

Level: B1 Intermediate

Skill: Vocabulary

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Sports: Phrasal verbs



Read the definitions and complete the activity

Warm up

- Meaning: To prepare the muscles for exercise or activity by doing gentle exercises.
- Example: Before the game, the players always warm up by jogging and stretching.

Work out

- Meaning: To exercise, especially in a gym or fitness center.
- Example: He works out at the gym three times a week to stay in shape

Cheer on

- Meaning: To shout words of encouragement or support for someone, especially during a sports event.
- Example: The fans cheered on their team until the final whistle.

🏀 Complete each sentence with the correct phrasal verb

- 1 After a long day of training, the athletes need to _____ before the big competition.
- 2 The coach encourages the team to _____ regularly to build their strength and stamina.
- 3 The fans will _____ their team throughout the entire match, rain or shine.
- 4 It's important to _____ properly to prevent injuries during physical activity.
- 5 The players always _____ together as a team to achieve their goals on the field.
- 6 Before the race, the runners _____ to get their muscles ready for the intense exercise.
- 7 Before the match, the team captain led the players in a series of stretches to _____.
- 8 After a long break, it's time to _____ and get back into our fitness routine.
- 9 The fans were eager to _____ their favorite athlete as they competed in the marathon.
- 10 In order to improve their performance, the athletes need to _____ regularly and follow a structured training plan.