Hobbies and free time ESL lesson plan (A1)

A1 (beginner) · 60 minutes · for English teachers · englishcue.app

Stage	Time
Warm-up	5–10 min
Vocabulary	15 min
Controlled practice	10 min
Grammar focus	10 min
Speaking	15 min
Wrap-up and homework	5 min

1. Warm-up (5–10 min)

- What do you do in your free time?
- What do you like doing at the weekend?
- Do you play any sports or instruments?

2. Vocabulary (15 min)

Elicit each word before you give it, model the pronunciation, then check meaning with a quick question.

Word	Meaning	Example
hobby	an activity you do for fun in your free time	My hobby is painting.
free time	time when you are not working or studying	What do you do in your free time?
weekend	Saturday and Sunday	I relax at the weekend.
play	to do a game or sport; to make music on an instrument	I play the guitar.
watch	to look at something for some time	I watch TV in the evening.
read	to look at words and understand them	I read a lot of books.
listen to	to give attention to a sound	I listen to music every day.
dance	to move your body to music	We danced all night.
sing	to make music with your voice	She sings in a choir.
draw	to make a picture with a pen or pencil	My son loves to draw.

Grammar focus (10 min): Adverbs of frequency: always, usually, never

Paula joins a gym. Drew, the coach, asks about her habits. Paula says: “I always have breakfast. I usually walk to work. I sometimes eat fast food, but I never drink soda.” By the end of this lesson you can say how often you do things, and ask other people.

Form	Pattern	Example
Adverb + verb	subject + adverb + verb	I always have breakfast.
Be + adverb	subject + be + adverb	She is never late.
Question	How often do you...?	How often do you exercise?
Exact	once · twice · three times a week	I swim twice a week.

Watch for: ~~I go always to work by bus.~~ → **I always go to work by bus.**. Before the main verb.

Speaking (15 min): Teach me your hobby in three minutes

The learner gives a mini lesson on something they know how to do: what you need, the first three steps and one common mistake. You follow the instructions out loud and ask for clarification.

Useful language

- I’m into... / I’m keen on...
- I took it up when...
- It helps me to switch off.
- I’ve been doing it for...
- I’m not very good at it, but...
- once a week · every other day · whenever I can

Wrap-up and homework (5 min)

- Each learner says the three new words they will remember, and one sentence with each.
- Homework: write 80–120 words about hobbies and free time using at least six words from the lesson and the grammar point.
- Self-study: the A1 hobbies and free time vocabulary page on englishcue.app has a self-correcting quiz with all 21 words.

Hobbies and free time (A1)

Student handout · Name: _____ · Date: _____

A. Word bank

walk · swim · paint · cook · music · park · film · guitar

B. Complete the sentences

Use a word from the word bank. Then compare with a partner.

1. We play football in the _____.
2. I'm learning the _____.
3. I like to _____ for my friends.
4. We _____ in the park on Sundays.
5. What _____ do you like?
6. I _____ landscapes.
7. Let's watch a _____ tonight.
8. I _____ every Monday.

C. Talk with a partner

Ask and answer. Make notes of one interesting answer to report to the class.

1. How often do you go out with friends?
2. What do you do in the evening after work?
3. Do you prefer staying at home or going out?
4. What are you good at?
5. What did you do last weekend?

Write

Write 80–120 words about hobbies and free time. Use six words from the lesson.

Answer key

B. Complete the sentences: 1 park · 2 guitar · 3 cook · 4 walk · 5 music · 6 paint · 7 film · 8 swim