



11 - VOCABULARY: LIST OF PHRASAL VERBS FOR SPORT



Bulk up - to increase in size, mass or volume: *You're still too skinny. You're going to need to **bulk up** a bit before you can compete in the Olympic wrestling.*

Warm up / Cool down: to prepare for physical exercise by stretching or exercising beforehand. / to relax the body after physical exercise by stretching. *'When you exercise, you should always make sure that you **warm up** and **cool down**.'*

Drop out: to no longer be involved in something; to stop participation in a game, club or school. *'The gymnast broke her leg a few days before a big competition, which meant that she had to **drop out**.'*

Fall apart: to break, separate or collapse. *'I **fell apart** as soon as I saw the competition – they were all so good!'*

Give up: to stop trying, admit defeat or lose hope that something will happen. For example *'If an athlete hasn't won an Olympic medal after years and years of trying maybe they should **give up** and do something else.'*

Hit back: to fight back, to respond to failure or aggression. *'After my recent defeat I decided I had to **hit back** and keep on trying.'*

Join in: to do an activity with other people. *'There's a group of boys playing basketball, let go and **join in**.'*

Kick off: the start or beginning of something; literally to start playing in a football game. *'The Olympic closing ceremony will **kick off** at 4 in morning, Beijing time.'*

Knock (someone) out: literally to make someone unconscious, or to eliminate your competition. *'In the first two rounds the boxer had **knocked out** his opponent.'*

Push up: literally to raise something up, or a type of exercise designed to improve upper body strength. *'I do ten push ups a day so that I can have a body like this.'*

Notch up: to increase, add up or score something. *'He's **notching up** quite a collection of gold medals this Olympic season.'*

Take part: another way to say **join in**; to do something with a group of people. For example *'I'm going to **take part** in the Olympic Opening Ceremony this year as a volunteer.'* Or, as the old saying goes *'It's not the winning, but the **taking part** that matters.'*

Urged on: to encourage, especially by cheering or shouting. *'The marathon runners were exhausted. **Urged on** by their supporter they managed to finish the race.'*

Work out: hard exercise with the aim of improve physical fitness and appearance. *'If I work out at the gym every day next week maybe I'll get a body like Michael Phelps!'*