

IDIOMS

SPORTS IDIOMS

- I've said what I need to say. Now, **the ball is in your court**.
(the ball is in your court: it's up to you to take the next step [tennis])
- He's very tired. I think he's going **to throw in the towel**.
(to throw in the towel: to quit or surrender [boxing])
- The employees were **hit for six** when they heard that the factory would be closing.
(hit for six: shocked in a negative way by something [cricket])
- He really **dropped the ball** when he forgot the deadline for the report.
(drop the ball: to make a stupid mistake or manage a situation badly [general])
- She is the **front runner** to get the promotion.
(to be the front runner: expected to win [track])

FOOD

- He's always exaggerating, so I would **take** what he said **with a grain of salt**.
(take something with a grain/pinch of salt: be sceptical about what is being said)
- What's done is done. There is no point **crying over spilt milk**.
(to cry over spilt milk: to be upset about a past situation that can't be changed)
- If I **butter him up** a little, he might agree to my proposal.
(butter someone up: to flatter someone for selfish reasons)
- Despite all the chaos and the uncertainty, **she was as cool as a cucumber**.
(as cool as a cucumber: to remain very relaxed under pressure)
- The crowd **egged him on** as he shouted abuse at the police.
(to egg someone on: to encourage someone to do something dangerous or stupid)

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ANIMALS

- If I get a bonus this month we could go on a holiday, but let's **not count our chickens**.
(to not count your chickens: don't make plans until you are sure of the facts)
- Why are you in such a rush to leave? **Hold your horses**. I'll be ready in a minute.
(hold your horses: wait and be patient)
- Why don't you **kill two birds with one stone** and collect the dry cleaning on your way to the supermarket?
(kill two birds with one stone: perform two tasks at the same time)
- Don't tell Paul anything. He's always **letting the cat out of the bag**.
(let the cat out of the bag: to reveal a secret)
- I need to go running. I **pigged out on** chocolate earlier.
(pig out on: to eat a lot of unhealthy food in one sitting)

MISCELLANEOUS

- My parents go to the cinema **once in a blue moon**.
(once in a blue moon: very rarely)
- Aren't you **putting the cart before the horse**? Shouldn't you wait for the invitation before you think about your outfit for the party?
(to put the cart before the horse: to do things in the wrong order)
- What a terrible week! Losing my keys was **the last straw**.
(the last straw: the last thing in a series of bad things that finally makes you very upset or angry)
- They had been drinking all day and were **three sheets to the wind**.
(to be three sheets to the wind: to be very drunk)
- Based on what happened yesterday I'm starting **to have second thoughts** about going there.
(to have second thought: to start to doubt your previous decision or opinion about something)