

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.
