

Phrase - group of words  
acting as unit

1) Prepositional - prep + words  
after; adj./adv.  
to, on, in,  
for, according to

2) gerund phrase

↳ -ing form of verb  
acts like noun

Swimming is healthy.

the activity of verb

phrase - gr of words  
act as unit  
- noun  
- adj  
- adv

1) prepositional - prep. +

on, in, next to | can be removed  
on the sofa

2) gerund - -ing form  
of verb acting  
like noun

"the act of verb"

(can't remove 95%)  
Swimming is health.

Swimming w/ sharks, isn't.