

BE UP TO UP FOR

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to prepare for your
Cambridge English Exam?



BE UP TO something

1) To be doing something:

- What are you up to at the moment?

What are you up to ? = What are you doing?

As an answer, we cannot use it in a positive way. For example, we cannot say : ~~X I'm up to reading a book.~~

As a negative is OK : I'm not up to much.

2) Doing something wrong or secret

- When he's quiet like this, I know he's up to something.
- I wondered what my daughter was really up to.

3) Well enough, strong enough, or good enough to do something

- She's supposed to leave the hospital tomorrow, but I don't think she's up to it. (= she is not well enough)
- He's not really up to the job. (= he is not good enough)
- I'm not up to lifting that kind of weight yet. (I'm not strong enough yet)

I'm up to it =

I'm well/strong/good enough to do it.

up to doing something:

- I don't think I'm up to doing a ten-mile walk.
- It was a serious fall - it'll be a while before you feel up to walking again.

BE UP FOR something

1) Willing to do a particular activity

- 'What do you feel like doing?'
'I'd be up for just about anything.'
- We're going clubbing tonight.
Are you up for it?

I'm not up for (doing) that =

I don't want to do that.

I'm up for (doing) that =

I want to do that.

up for doing something:

- I'm not up for working out today.
- Are you up for watching a film?

2) Available for a particular purpose or process

- Most of the houses are up for sale.
- Even the most taboo subjects were up for discussion.

3) Being considered for something, especially as a candidate

- She's up for consideration for a managerial post.
- Two candidates are up for election.