Sports and exercise 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)

- Do you like sport?
- What sports do you play or watch?
- What is the most popular sport in your country?

2. Vocabulary (15 min)

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

Word	Meaning	Example
sport	a game or activity where you use your body and often compete	What's your favorite sport?
football	a game where two teams kick a ball into a goal (American English: soccer)	We play football after school.
soccer	football, the game with a round ball you kick (American English)	Soccer is popular all over the world.
basketball	a game where players throw a ball through a high ring	He's tall and good at basketball.
tennis	a game for two or four players who hit a ball over a net	Do you play tennis?
swimming	the sport of moving through water	I go swimming on Mondays.
running	the activity of moving fast on foot for exercise	Running is good for your heart.
cycling	riding a bicycle as a sport or for exercise	I love cycling in the countryside.
team	a group of people who play together	Our team won!
ball	a round object you throw, kick or hit in games	Kick the ball!

Grammar focus (10 min): Can and can't: ability and requests

A community centre needs volunteers. Femi, the coordinator, asks: "What can you do?" Rosa says: "I can cook and I can speak Spanish, but I can't drive." By the end of this lesson you can talk about abilities, say what is possible, and ask for help or permission.

Form	Pattern	Example
Can	can + base form	She can cook.
Can't	can't / cannot + base form	You can't smoke here.
Question	Can + subject + verb?	Can you swim? — Yes, I can.
Requests	Can you...? · Can I...?	Can you help me? · Can I sit here?

Watch for: ~~She cans play the piano.~~ → **She can play the piano.**. Can never takes -s.

Speaking (15 min): Invent a new sport

The learner invents a sport using three objects they can see from their chair: the aim, three rules and how you win. You ask about the rules and find a problem; they fix the rule.

Useful language

- I play... / I go... / I do...
- I support... / I'm a fan of...
- a match · a race · a tournament · a referee
- We won 2–1. / We lost. / It was a draw.
- to beat · to score · to train · to take part
- It keeps me fit.

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 sports and exercise using at least six words from the lesson and the grammar point.
- Self-study: the A1 sports and exercise vocabulary page on englishcue.app has a self-correcting quiz with all 21 words.

Sports and exercise (A1)

Student handout · Name: _____ · Date: _____

A. Word bank

win · run · jump · game · Throw · Kick · player · lost

B. Complete the sentences

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

1. He's a great _____.
2. Can you _____ over the fence?
3. We lost the _____ 2–1.
4. I hope we _____ tomorrow.
5. _____ the ball!
6. We _____ the final.
7. _____ the ball to me!
8. I _____ five kilometers every morning.

C. Talk with a partner

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

1. Can you swim, ski or ride a bike?
2. Who is a famous sportsperson from your country?
3. Did you play sport at school?
4. How often do you exercise?
5. Do you prefer team sports or individual sports?

Write

Write 80–120 words about sports and exercise. Use six words from the lesson.

Answer key

B. Complete the sentences: 1 player · 2 jump · 3 game · 4 win · 5 Throw · 6 lost · 7 Kick · 8 run