Exercise 1

Match the verbs with the particles to make phrasal verbs from this unit.

in	out	down	up

1 catch / keep / go / speed / wake / work / build _____
2 cut / go / slow _____
3 work / wear _____
4 join _____

Exercise 2

Match phrasal verbs 1–8 with the definitions A–H.

1 Tony's doctor told him to cut down his salt intake.
2 A long walk can help to work up a healthy appetite.
3 Cameroon and Egypt kick off the tournament this Saturday.
4 He fell so far behind that it was impossible to win the race.
5 The horse was tired and started to slow down.
6 He works out at the gym three times a week.
7 I got into yoga a few years ago.
8 Boxing has taught me that if you want something you've got to work hard at it.

A start being interested in something
B do physical exercises
C spend time and effort trying to improve something
D reduce something
E move more slowly so that other people get ahead of you
F start something
G gradually develop something
H start to move more slowly

Exercise 3

Complete the sentences. Choose the correct particles.

1 I'm putting on weight. I need to cut *up / down / out* on sugar and fats.
2 Our team has done really well – we've gone *up / in / through* to the finals.
3 I tried to get *into / up / on* yoga, but I found it boring.
4 If you aren't fit enough, you won't be able to keep *out / up / through* with the rest of the team.
5 He was coming last in the race, but he suddenly caught *down / out / up* and won!
6 My running shoes have worn *up / in / out* completely. I need some new ones.

Exercise 4

Complete the sentences with the words in the box.

keep	behind	went	up	into	go

1 The Spanish team now look certain to _____ through to the finals.
2 Your breathing will speed _____ after these exercises.
3 She'll need to run faster to _____ up with the other girls.
4 He was usually a fast runner, but he was starting to lag _____.
5 He _____ down the slope too quickly and fell over.
6 I got _____ the habit of drinking green tea every morning.

Exercise 5

Complete the newspaper headlines with the particles in the box.

DOWN	BEHIND	OFF	IN	THROUGH	UP

1 CROATIA GOES _____ TO THE FINALS!
2 FUEL PRICES GO _____ TO A RECORD HIGH THIS MONTH
3 HEALTH EXPERTS URGE PUBLIC TO CUT _____ THE AMOUNT OF SALT IN THEIR DIET
4 RECESSION CAUSES MORE AND MORE HOME OWNERS TO FALL _____ WITH MORTGAGE REPAYMENTS
5 MORE WORLD LEADERS JOIN _____ DEBATE ABOUT CLIMATE CHANGE
6 QUEEN'S BIRTHDAY CELEBRATIONS TO KICK _____ WITH GLOBAL POP CONCERT

LIVEWORKSHEETS

Exercise 6

Make these sentences sound less formal. Replace the underlined verbs with the phrasal verbs in the box.

joining in	sped up	slowed down	cut down	keep up	wear him out

1 Daniel is trying to reduce his calorie intake.
2 The motorcycle accelerated shortly before it skidded off the track.
3 Running five times a week was starting to exhaust him.
4 I started cheering and soon everyone was participating.
5 It's important to maintain a balanced diet.
6 The car decelerated before coming to a stop.

Exercise 7

Read the extract from Bernard's fitness blog. Underline all the phrasal verbs, then in your own words, explain what each one means.

I started getting into athletics when I was at school. As a professional athlete, my fitness level is something I have to work on all the time. In a typical training session I'll work up gradually so I don't wear myself out too quickly. When I wake up in the morning I like to do some yoga. Then I might work out at the gym for a couple of hours.

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____

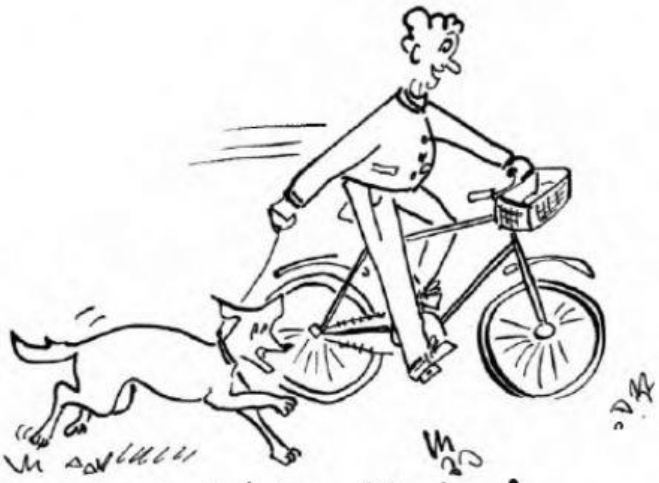
Exercise 8

Correct the phrasal verbs in these sentences.

1 It seemed impossible for him to catch in with the rest of the team.
2 Clark is confident the team can go off to the first division this year.
3 Michael scored just four minutes after they had kicked up.
4 She held the lead early in the race but now she's falling on.
5 You need to work over keeping fit.
6 Start slowly and build down to longer training sessions.
7 Unfortunately the team went over four goals to one.
8 Start getting onto the habit of walking to work.

Your turn!

Look for a website relating to a sport or fitness activity that interests you. Can you find any examples of the phrasal verbs in this unit?



LIVEWORKSHEETS