



Intermediate Phrasal Verbs 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: Anki

How to download Anki

How to use Anki

Introduction Downloads (PDF)

Intermediate Phrasal Verbs Index (PDF)



Days 1 - 5

Day 1: Deal with, throw away, carry out, get into, go ahead

Day 1 Video Explanation

Day 1 Exercise

Day 2: Set off, keep up with, call off, look at, look up

Day 1 Mini-Review

Day 2 Video Explanation

Day 3 Exercise

Day 3: Follow up with, talk into, end up, carry on, cut down on

Day 2 Mini-Review

Day 3 Video Explanation

Day 3 Exercise

Day 4: Hold back, pull in, come down, look after, rule out

Day 3 Mini-Review

Day 4 Video Explanation

Day 4 Exercise

Day 5: Come up with, wear out, go out with, blow up, catch on

Day 4 Mini-Review

Day 5 Video Explanation

Day 5 Exercise

Days 1-5 Review



Days 6 - 10

Day 6: Put down, write down, give in, fill up, come on

Day 5 Mini-Review

Day 6 Video Explanation

Day 6 Exercise

Day 7: Dress up, speed up, put off, pick up, look out for

Day 6 Mini-Review

Day 7 Video Explanation

Day 7 Exercise

Day 8: Get across, mix up, be based on, take after, look for

Day 7 Mini-Review

Day 8 Video Explanation

Day 8 Exercise

Day 9: Look into, make up for, give away, set back, put up with

Day 8 Mini-Review

Day 9 Video Explanation

Day 9 Exercise

Day 10: Stay over, give back, knock down, drop off, wrap up

Day 9 Mini-Review

Day 10 Video Explanation

Day 10 Exercise

Days 6-10 Review



Days 11 - 15

Day 11: Live on, fall through, check out, clean up, find out

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

Day 12: Leave out, stay up, let out, get together, turn off

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

Day 13: Keep on, turn down, go off, put through, come over

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

Day 14: Read out, put away, turn on, take off, wash up

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

Day 15: Give up, turn into, move out of, break up with, back up

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



Days 16 - 20

Day 16: Break down, catch up with, try on, bring up, hand in

Day 15 Mini-Review
Day 16 Video Explanation
Day 16 Exercise

Day 17: Run into, go on, do away with, lie down, run out of

Day 16 Mini-Review
Day 17 Video Explanation
Day 17 Exercise

Day 18: Move into, take back, call for, pick on, get back

Day 17 Mini-Review
Day 18 Video Explanation
Day 18 Exercise

Day 19: Put out, get up, check in, put on, grow up

Day 18 Mini-Review
Day 19 Video Explanation
Day 19 Exercise

Day 20: Get away with, get down, come across, throw up, get on with

Day 19 Mini-Review
Day 20 Video Explanation
Day 20 Exercise
Days 16-20 Review



Days 21 - 25

Day 21: Stand out, fall out with, call on, miss out, look forward to

Day 20 Mini-Review
Day 21 Video Explanation
Day 21 Exercise

Day 22: Work out, pass away, go for, go over, fit in

Day 21 Mini-Review
Day 22 Video Explanation
Day 22 Exercise

Day 23: Show off, get over, take over, check on, knock over

Day 22 Mini-Review
Day 23 Video Explanation
Day 23 Exercise

Day 24: Cross out, come along, hang on, break into, fall for

Day 23 Mini-Review
Day 24 Video Explanation
Day 24 Exercise

Day 25: Be over, look up to, do with, hold up, get out

Day 24 Mini-Review
Day 24 Video Explanation
Day 24 Exercise
Days 21-25 Review



Days 26 - 30

Day 26: Write up, point out, knock out, stand up for, do without

Day 25 Mini-Review

Day 26 Video Explanation

Day 26 Exercise

Day 27: Get around to, talk over, do up, let down, head for

Day 26 Mini-Review

Day 27 Video Explanation

Day 27 Exercise

Day 28: Cut up, sort out, set up, give out, go with

Day 27 Mini-Review

Day 28 Video Explanation

Day 28 Exercise

Day 29: Pay off, turn up, stay behind, rub out, go by

Day 28 Mini-Review

Day 29 Video Explanation

Day 29 Exercise

Day 30: Take up, hang up, fill in, stand for, stick to

Day 29 Mini-Review

Day 30 Video Explanation

Day 30 Exercise

Day 30 Mini-Review

Days 26-30 Review