

Sports Phrasal Verbs

“I LIKE TO **WORK OUT** IN THE EARLY MORNING, BECAUSE THAT’S WHEN I HAVE THE MOST ENERGY.”

Work out means to exercise. It can also be used as a noun (one word): “That was a great **workout!** I’m gonna be sore tomorrow!” (sore = your muscles are hurting)

“TIME TO GO TO THE GYM – I NEED TO **WORK OFF** THE CHEESECAKE I HAD LAST NIGHT!”

Work off is a special phrasal verb used to describe doing exercise to lose the weight or extra calories you gained by eating food.

“LET’S **WARM UP** WITH A SHORT RUN.”

To **warm up** is to do light or easy exercise in preparation for more intense exercise later. It’s important to **warm up** in order to avoid sports injuries.

“MY DAUGHTER IS GOING TO **TRY OUT** FOR THE SCHOOL’S MOST COMPETITIVE SOCCER TEAM.”

When you want to join a sports team, but the team doesn’t accept everybody, then you need to **try out** for the team – this means demonstrate your abilities so that the team’s manager can evaluate you and decide if you are good enough to join the team. Sometimes teams announce they will have **try outs** for people who want to join.

“THE FOOTBALL PLAYER **PASSED OUT** DUE TO DEHYDRATION.”

To **pass out** is to lose consciousness (you can also say “black out”). When a person who has **passed out** begins to wake up, you can use another phrasal verb: “I think he’s **coming around.**”

Coming around can also mean someone is changing his mind and beginning to agree

with another opinion. Jeff didn't want to go the mountains for vacation but after he listened to his friends talk about how much fun it would be, he began to **come around**.

Come around is also used to describe someone being at a certain location. Ben used visit my house every week but he hasn't **come around** for months. I wonder if someone told him to stop **coming around** here.

“THE BOXER THREW A SINGLE PUNCH AND IMMEDIATELY **KNOCKED OUT** HIS OPPONENT.”

Differently from “pass out,” which happens naturally, **knock out** means to hit somebody and make them lose consciousness.

Someone who is very handsome or beautiful might also be referred to as a **knock out**.

“HE DIDN'T FINISH THE MARATHON – HE **GAVE UP** AROUND THE 20TH MILE.”

To “**give up**” is to stop doing something.