm thinking about starting a new hobby, but I want to _____ first before diving in.
7. The concert was supposed to last all night, but it _____ when it started raining heavily.
8. The company's new product really _____. It exceeded all of our expectations.
9. I'm feeling _____ today and ready to tackle anything that comes my way.
10. My coworker always _____ and goes above and beyond to help out the team.
11. I'm _____ about whether or not I should take the job offer.
12. We had a private meeting _____ and discussed some sensitive matters.
13. My friend was driving me crazy, so I had to _____ and tell him how I felt.
14. I can't sit still because I _____ and I'm so excited about the concert tonight.

4. Reading text

Once upon a time, there was **a couch potato** named Jack who spent most of his days lounging on the couch, watching TV and eating chips. His wife, Mary, was always trying to get him to be more active, but Jack was content with his lazy lifestyle.

One day, Mary decided **to catch** Jack **off guard** by signing him up for marathon. Jack was shocked when he found out, as he had never run a marathon before. But Mary was determined to get him off the couch and get in shape. As the marathon approached, Tim started training, and much to his surprise, he actually enjoyed it. He no longer felt like the couch potato who **ruled the roost** in his own home.

He **was sweating like a pig** every day, but he was determined to finish the marathon. He trained every day, determined to prove Mary wrong and show that he could run the race. He even ventured into **virgin territory** by joining a local running group, something he never would have done before.

On the day of the race, Jack was nervous but ready. He took the starting line, eager **to get his feet wet** in his first race. But just as he was getting into his stride, disaster struck. A gust of wind blew out the flame of the starting gun, causing the race **to end in smoke**.

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Disappointed but not defeated, Jack decided to try again. He trained even harder this time, determined **to deliver the goods** in his next race. And when the day finally came, he did just that. He crossed the finish line in a personal best time, **full of beans** and ready to celebrate his accomplishment.

As he walked off the course, Mary approached him with a proud smile on her face. "I knew you could do it," she said. "But next time, make sure **to go the extra mile** and train even harder."

Jack **was in two minds** about signing up for another race, but he knew that he couldn't let Mary down and have the last word.

So he agreed, and the two set off to train together, pushing each other to be their best selves.

Behind closed doors, Jack was secretly pleased that Mary **had given him a piece of her mind** and motivated him to get off the couch.

And even though he still **had ants in** his **pants** from all the training, he was grateful to Mary for pushing him to be his best self. The end.

5. Comprehension questions

1) Why did Mary sign Jack up for the marathon?
2) When did Jack find out that Mary had signed him up for the marathon?
3) What surprised Jack about the training process for the marathon?
4) How did Jack prepare for the marathon?
5) Why was the marathon cancelled?
6) What was Jack determined to do in his next marathon?
7) How did Jack achieve a personal best time in his next marathon?
8) Why did Mary encourage Jack to train even harder for his next marathon?
9) How did Jack feel about Mary's efforts to get him off the couch?
10) How did Jack and Mary continue to motivate and push each other to be their best selves?
11) What was Jack's daily routine like before he started training for the marathon?
12) What did Jack do as part of his training that he had never done before?
13) How did Jack feel on the day of the cancelled marathon?
14) What did Mary say to Jack after he completed the marathon?
15) How did Jack's relationship with Mary change after he started training for and running marathons?

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6. True or false sentences

1. Jack was a highly active individual who regularly participated in physical activities.
2. Mary's primary motivation for getting Jack to train for the marathon was to improve his physical health.
3. Jack was completely unaware that Mary had signed him up for the marathon until the day of the race.
4. Despite his initial reservations, Jack found that he genuinely enjoyed the training process for the marathon.
5. Jack spent most of his days lounging on the couch and had little to no physical activity in his daily routine.
6. As part of his training, Jack ventured into new and unfamiliar territory by joining a local running group.
7. The marathon was cancelled due to adverse weather conditions.
8. Jack was determined to prove Mary wrong and show that he was capable of completing the marathon.
9. Jack trained even harder for his next marathon, determined to deliver the goods and achieve a personal best time.
10. Mary was proud of Jack's accomplishment and praised his hard work and dedication.
11. Mary encouraged Jack to train even harder for his next marathon to ensure that he was fully prepared.
12. Jack secretly resented Mary's efforts to get him off the couch and was only participating in the marathon to appease her.
13. Jack was grateful to Mary for pushing him to be his best self and to engage in regular physical activity.
14. Despite his newfound love of running, Jack still enjoyed indulging in his previous sedentary habits.
15. Jack and Mary continued to train and run marathons together, pushing each other to be their best selves.

7. Write / make up 14 sentences using the idioms you have learned

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