

Railway Expressions

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Introduction: Ask and answer the questions as a group.

1. Are there trains in your country?
2. Do you know where the world's first intercity railway was opened?
3. Do you enjoy travelling by train?
4. Can you think of any idiomatic expressions in English which include the following words?

train

track

rails

steam



Reading: Read the introductory paragraph together.

The railway has played a significant role in the development of British society and culture. It has not only revolutionised transportation and commerce, but has also had a lasting impact on the English language. The first intercity passenger railway was the Liverpool-Manchester line which opened in 1830, marking the beginning of a new era in transportation and communication. Many expressions related to the railway have become part of everyday conversation in Britain, and they provide a fascinating glimpse into the country's history and heritage.

From “being on the right track” to “running out of steam”, the railway has left a rich legacy of idioms and expressions that are still widely used in Britain and worldwide today. Not only that, but their connection to progress means they are commonly used in terms of business. These expressions offer a unique window into the cultural, social, and historical significance of the railway in Britain.





Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

1. to be _____ track:

This means to be making progress as planned and to be on schedule.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

1. to be **on** track:

This means to be making progress as planned and to be on schedule.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

2. to be on the _____ track:

This means to be on the correct path to success.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

2. to be on the **right** track:

This means to be on the correct path to success.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

3. to _____:

This means to intentionally divert from a main topic of discussion or from a plan.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

3. to **sidetrack**:

This means to intentionally divert from a main topic of discussion or from a plan.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

4. to _____ on track:

This means to remain on the course or path that has been set or intended.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

4. to **stay** on track:

This means to remain on the course or path that has been set or intended.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

5. to go _____ track:

This means to accidentally deviate from the plan or conversation topic.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

5. to go **off** track:

This means to accidentally deviate from the plan or conversation topic.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

6. to get _____ on track:

This means to return to the original plan or intended course of action.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

6. to get **back** on track:

This means to return to the original plan or intended course of action.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

7. _____ steam ahead:

This means to proceed with full energy, enthusiasm, or momentum.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

7. **full** steam ahead:

This means to proceed with full energy, enthusiasm, or momentum.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

8. run out of _____:

This means to lose energy, enthusiasm, or momentum.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

8. run out of **steam**:

This means to lose energy, enthusiasm, or momentum.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

9. lose your train of _____:

This means to forget what you were thinking or saying.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

9. lose your train of **thought**:

This means to forget what you were thinking or saying.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

10. have a _____-track mind:

This means to be single-minded and obsessed with a single goal or idea.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

10. have a **one**-track mind:

This means to be single-minded and obsessed with a single goal or idea.



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

11. go off the _____:

This means to become erratic, unstable, or uncontrolled.

*for people or situations



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

11. go off the **rails**:

This means to become erratic, unstable, or uncontrolled.

*for people or situations



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

12. be a train _____:

This means to be a disaster, a failure, or a complete mess



Vocabulary: Complete the expressions with the missing words in the boxes.

sidetrack	off	one	full	steam	thought
stay	rails	on	right	back	wreck

12. be a train **wreck**:

This means to be a disaster, a failure, or a complete mess





Speaking:

Ask and answer the questions as a group.

1. What tools do you use to know if you are on track with your work or studies?



Speaking:

Ask and answer the questions as a group.

2. How does it feel when you are sure you are on the right track towards your goals?



Speaking:

Ask and answer the questions as a group.

3. Have you ever sidetracked from your goals to do something different for a period of time?



Speaking:

Ask and answer the questions as a group.

4. Do you find it difficult to stay on track when you are studying or working from home?



Speaking:

Ask and answer the questions as a group.

5. What causes you to go off track in a conversation or in a meeting?



Speaking:

Ask and answer the questions as a group.

6. What helps you to get back on track when you realise that you have been distracted?



Speaking:

Ask and answer the questions as a group.

7. Do you find it easiest to move full steam ahead in the morning, afternoon, or in the evening?



Speaking:

Ask and answer the questions as a group.

8. Have you ever felt like you had totally run out of steam and couldn't go on any longer?



Speaking:

Ask and answer the questions as a group.

9. How often do you feel like you lose your train of thought?



Speaking:

Ask and answer the questions as a group.

10. How can having a one-track mind be harmful to reaching your goals?



Speaking:

Ask and answer the questions as a group.

11. Can you think of any celebrities or famous people who have gone off the rails?



Speaking:

Ask and answer the questions as a group.

12. When was the last time your house was a train wreck, or really messy, and what was the reason?



Railway Expressions

Check out the printable version of this worksheet and teacher's insights at [ESLhome.es](https://www.eslhome.es)

