Sports and exercise ESL lesson plan (B1)

B1 (intermediate) · 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)

- Tell me about a match, race or game you will never forget.
- What sport would you like to try?
- Have you ever won or lost something important?

2. Vocabulary (15 min)

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

Word	Meaning	Example
athlete	a person who is good at sports, especially running and jumping	Olympic athletes train for years.
compete	to take part in a competition	She competed in the Olympics.
opponent	the person or team you play against	His opponent was much stronger.
tournament	a competition with many games	They won the tournament in Brazil.
league	a group of teams that play each other during a season	They're top of the league.
season	the time of year when a sport is played	The football season starts in August.
fitness	being physically strong and healthy	Swimming is great for fitness.
stamina	the energy to keep doing something for a long time	You need stamina to run a marathon.
penalty	a free shot at goal after a foul; a punishment	He missed the penalty.
foul	an action that breaks the rules	The referee didn't see the foul.

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 B1 sports and exercise vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Sports and exercise (B1)

Student handout · Name: _____ · Date: _____

A. Word bank

record · broke the record · spectators · took part in · extreme sport · knocked out · works out · cheating

B. Complete the sentences

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

1. He _____ for the 100 meters.
2. Thousands _____ the marathon.
3. He _____ at the gym every day.
4. I'd never try an _____.
5. We were _____ in the semi-final.
6. He was caught _____.
7. 50,000 _____ watched the final.
8. She broke the world _____.

C. Talk with a partner

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

1. Why do people support a team for their whole life?
2. What did you learn from playing sport as a child?
3. Is watching sport on TV as good as being there?
4. Which sport do you find boring, and why do others love it?
5. What makes a great coach?

Write

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

Answer key

B. Complete the sentences: 1 broke the record · 2 took part in · 3 works out · 4 extreme sport · 5 knocked out · 6 cheating · 7 spectators · 8 record