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.

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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.

Exercise 8

Read the following safety advice from a ski resort website. Underline all the phrasal verbs, then decide if the sentences that follow are true (*T*) or false (*F*).

SKI SAFELY

- You must always sit down while using the chairlift.
- If you fall down on the slope, or if you fall from the chairlift, do not get up too quickly.
- If you fall from the chair lift, keep your head down until it is safe to stand up again.
- If you think you may be injured, lay your skis down on the ground and wait for help.
- Always stay with another person. Do not go off on your own.
- If it starts to snow heavily, you should consider turning back.

1 Always stand up on the chairlift. ☐
2 If you are injured, ski to someone and ask for help. ☐
3 It is safe to ski alone. ☐
4 If it snows heavily, leave the slopes and return to your accommodation. ☐
5 If you fall from the chairlift, get up quickly. ☐
6 Keep you head down while on the chairlift. ☐

Your turn!

Look for a website that gives advice about a sport or activity you'd like to try and find examples of the phrasal verbs in this unit.



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