



Teacher's guide

Phrasal Verbs: Exercise & Physical Health – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Phrasal Verbs: Exercise & Physical Health](#)

Editable Presentation Link: [🌐 Phrasal Verbs: Exercise & Physical Health](#)

Editable Worksheet Link: [🌐 Student Worksheet: Phrasal Verbs: Exercise & Physical Health](#)

Warm-up

Part 1. Students discuss the questions and activate previous knowledge of the phrasal verbs. Provide guidance if necessary.

Reading activity

Part 1. Students read the text, then answer the comprehension questions.

Answer Key:

1. To avoid injury.
2. He stretches his arms, legs, and back.
3. He finds them tough but tries to keep up with the group.
4. More stamina.

Definition matching

Part 1. Students match each phrasal verb to its correct definition.

Answer key:

1. Keep up
2. Stretch out
3. Warm up
4. Burn off
5. Tone up
6. Work out
7. Cool down
8. Build up

Collocation matching

Part 1. Students match the phrasal verbs with what they often collocate with.

Answer key:

1. Tone up
2. Work out
3. Keep up
4. Warm up
5. Build up
6. Cool down
7. Burn off
8. Stretch out

Sentence transformation

Part 1. Students rewrite the sentences using the target phrasal verbs so that the meaning stays the same.

Suggested answers:

1. I struggled to **keep up** with the others.
2. You should **warm up** before exercising.
3. I **work out** three times a week.
4. I always **cool down** after running.
5. These exercises **tone up** your muscles.
6. He **stretched out** before starting yoga.
7. I try to **burn off** energy by walking instead of driving.
8. Over the past few months, I've **built up** my fitness level.

Sentence gap-fill

Part 1. Students use the correct form of the phrasal verb in brackets to complete each sentence.

Answer key:

1. warms up
2. have been working out
3. cooled down
4. stretched out
5. burnt off
6. have built up
7. have been toning up
8. kept up

Speaking

Part 1. Students answer the questions using the target phrasal verbs.