

Exercise 1

Match the verbs with the particles to make phrasal verbs from this unit.

in | out | down | up

- 1 catch / keep / go / speed / wake / work / build _____
- 2 cut / go / slow _____
- 3 work / wear _____
- 4 join _____

Exercise 2

Match phrasal verbs 1–8 with the definitions A–H.

- | | |
|--|--|
| 1 Tony's doctor told him to cut down his salt intake. | A start being interested in something |
| 2 A long walk can help to work up a healthy appetite. | B do physical exercises |
| 3 Cameroon and Egypt kick off the tournament this Saturday. | C spend time and effort trying to improve something |
| 4 He fell so far behind that it was impossible to win the race. | D reduce something |
| 5 The horse was tired and started to slow down. | E move more slowly so that other people get ahead of you |
| 6 He works out at the gym three times a week. | F start something |
| 7 I got into yoga a few years ago. | G gradually develop something |
| 8 Boxing has taught me that if you want something you've got to work hard at it. | H start to move more slowly |

Exercise 3

Complete the sentences. Choose the correct particles.

- 1 I'm putting on weight. I need to cut up / down / out on sugar and fats.
- 2 Our team has done really well – we've gone up / in / through to the finals.
- 3 I tried to get into / up / on yoga, but I found it boring.
- 4 If you aren't fit enough, you won't be able to keep out / up / through with the rest of the team.
- 5 He was coming last in the race, but he suddenly caught down / out / up and won!
- 6 My running shoes have worn up / in / out completely. I need some new ones.

Exercise 4

Complete the sentences with the words in the box.

keep | behind | went | up | into | go

- 1 The Spanish team now look certain to _____ through to the finals.
- 2 Your breathing will speed _____ after these exercises.
- 3 She'll need to run faster to _____ up with the other girls.
- 4 He was usually a fast runner, but he was starting to lag _____.
- 5 He _____ down the slope too quickly and fell over.
- 6 I got _____ the habit of drinking green tea every morning.

Exercise 5

Complete the newspaper headlines with the particles in the box.

DOWN | BEHIND | OFF | IN | THROUGH | UP

- 1 CROATIA GOES _____ TO THE FINALS!
- 2 FUEL PRICES GO _____ TO A RECORD HIGH THIS MONTH
- 3 HEALTH EXPERTS URGE PUBLIC TO CUT _____ THE AMOUNT OF SALT IN THEIR DIET
- 4 RECESSION CAUSES MORE AND MORE HOME OWNERS TO FALL _____ WITH MORTGAGE REPAYMENTS
- 5 MORE WORLD LEADERS JOIN _____ DEBATE ABOUT CLIMATE CHANGE
- 6 QUEEN'S BIRTHDAY CELEBRATIONS TO KICK _____ WITH GLOBAL POP CONCERT

Exercise 6

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

joining in | sped up | slowed down | cut down | keep up | wear him out

- 1 Daniel is trying to reduce his calorie intake.
- 2 The motorcycle accelerated shortly before it skidded off the track.
- 3 Running five times a week was starting to exhaust him.
- 4 I started cheering and soon everyone was participating.
- 5 It's important to maintain a balanced diet.
- 6 The car decelerated before coming to a stop.

Exercise 7

Read the extract from Bernard's fitness blog. Underline all the phrasal verbs, then in your own words, explain what each one means.

I started getting into athletics when I was at school. As a professional athlete, my fitness level is something I have to work on all the time. In a typical training session I'll work up gradually so I don't wear myself out too quickly. When I wake up in the morning I like to do some yoga. Then I might work out at the gym for a couple of hours.

- | | |
|---------|---------|
| 1 _____ | 4 _____ |
| 2 _____ | 5 _____ |
| 3 _____ | 6 _____ |

Exercise 8

Correct the phrasal verbs in these sentences.

- 1 It seemed impossible for him to catch in with the rest of the team.
- 2 Clark is confident the team can go off to the first division this year.
- 3 Michael scored just four minutes after they had kicked up.
- 4 She held the lead early in the race but now she's falling on.
- 5 You need to work over keeping fit.
- 6 Start slowly and build down to longer training sessions.
- 7 Unfortunately the team went over four goals to one.
- 8 Start getting onto the habit of walking to work.

Your turn!

Look for a website relating to a sport or fitness activity that interests you. Can you find any examples of the phrasal verbs in this unit?



He liked taking his dog for a walk every day, but didn't like to wear himself out.