***Phrasal Verbs for Sports***

*(Intermediate - Advanced)*

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***I.*** *Choose the best answer for the following questions/statements.*

1. My daughter is running a marathon today. I'm going to go watch her and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

 **a.** cheer her up

 **b.** cheer her out

 **c.** cheer her on

 **d.** cheer her over

2. She runs faster than everyone on the team. Nobody can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ her.

 **a.** keep on with

 **b.** keep up with

 **c.** keep in with

 **d.** keep ahead with

3. I missed the winning shot in hockey. I am really upset that I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

 **a.** let the team down

 **b.** let the team away

 **c.** let the team over

 **d.** let the team across

4. The training today was super intensive. It completely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so hard that I'm going to sleep immediately when I get home.

 **a.** wore me in

 **b.** wore me over

 **c.** wore me out

 **d.** wore me up

5. Our team is much better than theirs. Everyone is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ us to win the match.

 **a.** counting up

 **b.** counting in

 **c.** counting over

 **d.** counting on

6. When I was younger I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the basketball team, but I wasn't so good so I didn't make the team.

 **a.** tried on for

 **b.** tried out for

 **c.** tried on with

 **d.** tried out to

7. Before a hockey match, you should do some exercises, like sit-ups and push-ups to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to get your body ready for the match.

 **a.** loosen down with

 **b.** loosen in to

 **c.** loosen on

 **d.** loosen up

8. My daughter was really upset after losing the soccer game, so we took her out for a nice lunch to try and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a bit.

 **a.** cheer her on

 **b.** cheer her over

 **c.** cheer her up

 **d.** cheer her down

9. John is a great team captain. Before a match he always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the locker room and motivated to play well.

 **a.** pumps the team over

 **b.** pumps the team down

 **c.** pumps the team up

 **d.** pumped the team for

10. He didn't hydrate himself very well before the race and it was very hot during the race, so he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Luckily the ambulance was there quick to take care of him.

 **a.** passed away

 **b.** passed out

 **c.** passed down

 **d.** passed in

11. Even though I was really tired, I didn't \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . I made it to the end finish line without stopping.

 **a.** give over

 **b.** give up

 **c.** give in

 **d.** give off

12. After the marathon, my body was so hot that I had to go in the shade to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a bit. I'm never running a marathon in the summer again!

 **a.** cool over

 **b.** cool down

 **c.** cool away

 **d.** cool up with

13. I didn't \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ many organized sports as a child. I preferred individual, extreme sports.

 **a.** take part off

 **b.** take part to

 **c.** take part of

 **d.** take part in

14. If you want to get your body strong, you should make sure to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at least a few times per week.

 **a.** work out

 **b.** work down

 **c.** work over

 **d.** work off

15. Look how fast he is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ her. Do you think he will be able to catch up before she gets to the finish line?

 **a.** running over

 **b.** running after

 **c.** running away from

 **d.** running on to

***II.*** *For each of the following phrasal verbs, write a short definition and provide an example in context. Use a different context than the examples from the activity above.*

**To let down**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To try out for**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To loosen up**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To cheer (somebody) up**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To count on (somebody)**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To pass out**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To wear out**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To pump (somebody) up**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To cool down**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To keep up with**

 Definition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 *Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

***III.*** *Fill in the blank spaces with phrasal verbs from the list. 5 of the phrasal verbs will not be used. Make sure you change the verb to fit the tense or grammar of the context.*

 ***cheer (smb) on run after wear out***

 ***pass out pump (smb) up work out***

 ***cool down cheer up take part in***

 ***keep up with give up loosen up***

 ***let (smb) down count on try out for***

Before playing basketball it's important to **(1)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your body so you don't pull any muscles when you start playing.

Years and years of running complete **(2)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ my knees. I think it's probably time **(3)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and find another sport like swimming.

Our goalie allowed a goal in the final seconds. Even though he **(4)** \_\_\_\_\_\_\_\_\_ us \_\_\_\_\_\_\_\_\_\_\_ down, we aren't mad at him.

He was really upset after he **(5)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the swimming team but wasn't accepted in the end.

I lost the race that I trained really hard for, but my friends and family were there to help **(6)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after the race was over.

Listening to my favorite music always **(7)** \_\_\_\_\_\_\_\_\_\_ me \_\_\_\_\_\_\_\_\_\_\_ up before a soccer match.

Usain is so fast that no one can ever **(8)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ him. He's the fastest on the planet.

If you want to build muscle, it's important to go to the gym and **(9)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ consistently.

I have such great friends. They came to the stadium and were there to **(10)** \_\_\_\_\_\_\_\_\_\_ me \_\_\_\_\_\_\_\_\_\_\_ during the match.

***IV.*** *Rewrite each sentence below using a suitable phrasal verb.*

**(1)** Even though we didn't perform well in the game today, the coach **made us feel better** and **motivated us** to do better in our next game.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(2)** He is a terrible goalie. You can't **rely on** him to save any scoring attempts!

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(3)** I hate going running with my wife. She runs much faster than me and I have a hard time **staying on the same level as** her.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(4)** I usually exercise three times per week, but my job **took all my energy** this week so I wasn't in the mood to exercise.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(5)** My favorite football team has lost three matches in a row. They've really **disappointed me** when my expectations were so high!

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(6)** It's especially important for older people to **stretch** before exercising!

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(7)** He was so exhausted after his race that he **lost consciousness** immediately after crossing the finish line.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(8)** My whole family came to the match to **support** **me** during my swimming competition!

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(9)** Their coach does a great job **putting energy into and motivating** the team before going out onto the field.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**(10)** I would like to **participate** in the competition, but I can't this year because of my injury.

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .