

Days
of the
Week

DAYS OF THE WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

The best day of the week is

Wednesday

Thursday

Friday

Monday

Tuesday


Sunday

Saturday



WEEKLY CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book
Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
				Go shopping	Having a picnic	
Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net
Drawing a picture	Drawing a picture	Drawing a picture	Drawing a picture			Drawing a picture



Practicing French

WEEKLY CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book
Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
				Go shopping	Having a picnic	
Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net
Drawing a picture	Drawing a picture	Drawing a picture	Drawing a picture			Drawing a picture

Practicing French

I always listen to music.

WEEKLY CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book
Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
				Go shopping	Having a picnic	
Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net
Drawing a picture	Drawing a picture	Drawing a picture	Drawing a picture			Drawing a picture

Practicing French

I usually draw a picture.

WEEKLY CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book
Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
				Go shopping	Having a picnic	
Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net
Drawing a picture	Drawing a picture	Drawing a picture	Drawing a picture			Drawing a picture

Practicing French

I often read a book.

WEEKLY CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book
Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
				Go shopping	Having a picnic	
Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net
Drawing a picture	Drawing a picture	Drawing a picture	Drawing a picture			Drawing a picture

Practicing French

I sometimes have
online classes.

WEEKLY CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book
Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
				Go shopping	Having a picnic	
Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net
Drawing a picture	Drawing a picture	Drawing a picture	Drawing a picture			Drawing a picture

Practicing French

I rarely have online classes.

WEEKLY CALENDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book	Having Online classes	Reading a book
Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music	Listening to music
				Go shopping	Having a picnic	
Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net	Surfing the net
Drawing a picture	Drawing a picture	Drawing a picture	Drawing a picture			Drawing a picture

Practicing French

I **never** **practice** French.

always

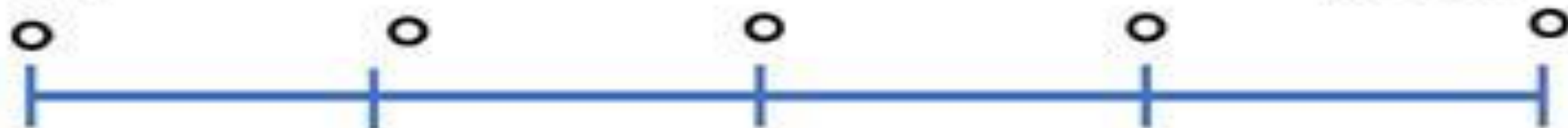
never

sometimes

Put the adverbs on the timeline

0%

100%



usually

often

ADVERBS OF FREQUENCY

test-english.com



- I **always** **leave** home early so I **am** **never** late for school .
- He **always** **eats** a lot because he **is** **always** hungry.
- My team **sometimes** **plays** on Saturdays. It **is** **never** boring .

WORD ORDER

POSITIVE

SUBJECT

FREQUENCY
ADVERB

VERB

He often cooks pasta.

SUBJECT

BE

FREQUENCY
ADVERB

You are always late.

QUESTION

AUXILIARY

SUBJECT

FREQUENCY
ADVERB

Are you always late?

Does he often cook?

always

usually

often

sometimes

never

Look at the frequency and choose the correct adverbs of frequency.

No.	Sentence	Frequency
1.	My mother _____ cook for dinner.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
2.	I _____ exercise in the evening.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3.	I _____ go to school at 7 a.m.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4.	She _____ get home at 8 p.m.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5.	We _____ watch TV while eating.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6.	Michael _____ play video games.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7.	They _____ have lunch together.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8.	You _____ sleep in my class.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
9.	I _____ chat online with friends.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10.	We _____ play football together.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Sophie's blog

My team **always** plays a match on Saturday or Sunday .

I **usually** go to practice games three times a week.

It is **never** boring .

Ben's blog

***I always** go to the mountains with my family .*
***I sometimes** go snowboarding with my mum .*
***I often** go snowboarding with my little sister
and other Young people.*
***Mum usually** skis with dad and my sister.*
***It is usually** quiet.*
***I often** think about the future .*

GRAMMAR

Adverbs of frequency

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

I go snowboarding every day.

- 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.

0%

a

b

c

d

e

100%

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*?

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*.

5 Put the adverbs in the right place to complete the sentences and questions.

1 I play hockey at school on Fridays. (usually)

2 Sophie is tired after rugby matches. (often)

3 People don't go sailing in teams. (always)

4 My uncle and my dad play table tennis. (never)

5 Is gymnastics dangerous? (sometimes)

6 Do you go cycling? (often)

6

Put the words in order to make sentences and questions and questions.



0 often / school / plays / my friend / after / football

My friend often plays football after school.

1 welcome / sports / are / in / our / club / always / you

2 Mondays / do / on / athletics / never / we

3 skating / brother / she / go / her / usually / does / with / ?

4 table tennis / students / not / often / do / school / play / at

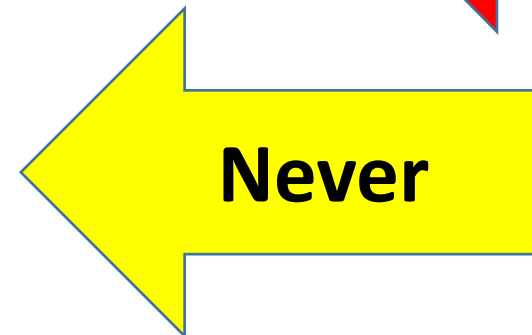
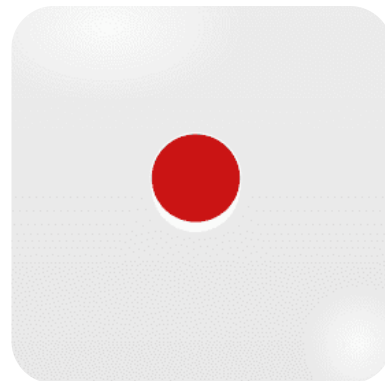
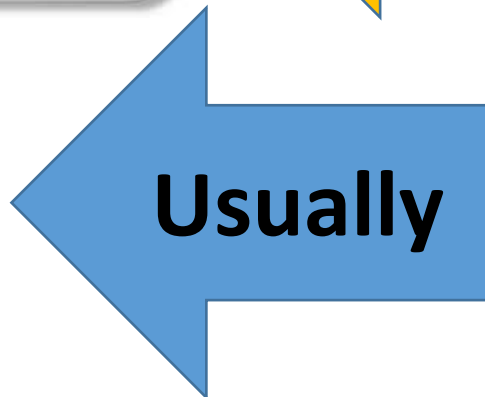
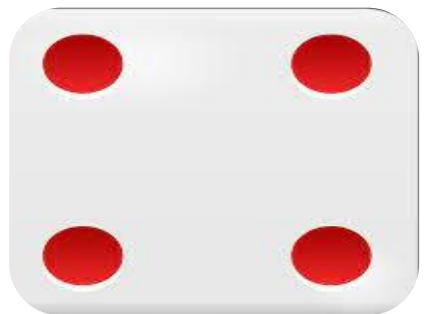
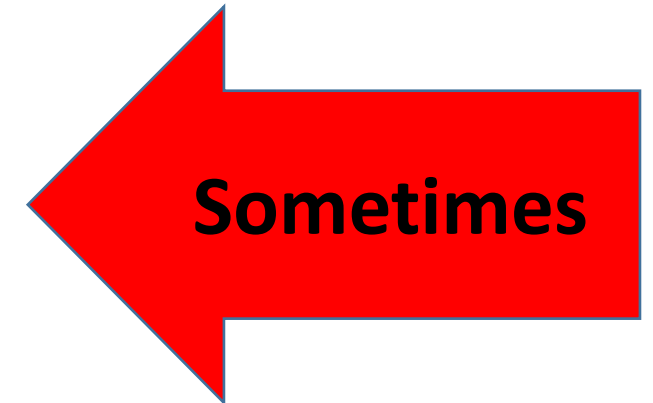
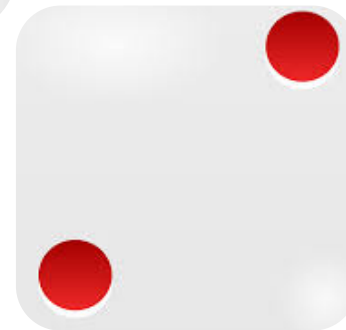
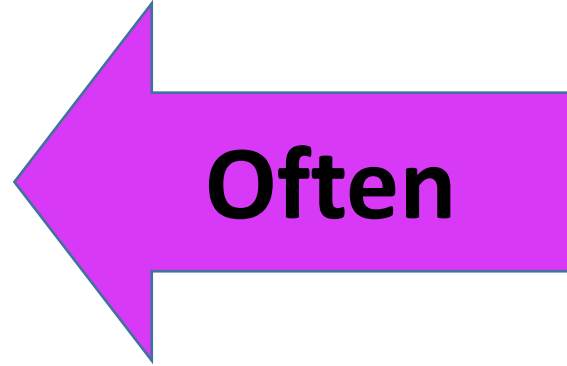
5 cycling / and / her sister / at / the weekend / sometimes / Lizzie / go /

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.

Roll the die and make sentence .



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?

Practice

- 1** Complete the sentences with the present simple form of the verbs in the box.

go not go not play
play study watch

- 1** I basketball in a team.
- 2** My teacher sailing when the weather is bad.
- 3** My brother TV after dinner every day.
- 4** your mum running before work?
- 5** My friends and I rugby at the weekend. We prefer football.
- 6** My best friend always hard before an exam.

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

0 I'm late for school. (always)

I'm always late for school.

1 We play badminton. (never)

2 My dad doesn't go running. (often)

3 My friends and I go cycling. (sometimes)

4 We aren't bored in our sports lesson. (usually)

5 Are you tired in the morning? (often)

3 Put the words in order to make questions. Then write answers that are true for you.

0 play / you / table tennis / how often / do / ?

How often do you play table tennis?

I sometimes play table tennis.

1 you and your friends / go / often / sailing / do / ?

2 you / sometimes / bored / are / at home / ?

3 dinner / how often / cook / you / do / ?

4 your best friend / how often / watch / does / TV / ?

5 sometimes / do / you / go / alone / running / ?