

Basic actions

fall down

If someone or something falls down when they have been in an upright position, they drop to the ground.

He tripped and fell down.

get off

If you get off something that you are on, you move your body from it, usually onto the ground.

He got off his bicycle.

get out

If you get out, you leave a place or a vehicle.

We got out of the car.

get up

- ① When someone or something gets up or gets up something, they move from a lower position or level to a higher one.

By the time we'd got up to the top of the hill, we were exhausted.

I knew he would have difficulty getting up those steps.

- ② If you get up, you rise to a standing position after you have been sitting or lying down.

He got up off the floor.

- ③ When you get up, or when someone gets you up, you get out of bed.

She decided it was time to get up.

We had to get the children up and dressed.

go back

If you go back, you return to a place where you were before.

I have to go back to the US next week.

It started to rain so I went back for my umbrella.

go in

When you go in, you enter a building.

Let's go in and have some coffee.

I pushed open the door of the office and went in.

NOTE The opposite of go in is go out.

go into

When you go into a room, building, or area, you enter it.

She went into the bedroom and shut the door.

go off

If you go off somewhere, you leave the place where you were, usually in order to do something.

He's gone off to work.

keep down

If you keep down or if you keep your head down, you stay in a lying or low position in order to avoid being seen or attacked.

The soldier signalled to him to keep down.

lay down

If you lay something down, you put it down on a surface.

He laid the baby gently down on the changing table.

move up

If someone or something moves up or moves up a place, they go from a lower position to a higher one.

The sun had moved up in the sky.

We moved up the hill a few metres.

NOTE The opposite of move up is move down.

run in

If someone runs in from outside a room or building, they enter it, moving fast.

I'll run in and get them.

run into

To run into a place means to enter it running.

They had run into the nearest apartment and asked for help.

run on

If you run on, you continue to run in the same direction.

I ran on ahead.

run out

- 1 If you run out of a room or building, you leave it, running.

He ran out of the room and down the stairs.

- 2 If a substance runs out from somewhere, it flows from there.

Water was running out from under the front door of the house.

sit down

If you **sit down** or **sit yourself down**, you lower your body until you are sitting on something.

We were both looking for a place to sit down.

She sat herself down beside me.

NOTE The opposite of sit down is stand up.

stand up

If you **stand up**, you change your position so that you are standing rather than sitting or lying.

The pupils stand up when the teacher comes into the room.

NOTE You can also use get up.

turn back

If you **turn back** or are **turned back**, you stop a journey and return towards the place you started from.

It was getting dark, so we turned back.

We were turned back by heavy snow.

Exercise 1

Match verbs 1–5 with particles A–E to make phrasal verbs from this unit.

- | | |
|----------------------|--------|
| 1 stand / move / get | A back |
| 2 lay / sit / keep | B out |
| 3 run / get | C down |
| 4 go / turn | D into |
| 5 run / go | E up |

Exercise 2

Complete the sentences. Choose the correct particles.

- 1 We enjoyed it and would really like to go *on / in / back* one day.
- 2 Could you run *into / away / in* and get my glasses?
- 3 It started raining so they turned *out / on / back* and went home.
- 4 Chloe went *on / off / into* the shop and bought some water.
- 5 Grandma walked slowly, but the children ran *on / with / onto*.
- 6 Zack went *onto / with / in* and ordered a drink.

Exercise 3

Match sentence halves 1–6 with A–F to make complete sentences.

- | | |
|-------------------------------|--------------------------------------|
| 1 Mrs Todd came running out | A to get ourselves up. |
| 2 A lot of the people | B and scattered all over the floor. |
| 3 I remember running into | C were turned back at the border. |
| 4 I went back to the kitchen | D and stood at the side of the road. |
| 5 The pile of books fell down | E the playroom in tears. |
| 6 We had until 7:15 | F to continue cooking. |

Exercise 4

Match each phrasal verb 1–4 with its opposite meaning A–D.

- | | |
|------------|-------------|
| 1 go in | A move down |
| 2 move up | B stand up |
| 3 sit down | C run out |
| 4 run in | D go out |

Exercise 5

Choose the best answer to complete the sentences.

- 1 After a while we all *sat down / stood up / fell down* to eat.
- 2 Someone *fell down / stood up / went into* in the middle of the hall and asked a question.
- 3 She *went into / sat down / got up* and walked across the room.
- 4 She *laid the book down / moved the book up / ran the book out* on the table.
- 5 I *ran out / sat down / went into* and slammed the door.
- 6 I need to *get off / get out / turn back* of New York for a while.

Exercise 6

Complete the sentences with the correct form of the phrasal verbs in the box.

get off | run in | move up | lay down | get up | get out

- 1 Brody _____ of bed at 8:30 this morning.
- 2 I need to _____ early tomorrow for work.
- 3 He _____ through the open door and sat down in the living room.
- 4 I saw something _____ that tree over there.
- 5 I took a fifty dollar bill and _____ it _____ on the counter.
- 6 He _____ his stool and went to the door.

Exercise 7

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

get up | go back | go into | move down | sit down | turn back

- 1 I forgot my glasses, so I had to stop and return home to fetch them.
- 2 Please do not enter the building without a permit.
- 3 In the winter, the goats descend the mountains from the high ground.
- 4 Are you planning to return to the UK after your trip abroad?
- 5 If you find it difficult to ascend the stairs, you are welcome to use the lift.
- 6 Please take a seat.



It was hard for his mother
to **get** him up in the morning.