Sports and exercise 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
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
underdog	the team or person that is expected to lose	Everyone loves the underdog.
comeback	a return to winning after losing	It was the greatest comeback in football history.
doping	using illegal drugs to perform better in sport	He was banned for two years for doping.
transfer fee	money one club pays another for a player	The transfer fee was 100 million euros.
sponsorship	money a company pays to support a team or event	The team lost its sponsorship deal.
rivalry	competition between two teams or people	The rivalry between the two clubs is famous.
grueling	very tiring and difficult	It was a grueling three-hour match.
nail-biting	very exciting because you don't know who will win	It was a nail-biting final.
defending champion	the person or team that won the last time	The defending champion lost in the first round.
disqualify	to stop someone from taking part because they broke a rule	She was disqualified for a false start.

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 B2 sports and exercise vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Sports and exercise (B2)

Student handout · Name: _____ · Date: _____

A. Word bank

move the goalposts · a whole new ball game · outplayed · dominated · retired · level playing field · throw in the towel · Performance-enhancing

B. Complete the sentences

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

1. _____ drugs are banned.
2. Managing a team is _____.
3. He _____ at the age of 35.
4. Don't _____ yet!
5. Rules should create a _____.
6. Every time we agree, they _____.
7. We were completely _____.
8. Spain _____ the second half.

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 Performance-enhancing · 2 a whole new ball game · 3 retired · 4 throw in the towel · 5 level playing field · 6 move the goalposts · 7 outplayed · 8 dominated