1, Phrasal verbs used in speaking English

clam up:

catch up:

groof off:

figure out:

bone up

2, a ten-year-old boy

a boy is ten years old.

The boy is a ten-year-old(n.)

A ten-year-old boy is sitting on the couch.

The boy sitting on the couch is ten years old.

The boy sitting on the couch is a ten-year-old.