Hobbies and free time ESL lesson plan (B2)

B2 (upper intermediate) · 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)

- How did you start your favourite hobby?
- Is there something you used to do and would like to start again?
- What is a hobby you have always wanted to try?

2. Vocabulary (15 min)

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

Word	Meaning	Example
avid	very enthusiastic about a hobby	She's an avid reader.
enthusiast	a person who is very interested in an activity	He's a classic car enthusiast.
leisure	free time when you can relax	People today have less leisure time.
recreational	done for enjoyment	The town has great recreational facilities.
adrenaline junkie	a person who loves dangerous, exciting activities	My brother is an adrenaline junkie: he's done three skydives.
thrill	a sudden feeling of excitement	I love the thrill of a roller coaster.
immerse yourself	to become completely involved in an activity	I immerse myself in a good book.
dabble	to do an activity a little, not seriously	I dabble in painting.
excel	to be extremely good at something	She excels at chess.
hone	to improve a skill through practice	He spent years honing his guitar skills.

Grammar focus (10 min): Present perfect continuous: how long have you been...?

Mark is at the doctor's. "I've been feeling tired for two weeks, and I've been sleeping badly since my new job started." The doctor: "How long have you been working there?" By the end of this lesson you can talk about actions that started in the past and are still continuing.

Form	Pattern	Example
Form	have / has been + -ing	I've been waiting for an hour.
How long?	for + period · since + start	How long have you been learning English?
Visible result	recent activity	You're wet! Have you been swimming?
Stative verbs	know, like, have, be → simple	I've known her for years.

Watch for: ~~I'm living here for five years.~~ → **I've been living here for five years.**. From the past to now.

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 B2 hobbies and free time vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Hobbies and free time (B2)

Student handout · Name: _____ · Date: _____

A. Word bank

kill time · pursue · me time · let your hair down · fulfilling · mindless · unplug · therapeutic

B. Complete the sentences

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

1. It's the weekend: time to _____.
2. Everyone needs some _____.
3. At the weekend I _____ completely.
4. Baking can be _____.
5. I'd like to _____ photography more seriously.
6. I read magazines to _____ at the airport.
7. Teaching kids to swim is very _____.
8. Sometimes I enjoy _____ TV.

C. Talk with a partner

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

1. How much free time do you really have in a normal week?
2. Tell me about something you have made, built or learned on your own.
3. Do you prefer hobbies you do alone or with other people?
4. What do you do when you need to relax?
5. Have your interests changed as you have got older?

Write

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

Answer key

B. Complete the sentences: 1 let your hair down · 2 me time · 3 unplug · 4 therapeutic · 5 pursue · 6 kill time · 7 fulfilling · 8 mindless