



## Advanced Phrasal Verbs 1 Curriculum

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## Introduction

Lesson 1: How to Remember Vocabulary (Video and Explanation)

How to Remember Words

The Testing Effect

Spaced Repetition

Lesson 2: The Grammar of Phrasal Verbs (Video and Explanation)

Lesson 3: Anki

How to download Anki

How to use Anki

Lesson 4: How to Study with Flashcards

Index of Phrasal Verbs (PDF)



## Days 1-5

Day 1: Bang on about, fizzle out, kick back, knuckle down, stumble across

Day 1 Video Explanation

Day 1 Exercise

Day 2: Boil down to, drag on, muddle up, rustle up, wade through

Day 1 Mini-review

Day 2 Video Explanation

Day 2 Exercise

Day 3: Brush up on, butter up, gloss over, pitch in, veg out

Day 2 Mini-review

Day 3 Video Explanation

Day 3 Exercise

Day 4: Dumb down, faff around, pull aside, simmer down, suss out

Day 3 Mini-review

Day 4 Video Explanation

Day 4 Exercise

Day 5: Add up, burn out, pass through, smarten up, tiptoe around

Day 4 Mini-review

Day 5 Video Explanation

Day 5 Exercise

Days 1-5 Review



## Days 6-10

Day 6: Crank out, gobble up, move on, mull over, weed out

Day 5 Mini-review

Day 6 Video Explanation

Day 6 Exercise

Day 7: Snow under, take aback, rain off, pass down, bowl over

Day 6 Mini-review

Day 7 Video Explanation

Day 7 Exercise

Day 8: Skirt around, stem from, heap up, pore over, brush off

Day 7 Mini-review

Day 8 Video Explanation

Day 8 Exercise

Day 9: Stick up for, stock up on, go over, look down on, bring about

Day 8 Mini-review

Day 9 Video Explanation

Day 9 Exercise

Day 10: Dream up, pick out, settle down, back up, head for

Day 9 Mini-review

Day 10 Video Explanation

Day 10 Exercise

Days 6-10 Review



## Days 11-15

Day 11: Be up to, settle up, turn out, cope with, clutter up

Day 10 Mini-review  
Day 11 Video Explanation  
Day 11 Exercise

Day 12: Wind up, die out, fiddle with, pull off, go for

Day 11 Mini-review  
Day 12 Video Explanation  
Day 12 Exercise

Day 13: Catch on, crack down on, fall through, freak out, go along with

Day 12 Mini-review  
Day 13 Video Explanation  
Day 13 Exercise

Day 14: Think ahead, mess up, go through with, plug in, nod off

Day 13 Mini-review  
Day 14 Video Explanation  
Day 14 Exercise

Day 15: Talk someone out of something, bounce something off someone, take someone up on something, lay off, track down

Day 14 Mini-review  
Day 15 Video Explanation  
Day 15 Exercise  
Days 10-15 Review



## Days 16-20

Day 16: Tell off, fill in, miss out on, show around, come down with

Day 15 Mini-review

Day 16 Video Explanation

Day 16 Exercise

Day 17: Hold against, close down, clog up, jump at, rule out

Day 16 Mini-review

Day 17 Video Explanation

Day 17 Exercise

Day 18: Muddle through, hammer into, dwell on, burst into, wait up

Day 17 Mini-review

Day 18 Video Explanation

Day 18 Exercise

Day 19: Pencil in, drown out, chip in, weigh up, wimp out

Day 18 Mini-review

Day 19 Video Explanation

Day 19 Exercise

Day 20: Slip out, grow apart, tick off, plod away, thrive on

Day 19 Mini-review

Day 20 Video Explanation

Day 20 Exercise

Days 16-20 Review



## Days 21-25

Day 21: Splash out, rub off on, drink in, tune out, deal out

Day 20 Mini-review

Day 21 Video Explanation

Day 21 Exercise

Day 22: Crack on, hack into, storm off, curl up, mope around

Day 21 Mini-review

Day 22 Video Explanation

Day 22 Exercise

Day 23: Lift off, lighten up, string out, chase up, bottle up

Day 22 Mini-review

Day 23 Video Explanation

Day 23 Exercise

Day 24: Hype up, fritter away, rip off, act up, warm up

Day 23 Mini-review

Day 24 Video Explanation

Day 24 Exercise

Day 25: Bundle up, feed up, iron out, rush off, square up to

Day 24 Mini-review

Day 25 Video Explanation

Day 25 Exercise

Days 21-25 Review



## Days 26-30

Day 26: Knock up, sound off, bog down, top off, roll out

Day 25 Mini-review  
Day 26 Video Explanation  
Day 26 Exercise

Day 27: Gain on, cheer on, sleep through, hang in, space out

Day 26 Mini-review  
Day 27 Video Explanation  
Day 27 Exercise

Day 28: Bring forward, shoot up, take to, queue up, magic up

Day 27 Mini-review  
Day 28 Video Explanation  
Day 28 Exercise

Day 29: Pull together, narrow down, mug up on, move over, run up

Day 28 Mini-review  
Day 29 Video Explanation  
Day 29 Exercise

Day 30: File away, put off, go beyond, sign up, chuck down

Day 29 Mini-review  
Day 30 Video Explanation  
Day 30 Exercise  
Day 30 Mini-review  
Days 26-30 Review