

Body movements: phrasal verbs

- a) Read the definition for each of the following phrasal verbs. They often describe body movements.

bend down = lower your upper body and head keeping your legs straight.

bounce on/off/into/out of = get on/off/into/out of a place jumping happily.

go through = search, look carefully to see what is inside or find something.

jump up = stand up very quickly from a sitting or lying position.

lean back = let your upper body move slightly backwards to rest your back on the back of your seat.

reach out = stretch an arm to get to something in a high place or at a certain distance.

shuffle through = have a quick look at several paper documents.

step into/out of/inside/outside = get into/out of a small place.

turn away from = look in a different direction from the person or place you were looking at previously.

turn back to = look again in the same direction you were looking at previously.

- b) Write the correct phrasal verb in each gap to complete these examples.

Pay attention to the context to choose the appropriate **preposition** or **adverb** in the definition.

IMPORTANT: write all the verbs in the **PAST SIMPLE**:

1. The soldier at the gate _____ to look through the car window.
2. The boys _____ the school bus and ran to the zoo ticket office.
3. The journalist _____ the heap of paper sheets on her desk, looking for the photocopy of the minister's statement.
4. She _____ the lift and pressed the top button.
5. He quickly _____ his pockets and produced a one-pound coin.
6. He _____ on his chair and thought for a few moments about what he was going to say.
7. She _____ him and looked far away into the sea.
8. He looked out of the window for a moment, then he _____ the woman in the white dress.
9. He _____ from the sofa and ran to the door.
10. He _____ and took her hand, then pulled hard until she was out of the water and into the boat.