

Phrasal Verbs – Worksheet

Exercise 1: Fill in the blanks

Complete the sentences using the correct form of the phrasal verbs below:

bounce back, catch up with, mess up, cheer sb up, keep up with, fall behind, deal with, pile up, zone out, slack off, burn out, switch off

- 1. After losing the match, the team managed to _____ and win the next three games.
- 2. I'm behind on my homework — I need to _____ my classmates.
- 3. She tried to bake a cake for the first time but totally _____ it _____.
- 4. He was feeling sad, so we brought him some cake to _____ him _____.
- 5. Don't worry if you make a mistake. Everyone _____ eventually.
- 6. If you _____ your tasks now, they'll be much harder to handle later.
- 7. I've got so much homework — it's really starting to _____.
- 8. He tends to _____ during long meetings and misses important information.
- 9. I can't _____ all these emails — there are too many!
- 10. She's been working nonstop for weeks. I think she's going to _____ soon.
- 11. You need to _____ your classmates if you want to pass the test.
- 12. After a stressful day, I just want to sit on the couch and _____.
- 13. You can't _____ now — the deadline is tomorrow!

Exercise 2: Match the phrasal verb to its meaning

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| 1. bounce back | a. to make someone feel happier |
| 2. catch up with | b. to recover quickly |
| 3. mess up | c. to reach the same level as others |
| 4. cheer (sb) up | d. to do something badly or incorrectly |
| 5. keep up with | e. to continue performing at the same level |
| 6. fall behind | f. to not make as much progress as others |
| 7. deal with | g. to handle a problem or situation |
| 8. pile up | h. to have too much work or things to do |
| 9. zone out | i. to mentally disconnect or stop paying attention |
| 10. slack off | j. to stop working hard or lose motivation |

11. burn out k. to become extremely tired or exhausted
12. switch off l. to relax and stop thinking about work

Exercise 3: Translate into English

1. 1. Muszę nadrobić zaległości w pracy.
2. 2. Po kontuzji wróciła do formy bardzo szybko.
3. 3. Naprawdę zepsułem to zadanie.
4. 4. Przyniosłem jej kwiaty, żeby ją pocieszyć.
5. 5. Zaczynam zostawać w tyle z projektem.
6. 6. Przestań się obijać i weź się do pracy!
7. 7. Po pracy lubię się wyłączyć i odpocząć.
8. 8. Wszystko się piętrzy, a ja nie wiem, jak sobie z tym poradzić.
9. 9. On tak się wypalił, że musiał wziąć długie wakacje.

Exercise 4: Choose the correct option

1. I know I _____ the presentation, but I'll do better next time.
a) caught up with b) messed up c) bounced back
2. After being sick for weeks, he finally _____.
a) cheered up b) caught up with c) bounced back
3. Can you help me _____ my sister? She's feeling down.
a) mess up b) catch up with c) cheer up
4. He took some time off and now he's trying to _____ work.
a) catch up with b) bounce back c) mess up
5. It's hard to _____ all the new updates in technology.
a) fall behind b) keep up with c) pile up
6. Working nonstop without breaks can cause you to _____.
a) burn out b) cheer up c) mess up