

SPORTS & HEALTH PHRASAL VERBS



I Match the verbs with the definition

1 work out ____	A easy exercise to prepare for more intensive exercise
2 work off ____	B to be evaluated for a team
3 warm up ____	C exercise
4 try out for ____	D punch someone unconscious
5 pass out ____	E lose weight through exercise
6 give up ____	F get bigger than normal
7 knock out ____	G lose consciousness
8 throw up ____	H stop doing something
9 swell up ____	I recover
10 cut down on ____	J vomit
11 get over ____	K survive
12 get rid of ____	L reduce intake
13 pull through ____	M die
14 pass away ____	N eliminate



II Read the sentences and circle the correct form of the verb.

- Dauntless initiateseveryday
A work out B work it out C both are correct
- Tris during training
A worked off 2 pounds B worked 2 pounds off C both are correct
- Four asked the initiates to first.
A warm up their muscles B warm their muscles up C both are correct
- You don't have to
A try out for this faction B try this faction out for C both are correct
- When Peter hit her, Tris
A passed out cold B passed cold out C both are correct
- Four told Tris ..
A to not give up B not to give up C both are correct
- Al during the training.
A knocked him out B knocked out him C both are correct
- After breakfast, one of the initiates
A threw it up B threw up it C both are correct
- Tris felt her eye. The punch...
A had swelled it up B had swelled up it C both are correct
- Four said they were eating too much salt and had to ...
A cut down on it B cut it down on C both are correct
- After being knocked out, the doctors were surprised at how Tris... so quickly.
A got it over B got over it C both are correct
- Eric looked at Tris. He definitely wanted to...
A get rid of her B get her rid of C both are correct
- After the punch, nobody though that Tris would...
A pull it through B pull through it C both are correct
- He thought about his mother. She had...
A passed a long time ago away B passed away a long time ago C both are correct



ABNEGATION
THE SELFLESS



DAUNTLESS
THE BRAVE



ERUDITE
THE INTELLIGENT



AMITY
THE PEACEFUL



CANDOR
THE HONEST