**Word order of phrasal verbs: Activity 1**

Read Grammar Bank 10B. Choose the correct answers. If both answers are possible, choose *both*. Listen and check.

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| **Grammar Bank**  **10B** word order of phrasal verbs  EXAMPLES  **1**  What time do you **get up**?      I don't usually **go out** during the week.  **2**  **Put on** your coat. **Put** your coat **on**. **Put** it **on**.  **Turn off** the TV. **Turn** the TV **off**. **Turn** it **off**.  **3**  I'm **looking for** my glasses.  **A** Have you found your glasses?  **B** No, I'm still **looking for** them.  FORM   * A phrasal verb = a verb + particle (preposition or adverb), e.g., *get up, go out, turn off, look for*.   **1** Some phrasal verbs don't have an object, e.g., *get up, go out*.  **2** Some phrasal verbs have an object and are separable. With these phrasal verbs we can put the particle (*on, off,* etc.) before or  after the object.   * When the object is a pronoun, (*me, it, him,* etc.) it always goes between the verb and the particle.   *Here's your coat.* ***Put*** *it* ***on****.* **NOT** *Put on it.*  **3** Some phrasal verbs have an object and are inseparable, e.g. *look for*. With these phrasal verbs, the verb (e.g., *look*) and the particle (e.g. *for*) are never separated.  *I'm* ***looking for*** *my glasses*. **NOT** *I'm looking my glasses for.* |

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| 1. Tonight I have to \_\_\_\_\_\_ .  * both * look my little sister after * look after my little sister  1. Let's \_\_\_\_\_\_\_ .  * go this evening out * go out this evening * both  1. I'll \_\_\_\_\_\_ at school.  * both * drop the children off * drop off the children  1. My brother is \_\_\_\_\_\_\_ .  * looking a new job for * looking for a new job * both  1. You should \_\_\_\_\_\_\_ .  * throw away those old jeans * both * throw those old jeans away  1. I don't like shopping for clothes online. I prefer to \_\_\_\_\_\_ before I buy them.  * try on them * try them on * both  1. \_\_\_\_\_\_\_\_ before you come in.  * both * Take off your shoes * Take your shoes off  1. We're meeting my mother tomorrow – I think you'll really .  * get along with her * get along her with * both  1. If the jacket doesn't fit, \_\_\_\_\_\_\_ to the store.  * take back it * take it back * both  1. What time do you \_\_\_\_\_\_\_\_ ?  * both * get up in the morning * get in the morning up |  |

**Word order of phrasal verbs: Activity 2**

Read Grammar Bank 10B. Then complete the sentences with *it* or *them* and a word from the list. Listen and check.

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| **Grammar Bank**  **10B** word order of phrasal verbs  EXAMPLES  **1**  What time do you **get up**?      I don't usually **go out** during the week.  **2**  **Put on** your coat. **Put** your coat **on**. **Put** it **on**.  **Turn off** the TV. **Turn** the TV **off**. **Turn** it **off**.  **3**  I'm **looking for** my glasses.  **A** Have you found your glasses?  **B** No, I'm still **looking for** them.  FORM   * A phrasal verb = a verb + particle (preposition or adverb), e.g., *get up, go out, turn off, look for*.   **1** Some phrasal verbs don't have an object, e.g., *get up, go out*.  **2** Some phrasal verbs have an object and are separable. With these phrasal verbs we can put the particle (*on, off,* etc.) before or  after the object.   * When the object is a pronoun, (*me, it, him,* etc.) it always goes between the verb and the particle.   *Here's your coat.****Put****it****on****.***NOT***Put on it.*  **3** Some phrasal verbs have an object and are inseparable, e.g., *look for*. Withe these phrasal verbs, the verb (e.g. *look*) and the particle (e.g., *for*) are never separated.  *I'm****looking for****my glasses*. **NOT***I'm looking my glasses for.* |

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| back  out   on   on   up     up |  |

**1.**  Your clothes are all over the floor. Pick \_\_\_\_\_\_\_\_ .  
**2.**  Here's your coat. Put \_\_\_\_\_\_\_\_.  
**3.**  **A** What does this word mean?  
     **B** Look \_\_\_\_\_\_\_\_.  
**4.**  To get your passport there are three forms. Please fill \_\_\_\_\_\_\_\_now.  
**5.**  You remember that money I lent you? When can you give \_\_\_\_\_\_\_\_ ?  
**6.**  **A** Is the game on TV?  
     **B** I don't know. Turn \_\_\_\_\_\_\_\_ and see.

**Phrasal verbs: Activity 1**

Listen and read. Match the pictures to the correct sentences.

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| **Quick tips**  **Phrasal verbs**  *Wake up, get up, go out, give up,* etc. are common phrasal verbs (verbs with a preposition or adverb).  Sometimes the meaning of the two separate words can help you guess the meaning of the phrasal verb, e.g., *go out*.  Sometimes the meaning of the two words does not help you, e.g. *give up*. |

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| The game will  be over at  about 5:30. | My alarm goes off at six o'clock every morning. | We set off  for the airport  at 6:30. | I want to give up chocolate. | Don't throw away that letter! | Turn down the music! It's very loud. |

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**Phrasal verbs: Activity 2**

Listen and read. Match the sentences to the correct pictures.

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| 1. **Turn up** the TV! I can't hear. |  |  |
| 1. He **looked up** the words in a dictionary. |  |  |
| 1. Could you **fill out** this form? |  |  |
| 1. I want to **find out** about hotels in Madrid. |  |  |
| 1. It's bedtime – go and **put on** your pajamas. |  |  |
| 1. Could you **take off** your boots, please? |  |  |
| 1. My sister's  **looking after** Jimmy for me today. |  |  |
| 1. I'm really **looking forward** to vacation. |  |  |

**Linking**

Listen and write the missing words. Then listen and repeat. Try to link the phrasal verbs and pronouns, e.g., *turn\_it\_off*.

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| 1.  I can't concentrate with the radio on. Please \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_ . |  |
| 2.  There's a wet towel on the floor. \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_. |  |
| 3.  If you don't know what the word means, \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_. |  |
| 4.  Why have you taken your coat off? \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_! |  |
| 5.  This book was very expensive. Please \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_. |  |
| 6.  Why are you wearing your coat in here? \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_! |  |

**Still tired in the morning? Activity 1**

Read and listen to the article. Choose the correct headings for the tips.

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| **Still tired in the morning?**  Five tips for getting a better night's sleep.  **1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Find out how much sleep you need and make sure that you get it. Go to bed and get up at the same time each day and you will have more energy than if you sleep the same number of hours at different times.  **2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Your body needs natural light to produce the hormone melatonin, which regulates your sleeping and waking cycle. Don’t stay inside all day – go out on your lunch break, for example for a short walk. On a sunny day take off your sunglasses for at least half an hour to let light onto your face.  **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Take a hot bath. Then put on your pajamas and make sure your bedroom is at the right temperature. Don’t watch TV in bed, as it will stimulate rather than relax you.  **4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Don’t eat big meals or drink coffee late at night. Avoid drinking before you go to bed and give up smoking! Cigarettes can cause a number of sleep problems.  **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  If you wake up in the middle of the night and can’t get back to sleep, try a relaxation technique like meditation. If that doesn’t work, turn on the light and read a book. If you’re worried about something, write down your problem on a piece of paper so that you can deal with it in the morning. |

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| 1.   * + Sleep at the same times   + Getting back to sleep   + Create a relaxing routine before going to bed   2.   * + Avoid stimulants   + Sleep at the same times   + Make sure you are exposed to light during the day   3.   * + Create a relaxing routine before going to bed   + Make sure you are exposed to light during the day   + ﻿Getting back to sleep   4.   * + Create a relaxing routine before going to bed   + Sleep at the same time   + Avoid stimulants   5.   * + Avoid stimulants   + Make sure you are exposed to light during the day   + Getting back to sleep |  |

**Still tired in the morning? Activity 2**

Read the article again. Write G (good habit) or B (bad habit).

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| **Read**  **Still tired in the morning?**  Five tips for getting a better night's sleep.  Sleep at the same time  Find out how much sleep you need and make sure that you get it. Go to bed and get up at the same time each day and you will have more energy than if you sleep the same number of hours at different times.  Make sure you are exposed to light during the day  Your body needs natural light to produce the hormone melatonin, which regulates your sleeping and waking cycle. Don’t stay inside all day – go out on your lunch break, for example for a short walk. On a sunny day take off your sunglasses for at least half an hour to let light onto your face.  Create a relaxing routine before going to bed  Take a hot bath. Then put on your pajamas and make sure your bedroom is at the right temperature. Don’t watch TV in bed, as it will stimulate rather than relax you.  Avoid stimulants  Don’t eat big meals or drink coffee late at night. Avoid drinking before you go to bed and give up smoking! Cigarettes can cause a number of sleep problems.  Getting back to sleep  If you wake up in the middle of the night and can’t get back to sleep, try a relaxation technique like meditation. If that doesn’t work, turn on the light and read a book. If you’re worried about something, write down your problem on a piece of paper so that you can deal with it in the morning. |

1.  I go to bed every night at 11 o'clock.   \_\_\_\_\_\_\_

2.  I sleep for six hours during the week and ten hours on the weekend.   \_\_\_\_\_\_\_

3.  I always have lunch at my desk to save time.   \_\_\_\_\_\_\_

4.  I always wear sunglasses.   \_\_\_\_\_\_\_

5.  My bedroom is sometimes too cold.   \_\_\_\_\_\_\_

6.  I sometimes watch a movie to help me get to sleep.   \_\_\_\_\_\_\_

7.  I usually have dinner at 7:30 p.m.   \_\_\_\_\_\_\_

8.  I often have a cup of coffee before I go to bed.   \_\_\_\_\_\_\_

9.  I keep a notebook by the side of my bed.   \_\_\_\_\_\_\_

10.  I sometimes meditate if I can't sleep.   \_\_\_\_\_\_\_