

# English Grammar: 'sit down', 'stand up', 'get up', 'lie down'

## A) Actions:

### 1) to sit down (sit/sat/sat)

An action – to put your bottom on a chair (or on the floor).

Examples:

- He always **sits down** when the teacher asks.
- All the children **sat down** when the teacher asked.
- The children **have sat down** many times.

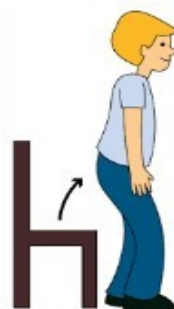


### 2) to stand up (stand/stood/stood)

An action – to rise from a chair (or from the floor).

Examples:

- He always **stands up** when the teacher asks.
- All the children **stood up** when the teacher asked.
- The children **have stood up** many times.



### 3) to get up (get/got/gotten)

An action – to rise from a bed.

Examples:

- He always **gets up** at 6am.
- John **got up** yesterday at 11am.
- He **has gotten up** late many times.

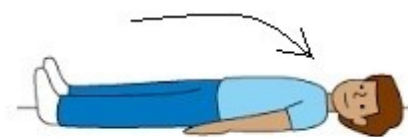


### 4) to lie down (lie/lay/lain)

An action – to get horizontal on a bed (or on the floor).

Examples:

- He always **lies down** when he has a headache.
- John **lay down** when the doctor asked.
- I **have lain down** many times.



Saying: "If you **lie down** with dogs, you **get up** with fleas".

Note: In cases 1, 2, and 4, the prepositions are not really necessary, but native speakers prefer to use them.

## B) States:

### 1) to be sitting down

A state – to have your bottom on a chair (or on the floor).

Examples:

- He **is sitting down** at the moment.
- All the children **were sitting down** when the teacher arrived.
- The children **have been sitting down** for a long time.



### 2) to be standing up

A state – to be in a vertical position with your feet on the floor.

Examples:

- He **is standing up** at the moment.
- All the children **were standing up** when the teacher arrived.
- The children **have been standing up** for a long time.



### 3) to be lying down

A state – to be in a horizontal position on a bed (or on the floor).

Examples:

- He **is lying down** because he has a headache.
- All the children **were lying down** on the floor when the teacher arrived.
- He **has been lying down** for a long time.



Note: Again, the prepositions are not really necessary, but native speakers prefer to use them.

**Exercise.** Complete:

- 1) What time do you \_\_\_\_\_ every day?
- 2) Why is John \_\_\_\_\_ on the floor? Is he hurt?
- 3) Lunch is ready, so when you're ready, you can \_\_\_\_\_ and eat.
- 4) Why are you \_\_\_\_\_? \_\_\_\_\_ with me on the sofa!
- 5) Everybody \_\_\_\_\_ when the judge entered the room.
- 6) Please \_\_\_\_\_ and wait. The doctor will see you soon.
- 7) Where are the boys? They are \_\_\_\_\_ on the sofa playing video games.
- 8) What time did you \_\_\_\_\_ yesterday morning?
- 9) My back really hurts. I think I need to \_\_\_\_\_.
- 10) I really don't like \_\_\_\_\_ for long periods of time. My legs get tired.