Exercise 1

Complete the sentences with the verbs in the box.

watch | stuck | give | pull | settle | messed | keep | come

1 _____ on, Mike, you can do it!
2 Good sunglasses will help to _____ the sun out of your eyes.
3 We had been driving for hours so decided to _____ over and have a rest.
4 When they went walking in the mountains, they _____ to the paths.
5 There are bears in these woods, so you'd better _____ out.
6 I think I might have _____ up my exams.
7 Please _____ down and be quiet!
8 His doctor advised him to _____ up drinking coffee.

Exercise 2

Complete the sentences. Choose the correct particles.

1 We've built a wall around the vegetable garden to keep *out / from / down* animals.
2 I know it's difficult to learn a language, but if you stick *to / up / with* it, it'll get easier.
3 We're taking the cable car to the top of the mountain. If you're afraid of heights, don't look *in / down / over*!
4 He always runs *in / for / to* his best friends for advice.
5 I'm sorry. I think I messed *up / out / at* my presentation. I showed the slides in the wrong order.
6 You're really good at athletics, you know. Why don't you try *out / on / for* the team?

Exercise 3

Match phrasal verbs 1–6 with definitions A–F.

1 Cut down on sugar and step up your intake of fresh foods.
2 Watch out! There's a waterfall ahead.
3 Their doctor said they could try for a baby.
4 I think we should stick to the point.
5 I know you find this difficult, but stick with it.
6 He always runs to her whenever things go wrong.

A warning to tell someone to be careful
B continue to do something
C talk only about something
D increase the amount of something
E go to someone for help or advice
F make an effort to achieve something

Exercise 4

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

1 I was so cold I couldn't
2 In times of difficulty you can
3 As he cycled towards me
4 I don't want to mess up
5 Come on, Kara, it'll
6 My advice is keep climbing

A he told me to look out.
B be okay.
C and don't look down!
D keep from shivering.
E always turn to your parents.
F my life again.

Exercise 5

Complete these road signs with the correct particles in the box.

OUT | OUT | OUT | OVER | OVER | TO

1 IF YOU'RE TIRED, PULL _____
2 FALLING ROCKS – LOOK _____!
3 KEEP _____ – ROAD CLOSED
4 STICK _____ LOW SPEEDS FOR NEXT 20 MILES
5 PULL _____ TO ALLOW AMBULANCES THROUGH
6 WATCH _____: ANIMALS CROSSING

LIVEWORKSHEETS

Exercise 6

Replace the underlined verbs with a phrasal verb from the box with the same meaning.

watch out | given up | stick to | mess up | keep to | settle ... down | keep from | come on

1 Come along, we don't want to be late for the film!
2 'Look out!' somebody shouted, as the truck started to roll toward the sea.
3 Start a new exercise regime and this time stick to it.
4 I can't resist mentioning my favourite scene in the film.
5 Of course we will adhere to our policy.
6 I don't want to spoil my chances.
7 Read your child a story to calm her down.
8 Gemma has stopped taking sugar in her tea.

Exercise 7

Complete the sentences with the correct forms of phrasal verbs from this unit.

1 I was driving too fast, and the police _____ me _____ and took my details.
2 A long distance runner needs to _____ the speed just before the finishing line.
3 When I was younger, I couldn't _____ biting my nails. Luckily I've grown out of that habit now.
4 There's a huge crowd of people at the concert, so in order not to get lost, _____ me.
5 _____, hurry up! We're going to be late!

Exercise 8

Read the question and answer from an advice website. Underline all the phrasal verbs, then decide if the sentences that follow are true (*T*) or false (*F*).

Dear Ali,

My parents have always encouraged me to try for medical school, but I think I may have messed up the entrance exam. I just don't know who to turn to for help or what to do next. Can you help?

Jack

Dear Jack,

Don't let one failure keep you from doing what you want to do. If going to medical school is your dream, then you should stick with it. Step up your efforts to make sure you get a place in another school. You can do it!

Ali

1 Jack's parents wanted him to go to medical school. ☐
2 Jack has passed the entrance exam. ☐
3 Jack doesn't know who to ask for help. ☐
4 Ali tells Jack not to go to medical school. ☐
5 Ali encourages Jack to follow his dreams. ☐
6 Ali advises Jack to try for other schools. ☐

Your turn!

Look for a website that gives advice on a subject that interests you. Can you find any examples of the phrasal verbs in this unit?



LIVEWORKSHEETS