

ADVERBS OF FREQUENCY

	Always	Lisa always reads her book.
	Usually	I usually wake up at 6.
	Normally	Emma normally goes swimming on Sunday morning.
	Often	Tom often makes spelling mistakes.
	Sometimes	Lisa sometimes borrows a book from the library.
	Never	Lisa never dances in the party.





Watch a video for the second time to find **adverbs**
of frequency



GRAMMAR

Adverbs of frequency

We use the present simple to talk about things we do often or every day.

I go snowboarding every day.

The image features a white background with decorative autumn-themed illustrations in the corners. Top-left: a branch with brown and orange leaves. Top-right: a branch with yellow, red, and green leaves, and a single red maple leaf. Bottom-left: a branch with red and green leaves. Bottom-right: a branch with brown, orange, and green leaves. A large, solid orange rectangle is positioned on the right side of the page, partially overlapping the text.

she **often** does her homework.

she **usually** asks her teacher.





She **sometimes** watches TV or plays video games.



He is **always** for English class.

1 Look at these examples from the blogs.
The adverbs of frequency are in purple.

My team **always** plays a match on Saturday or Sunday. It's **never** boring.

It's **usually** quiet.

I **often** go with my little sister and other young people.

I **sometimes** go snowboarding with Mum.

Write the words in purple on the right place on the line.





2 Answer the questions.

- 1 Which sentences in Exercise 1 have a present simple verb?
- 2 Which sentences in Exercise 1 have the verb *be*?

1- My team always plays a match on Saturday or Sunday.

- I often go with my little sister.

- I sometimes go snowboarding with mum.

2- It's never boring.

It's usually quiet.

3 Choose the correct words to complete the rules.

In sentences with the **verb *be***, we put the adverb of frequency *before / after* the **verb**.

In sentences with the **present simple**, we put the adverb of frequency *before / after* the **verb**.

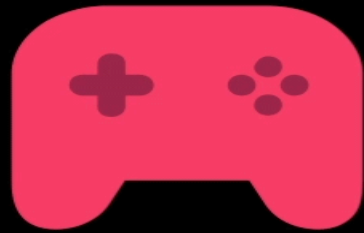
4 Read the examples and choose the correct words to complete the rules.

People don't **always** play sport in teams.
Ben doesn't **usually** go snowboarding with his dad.
Do you **sometimes** play volleyball with friends?
Is rugby **often** dangerous?
Football isn't **always** boring!

In negatives and questions with the **present simple**, we put the adverb of frequency *before / after* the **main verb**.

In negatives and questions with the **verb *be***, we put the adverb of frequency *before / after* the verb *be*.

➤➤ **GRAMMAR REFERENCE AND PRACTICE PAGE 138**



Game!

7 How often do you do the sports in Exercise 1 on page 14?

I never play rugby, but I often play volleyball. It's great fun. How about you?

I sometimes play rugby, and I often go cycling. It's never boring.

8 In pairs, ask and answer the questions.

- 1** What sports do you do?
- 2** How often do you do them?
- 3** Do you play sports at school?
- 4** How often do you watch sports on TV?
- 5** How often do you go to watch sports?
- 6** Who are your favourite sports stars?

A- **How often** do you do athletics?

B- I **never** do athletics.

1



2



3





6



7



8



9



10



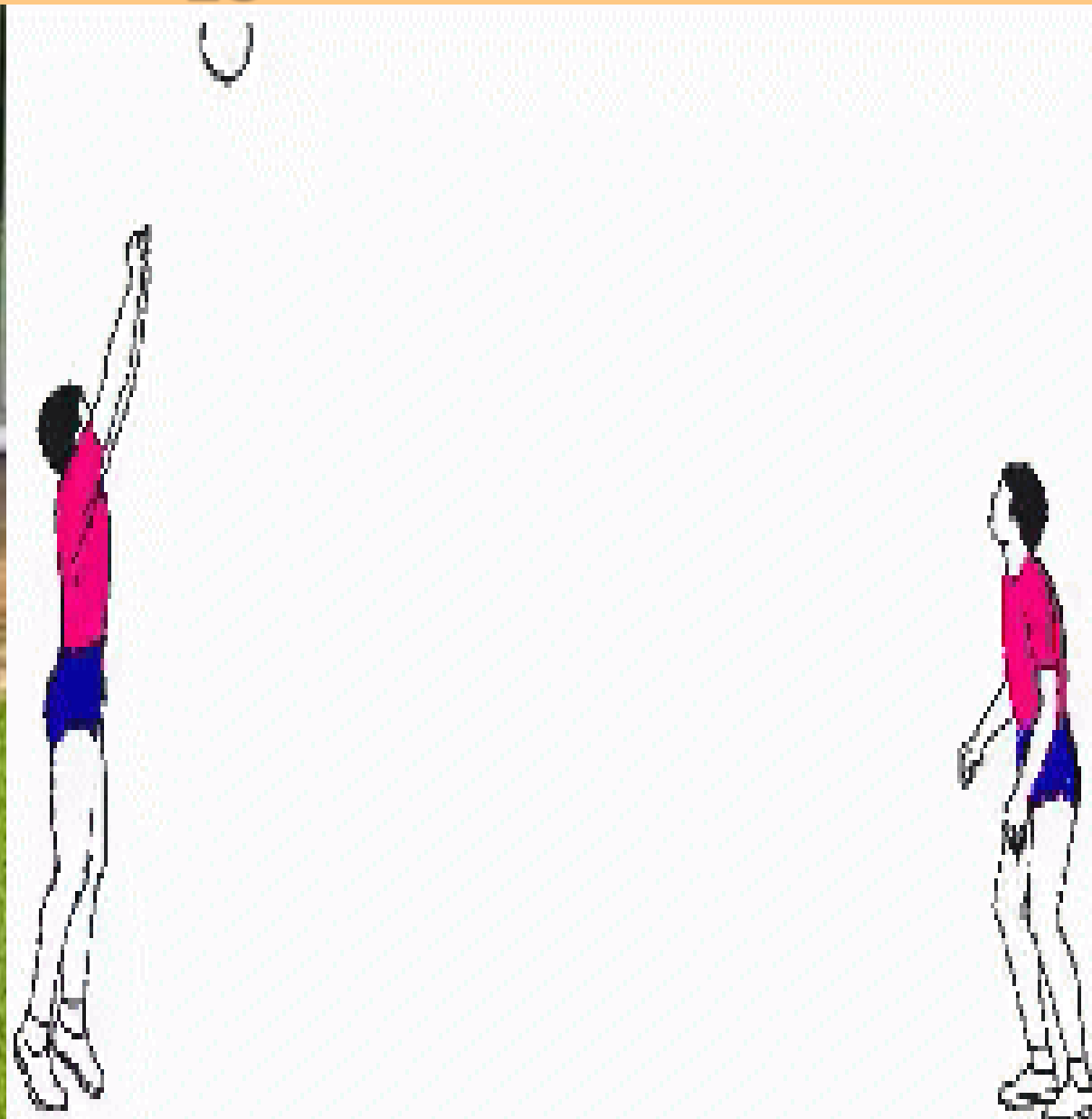
11



12



13



GRAMMAR

Adverbs of frequency

1 Put the adverbs of frequency in the correct place on the line.

always never often sometimes usually

0%

100%

1

2

3

4

5

always

2 Rewrite the sentences with the adverbs of frequency in brackets in the correct place.

0 I watch sport on TV. (never)

I never watch sport on TV.

1 My sister goes cycling with my dad. (usually)

2 I play rugby with my friends. (never)

3 Snowboarding is dangerous. (sometimes)

4 My friends do gymnastics after school. (often)

5 My grandparents play table tennis on Sundays.
(always)

3 Put the words in the correct order to make questions.

0 do / play / often / you / baseball / ?

Do you often play baseball?

1 you / in the city / usually / go / cycling / do / ?

2 badminton / parents / play / often / do / your / ?

3 you / go / often / do / snowboarding / how / ?

4 friends / your / rugby / school / do / play /
sometimes / at / ?

5 do / go / always / sailing / you / in the summer / ?

4 Answer the questions in Exercise 3 for you.

0 *No, I don't. I never play baseball.*

1


2

3

4

5

5 Correct the mistakes in the sentences.

 **0** At school, usually we play volleyball on Friday.
At school, we usually play volleyball on Friday.

1 I go swimming always on a Sunday.

2 I often am tired in the evening.

3 People go sometimes cycling with their friends.

4 At the weekend, usually I do sports.

5 In the holidays, we go sometimes sailing.