Sports and exercise ESL lesson plan (A2)

A2 (elementary) · 60 minutes · for English teachers · englishcue.app

Stage	Time
Warm-up	5–10 min
Vocabulary	15 min
Controlled practice	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
match	a sports competition between two people or teams	Did you watch the match last night?
score	to get a point or a goal	He scored two goals.
goal	a point scored in football; the net you score in	What a fantastic goal!
draw	a game that ends with the same score for both teams (American English: tie)	The match ended in a draw.
referee	the person who makes sure players follow the rules	The referee gave a penalty.
coach	a person who trains a sports team or player	Our coach is very strict.
fan	a person who loves a team or sport	He's a big football fan.
train	to prepare for a sport by practicing	She trains every morning before school.
race	a competition to see who is the fastest	Who won the race?
competition	an event where people try to win	She won a swimming competition.

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.
- Self-study: the A2 sports and exercise vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Sports and exercise (A2)

Student handout · Name: _____ · Date: _____

A. Word bank

skiing · champions · yoga · medal · prize · exercise · gym · warm up

B. Complete the sentences

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

1. She won a gold _____.
2. I go to the _____ after work.
3. You should _____ every day.
4. I do _____ twice a week.
5. They're the world _____.
6. We go _____ every winter.
7. First _____ is a trip to Paris.
8. Always _____ before you run.

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 medal · 2 gym · 3 exercise · 4 yoga · 5 champions · 6 skiing · 7 prize · 8 warm up