



Teacher's guide

Phrasal Verbs: Personal Growth & Motivation – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Phrasal Verbs: Personal Growth & Motivation](#)

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 dialogue, then answer the comprehension questions.

Answer Key:

1. He used to give up when things got hard.
2. He took on more responsibility at work.
3. He stuck with it and didn't give up.
4. He wanted to back down but pushed through.
5. His goal is to level up and lead a team.

Definition matching

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

Answer key:

1. Take on
2. Push through
3. Level up
4. Give up
5. Back down
6. Rise above
7. Stick with
8. Step up

Collocation matching

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

Answer key:

1. Push through
2. Back down
3. Rise above
4. Take on
5. Level up
6. Stick with
7. Step up
8. Give up

Sentence transformation

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

Suggested answers:

1. I **pushed through** despite the obstacles.
2. He refused to **back down** during the argument.
3. She **gave up** after one failed attempt.
4. I decided to **step up** when nobody else would.
5. I want to **stick with** this routine – it's working.
6. She **took on** the role of manager at the company.
7. He's trying to **level up** to improve professionally.
8. They **rose above** the situation.

Sentence gap-fill

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

Answer key:

1. stepped up
2. have been sticking with
3. pushed through
4. had given up
5. back down
6. rose above
7. took on
8. had levelled up

Speaking

Part 1. Students talk about a time they faced a personal or professional challenge, using at least five of the target phrasal verbs in their discussion.