



09 Everyday activities

English often uses phrasal verbs to talk about routine activities. Phrasal verbs are two-part verbs that are mostly used in informal, conversational English.

 **New language** Phrasal verbs

Aa Vocabulary Work and leisure

 **New skill** Talking about everyday activities

9.1 KEY LANGUAGE PHRASAL VERBS

Phrasal verbs consist of a verb followed by a particle. The particle often changes the usual meaning of the verb.



TIP

Most, but not all, particles in phrasal verbs are also prepositions.

9.2 HOW TO FORM PHRASAL VERBS

The particle always comes after the verb. The particle never changes, even if the verb changes.



9.3 FURTHER EXAMPLES PHRASAL VERBS





9.4 REWRITE THE SENTENCES, CORRECTING THE ERRORS

He **work outs** at the gym.

He works out at the gym.

1 I don't usually **out eat** in restaurants.

2 She **chill outs** on weekends.

3 I **up get** at six in the morning.

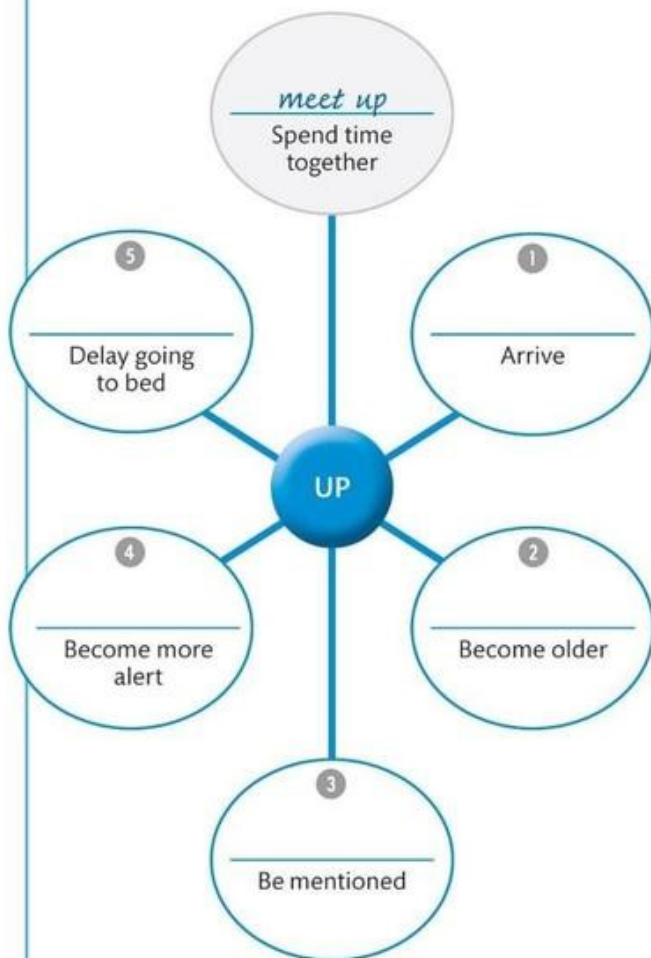
4 They **check** the hotel **into**.

5 He **meet ups** with his friends after work.



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9.5 READ THE ARTICLE AND MATCH THE PHRASAL VERBS TO THEIR DEFINITIONS



26 BUSINESS TODAY

BUSINESS LIFE

A day in the life of businesswoman Lou Milton

I own an international business consultancy. After a busy morning, my clients and I sometimes **meet up** for lunch. The clients really enjoy eating great food, so it's good business to go out for a meal and spend some time with them.

After lunch, we'll have group meetings. Once all the clients **turn up**, we have coffee, which always helps me **wake up**. All kinds of important issues can **come up** at these meetings, and I don't want to miss even a tiny detail. After work, I always hurry home to see my family.

Kids **grow up** so quickly, and it's important to spend time with them.

I don't usually **stay up** too late. The next day could be a long one!



9.6 KEY LANGUAGE PHRASAL VERBS IN DIFFERENT TENSES

When phrasal verbs are used in different tenses, the verb changes but the particle remains the same.



The particle never changes.

PRESENT SIMPLE

I **work** **out** every week.

PAST SIMPLE

I **worked** **out** yesterday.

PRESENT CONTINUOUS

I **am working** **out** right now.

FUTURE WITH "WILL"

I **will work** **out** tomorrow.



9.7 REWRITE THE SENTENCES, CORRECTING THE ERRORS

I just **chill out** right now.
I'm just chilling out right now.



① Don't **running away** from me!



② She **stays in** last night.



③ We **are meeting up** last Thursday.



④ She **ate out** next Saturday.



⑤ He **turns up** late to work yesterday.



9.8 LISTEN TO THE AUDIO AND ANSWER THE QUESTIONS



Teresa meets her friend Paul for coffee, and they talk about what they've been doing.

Paul arrived at work on time today.

True ☐ False ☒ Not given ☐

① Teresa never gets up early.

True ☐ False ☐ Not given ☐

② Teresa thinks it's important to relax.

True ☐ False ☐ Not given ☐

③ Teresa likes exercising.

True ☐ False ☐ Not given ☐

④ Paul will see his best friend on Saturday.

True ☐ False ☐ Not given ☐

⑤ Paul won't go to a restaurant this weekend.

True ☐ False ☐ Not given ☐

9.9 SAY THE SENTENCES OUT LOUD, USING THE GIVEN PHRASAL VERBS

I exercise three times a week. [work out]

I work out three times a week.

1 It's nice to have dinner in a restaurant. [eat out]

3 He doesn't usually arrive late. [turn up]

4 Are you going to stay at home tonight? [stay in]

2 I often spend time with friends. [meet up]

5 She likes to relax after work. [chill out]

Aa 9.10 LOOK AT THE PICTURES AND USE PHRASAL VERBS TO COMPLETE THE SENTENCES



They are checking into the hotel.

1 I usually _____ on weekends.

2 We _____ last night.

3 She's _____ at the gym.

4 We're going to _____ tomorrow.

5 The bus has _____.



09 CHECKLIST

⚙️ Phrasal verbs ☐

Aa Work and leisure ☐

🧩 Talking about everyday activities ☐