

Activity 1: Reading Comprehension – Phrasal Verbs in Action (10 minutes)

Text: Anna and Leo were both preparing for the big day. Anna had been practicing karate for months, and her coach told her to *lay down* new rules for her personal training. Leo, on the other hand, was a swimmer who always made time to *squeeze in* an extra lap before leaving the pool. Last week, Anna *fell over* during practice, but she quickly *got back* up and continued. Leo had taken a break, but he recently *came back* to his training routine. He made sure to *stay away* from distractions. When their coach *came in*, they both felt nervous. He reminded Leo to *give away* any unnecessary moves, focus on his technique, and advised Anna to *take back* control of her training schedule.

Multiple-Choice Questions:

1. Why did Anna's coach ask her to *lay down* new rules?
 - A) To relax during practice
 - B) To change her training routine
 - C) To stop training altogether
 - D) To start swimming instead of karate
2. What extra effort does Leo make during his swimming practice?
 - A) He *stays away* from distractions
 - B) He *gives away* all his energy early
 - C) He *squeezes in* an extra lap before leaving
 - D) He *takes back* his progress
3. How did Anna react after she *fell over* during practice?
 - A) She quit her training session
 - B) She *got back* up and continued
 - C) She waited for help from her coach
 - D) She *came back* the next day
4. Why did Leo need to *stay away* from distractions?
 - A) To focus on his swimming technique
 - B) To avoid being late to practice
 - C) To make sure he had enough energy
 - D) To rest properly after his sessions
5. What advice did the coach give to Leo about his moves?

- A) To *stay away* from practicing too much
- B) To *give away* unnecessary moves
- C) To *lay down* more laps in the pool
- D) To *fall over* more carefully

6. Which phrasal verb shows that Leo returned to swimming after a break?

- A) *Came back*
- B) *Stay away*
- C) *Squeeze in*
- D) *Take back*

ACTIVITY 2: WRITING EXERCISE – SPORTS PHRASAL VERBS

Instructions: Students will choose either karate or swimming and write a short paragraph (5–7 sentences) about a practice session, using at least five of the target phrasal verbs in context. Encourage creativity and connection to real-life sports scenarios.