



Master English Fluency – Sample & Survey

Hello! Francis here.

Firstly, thank you for taking this survey, I really appreciate it!

Please watch the 4 Fluency videos first, and then answer the questions.

Notice in the videos that there are 7 different types of activity. I will ask you questions about those 7 activities, so that I can understand which ones are most useful for you.

The survey should take you 3 minutes only.

At the end of the survey, remember to leave your email address so I can send you the free course coupon (when the course is finished in March).

Here is the link to the survey:

<https://forms.gle/doG1h9FeP11yuDDf8>

In the rest of this PDF, you can find the materials from the videos.

Thanks again!

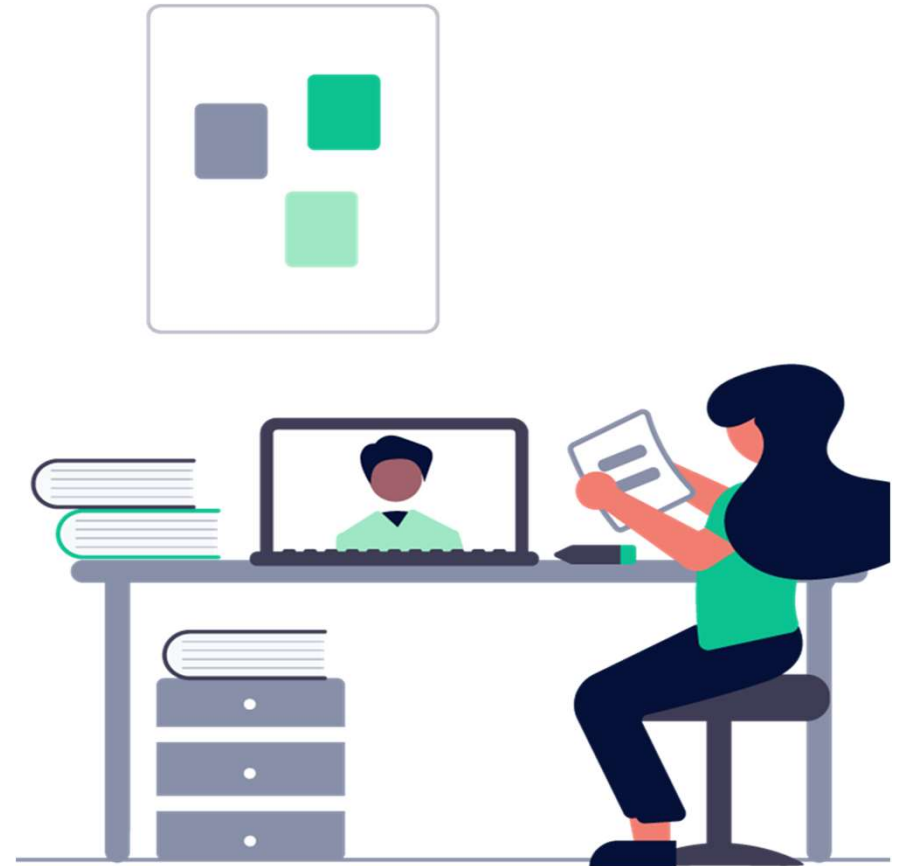
Francis



Last Minute English

Master English Fluency

Topic – Phrasal Verbs
(Sample)





Phrasal Verbs | Contextual Meaning

What Are Phrasal Verbs?

- Phrasal verbs are formed when a **verb** is combined with one or more **particles**. Particles can either be prepositions or adverbs. Phrasal verbs can be used in all the **tenses**.

Examples

- I like to **work out** three or four times a week.
- After **working out**, I spend a few minutes decompressing in the sauna.
- Yesterday, I only **worked out** for 20 minutes because I had some other errands to run during my lunch break.
- Tomorrow I **will work out** for longer, though.



Phrasal Verbs | Contextual Meaning

What Are Phrasal Verbs?

- Phrasal verbs often have different meanings to the verb by itself.
- Some phrasal verbs have different meanings depending on the context. For example:
 - I prefer to **work out** in the morning.
 - I couldn't **work out** the answer to question four in the test.
- Obviously, the two sentences have very different meanings, so it's essential that you understand the context in which they are being used.
- We use phrasal verbs extensively in both formal and informal English, so they are a fundamental part of improving your fluency. Consider this example:
 - No one knows when the economy will recover, but we'll **work out** a solution to keep our business operating.



Phrasal Verbs | Construction

How to Form Phrasal Verbs

- When using phrasal verbs, the particle is always placed **after** the verb. The verb must also agree with the subject (person and tense).
- They work**s** out. ❌
- They work out**s**. ❌
- They work out. ✅

Types of Phrasal Verbs

- There are three phrasal verb constructions:
 - Verb + Preposition
 - Verb + Adverb
 - Verb + Preposition + Adverb



Phrasal Verbs | At the Shop

Situation 1 – Shopping – Part 1

I meant to **swing by / swing past** the shops on my way home from work today, but the cars were all **backed up / jammed up** all the way out of the parking lot, so I'll try again first thing tomorrow morning.

Please could you **pick up** a dozen eggs while you're there? We **ran out** yesterday and the kids will be **fed up** if there isn't anything to eat when they **wake up**.

Phrasal Verb	Meaning
swing by / swing past	to buy or fetch something
backed up / jammed up	to be frustrated with something
pick up	to awaken after sleeping
ran out	a large backlog, a long queue of people or cars
fed up	when something is finished or used up
wake up	to stop somewhere on your way to your next destination



Phrasal Verbs | At the Shop

Answers

I meant to **swing by / swing past** the shops on my way home from work today, but the cars were all **backed up / jammed up** all the way out of the parking lot, so I'll try again first thing tomorrow morning.

Please could you **pick up** a dozen eggs while you're there? We **ran out** yesterday and the kids will be **fed up** if there isn't anything to eat when they **wake up**.

Phrasal Verb
swing by / swing past
backed up / jammed up
pick up
ran out
fed up
wake up

Meaning
to stop somewhere on your way to your next destination
a large backlog, a long queue of people or cars
to buy or fetch something
when something is finished or used up
to be frustrated with something
to awaken after sleeping



Phrasal Verbs | At the Shop

Situation 1 – Shopping – Part 2

Unfortunately, I was **out of luck** – all the eggs were **sold out**. The assistant suggested that we try the farm stall just outside of town.

He also recommended that we **stock up** on other pantry essentials because suppliers are struggling to **keep up** with orders and deliveries over the festive season.

I thanked him for the **heads up** and said I would **check out** the farmstall on my way home.

Phrasal Verb	Meaning
out of luck	a warning or notification about something that will happen in the future
sold out	to investigate, research or observe something
stock up	when there is no more stock left of a particular product
keep up	to experience a disappointing outcome
heads up	buying plenty of goods you will need before an event or trip
check out	to maintain the expected level of service or progress



Phrasal Verbs | At the Shop

Answers

Unfortunately, I was **out of luck** – all the eggs were **sold out**. The assistant suggested that we try the farm stall just outside of town.

He also recommended that we **stock up** on other pantry essentials because suppliers are struggling to **keep up** with orders and deliveries over the festive season.

I thanked him for the **heads up** and said I would **check out** the farmstall on my way home.

Phrasal Verb
out of luck
sold out
stock up
keep up
heads up
check out

Meaning
to experience a disappointing outcome
when there is no more stock left of a particular product
buying plenty of goods you will need before an event or trip
to maintain the expected level of service or progress
a warning or notification about something that will happen in the future
to investigate, research or observe something



Phrasal Verbs | At the Airport

Listen to the Audio and Write the Phrasal Verbs

We were trying to ____ ____ where we needed to ____ ____ ____
____ at the airport, but it was a small airport, so none of the
signs were in English. It was quite a nerve-wracking
experience because we were ____ ____ ____ ____ before the
boarding gates closed.

Eventually, though, everything ____ ____ just fine. We found a
very obliging staff member who showed us where to ____
____ our bags and that helped us to ____ ____

After we ____ ____ the process of ____ ____ our bags was much
smoother because the destination airport had lots of signs
to guide us through the airport.



Phrasal Verbs | At the Airport

Answers

We were trying to **find out** where we needed to **check our luggage in** at the airport, but it was a small airport, so none of the signs were in English. It was quite a nerve-wracking experience because we were **running out of time** before the boarding gates closed.

Eventually, though, everything **turned out** just fine. We found a very obliging staff member who showed us where to **drop off** our bags and that helped us to **calm down**.

After we **touched down**, the process of **picking up** our bags was much smoother because the destination airport had lots of signs to guide us through the airport.

Challenge – Pause the video and try to understand the meaning of the **phrasal verbs**



Phrasal Verbs | At the Airport

Match the Meaning to the Phrasal Verb

Phrasal Verb	Meaning
find out	the end result; in the end; at the end
check in	to submit something for inspection or processing; to deliver something
run out of sth	when an aeroplane lands
turn out	to become relaxed
drop off	to collect something
calm down	to obtain information that you don't have
touch down	a process of submitting your bags and documents when travelling
pick up	when you have nothing left of that thing



Phrasal Verbs | At the Airport

Answers

Phrasal Verb	Meaning
find out	to obtain information that you don't have
check in	submit your bags/documents when travelling
run out of sth	when you have nothing left of that thing
turn out	the end result; in the end; at the end
drop off	to submit something for inspection
calm down	to become relaxed
touch down	when an aeroplane lands
pick up	to collect something



Phrasal Verbs | Review

Phrasal Verb (Routine)	Meaning
swing by / swing past	to stop somewhere on your way to your next destination
backed up / jammed up	a large backlog, a long queue of people or cars
pick up	to buy or fetch something
ran out	when something is finished or used up
fed up	to be frustrated with something
wake up	to awaken after sleeping

Phrasal Verb (Shops)	Meaning
out of luck	to experience a disappointing outcome
sold out	when there is no more stock left of a particular product
stock up	buying plenty of goods you will need before an event or trip
keep up	to maintain the expected level of service or progress
heads up	a warning or notification about something that will happen in the future
check out	to investigate, research or observe something



Phrasal Verbs | Review

Phrasal Verb	Meaning
find out	to obtain information that you don't have
check in	submit your bags/documents when travelling
run out of something	when you have nothing left of that thing
turn out	the end result; in the end; at the end
drop off	to submit something for inspection
calm down	to become relaxed
touch down	when an aeroplane lands
pick up	to collect something



Quiz | Phrasal Verbs

Complete the Phrasal Verb in Each Sentence

- Do you mind **swinging** ____ / **dropping** ____ on your way home to get some baking powder? We **ran** ____ yesterday after making muffins for the end-of-year function.

away

at

out

inside

by

up

past

into

with

- The aeroplane has just **touched** ____ and you will be able to **pick** ____ your luggage soon. I know it has been a frustrating day for us all, but I would like to ask everyone to **calm** ____ and remain seated until the plane has come to a complete stop.

down

at

down

on

up

with

onto

with

across



Quiz Answers | Phrasal Verbs

Complete the Phrasal Verb in Each Sentence

- Do you mind **swinging** **past** / **dropping** **by** on your way home to get some baking powder? We **ran** **out** yesterday after making muffins for the end-of-year function.

away

at

out

inside

by

up

past

into

with

- The aeroplane has just **touched** **down** and you will be able to **pick** **up** your luggage soon. I know it has been a frustrating day for us all, but I would like to ask everyone to **calm** **down** and remain seated until the plane has come to a complete stop.

down

at

down

on

up

with

onto

with

across



Quiz | Phrasal Verbs

Complete the Phrasal Verb in Each Sentence

- My apologies for **turning** ____ so late – the highway was **backed** ____ / **jammed** ____ all the way to the M3. I'm having issues with my car's GPS system, so I only **found** ____ about the traffic when I got onto the highway.

at

down

away

up

away

up

inside

up

out

- I get really anxious when planning parties. I never know who is going to **turn** ____ and whether everything will **turn** ____ well. I often get **fed** ____ with all the catering – there's just so much food to organise.

out

out

up

up

up

out

in

in

with



Quiz Answers | Phrasal Verbs

Answers

- My apologies for **turning up** so late – the highway was **backed up** / **jammed up** all the way to the M3. I'm having issues with my car's GPS system, so I only **found out** about the traffic when I got onto the highway.

at

up

inside

down

away

up

away

up

out

- I get really anxious when planning parties. I never know who is going to **turn up** and whether everything will **turn out** well. I often get **fed up** with all the catering – there's just so much food to organise.

out

up

in

out

up

in

up

out

with



Quiz | Phrasal Verbs

Choose the Correct Meaning of Each Sentence

- I was wondering why the number I was calling wasn't working, but then I **found out** on their website that the municipality closes early on Fridays.
You found the phone number on top of your bookshelf.
You didn't have the required information, so you searched for it.
You admire the local municipality.
- Yana **looks up** to you, so you must be a good role model for her.
Yana is shorter than you.
Yana didn't know something, so she asked you.
Yana admires and respects you.



Quiz Answers | Phrasal Verbs

Answers

- I was wondering why the number I was calling wasn't working, but then I **found out** on their website that the municipality closes early on Fridays.

You found the phone number on top of your bookshelf.

You didn't have the required information, so you searched for it.

You admire the local municipality.

- Yana **looks up** to you, so you must be a good role model for her.

Yana is shorter than you.

Yana didn't know something, so she asked you.

Yana admires and respects you.



Quiz | Phrasal Verbs

Choose the Right Phrasal Verb for Each Sentence

- I can't believe Angelina ____ to the wedding drunk.
turned away
turned down
turned up
- You should ____ on beer, wine, and maybe a few spirits today. I imagine the shops will be a nightmare tomorrow because of the school holidays.
stock up
stock away
stock with
- I'm afraid you're _____. Your application was submitted after the deadline.
out of luck
out of stock
sold out



Quiz Answers | Phrasal Verbs

Answers

- I can't believe Angelina **turned up** to the wedding drunk.

turned away

turned down

turned up

- You should **stock up** on beer, wine, and maybe a few spirits today. I imagine the shops will be a nightmare tomorrow because of the school holidays.

stock up

stock away

stock with

- I'm afraid you're **out of luck**. Your application was submitted after the deadline.

out of luck

out of stock

sold out



Quiz | Phrasal Verbs

Write a Sentence Using the Prompts

- Try to **write** positive and negative sentences as well as questions. Also try to use a variety of tenses with the phrasal verbs. Practise **speaking** the sentence out loud until you can say it comfortably and smoothly.

Phrasal Verb	Prompt	Sentence
check out	New Avatar movie	Have you checked out the new Avatar film yet?
check in	Before 8pm	
out of luck	Last flight already left	
swing by	Pick up a PS5 controller	
turn away	Nightclub is full	



Quiz Answers | Phrasal Verbs

Possible Answers

- Try to **write** positive and negative sentences as well as questions. Also try to use a variety of tenses with the phrasal verbs. Practise **speaking** the sentence out loud until you can say it comfortably and smoothly.

Phrasal Verb	Prompt	Sentence
check out	New Avatar movie	Have you checked out the new Avatar film yet?
check in	Before 8pm	<u>Verb</u> : We need to check in before 8pm, otherwise we can't get inside <u>Noun</u> : Check-in is at 8pm at the latest
out of luck	Last flight already left	I'm afraid we're out of luck; the last flight left an hour ago. We'll have to wait until tomorrow and try to get seats on the next flight
swing by	Pick up a PS5 controller	I'll be there in 15 minutes, I'm just swinging by Max's house to pick up another controller
turn away	Nightclub is full	The club was packed, so they turned us away



Intonation | Phrasal Verbs

Intonation Practice

Repeat the following phrases after me – practice your pronunciation and intonation.

- My apologies for turning up so late
- I'm afraid you're out of luck
- We've sold out of the chicken, I'm afraid
- I'm fed up with all this work
- How are you able to keep up with all your work?
- Would you mind dropping me off at the train station on the way home?
- I just want to give you all a heads up



Conversation | Phrasal Verbs

Conversation Practice

Listen to my questions and answer using at least one phrasal verb you have learned.

Francis: Hello sir, and welcome to Manchester airport. How can I help you today?

Student Prompt – Give bags for flight

F: That's totally fine. You will take the flight from Manchester to Mexico City, with a transfer in New York. Do you have any other questions?

Student Prompt – Which city to collect bags?

F: You'll collect them in Mexico City.

Student Prompt – When does plane land Mexico?

F: It touches down at about 10pm local time. Have a good flight!

Student Prompt – Politely say thanks for help



Conversation | Phrasal Verbs

Conversation Practice

Listen to my questions and answer using at least one phrasal verb you have learned.

Francis: Hello sir, and welcome to Manchester airport. How can I help you today?

I'd like to check my luggage in for my flight

F: That's totally fine. You will take the flight from Manchester to Mexico City, with a transfer in New York. Do you have any other questions?

Yes, I'd like to know where I should pick up my bags – in New York or in Mexico City?

F: You'll collect them in Mexico City.

And what time does the plane touch down in Mexico City?

F: It touches down at about 10pm local time. Have a good flight!

Thank you very much for your help, I really appreciate it.