

*Hello!*





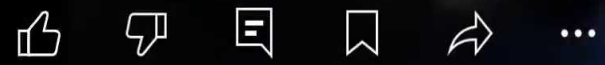
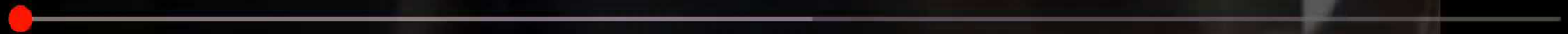
# ◆ FREQUENCY ADVERBS 🙌 Always, Never, Usually, Sometimes >



Reinaldo elbilingüe



0:00 / 1:29



More videos  
Tap or swipe up to see all



How often do you  
come here?



Let's watch a video



**Adverbs** can describe:

- **verbs**
- **adjectives**
- **adverbs**
- **sentences**



adverbs of frequency = how often



**frequency adverbs**



**percentage = %**



**How often do you do something?**



**frequency adverbs**



percentage = 100%



**you do something all the time**





**frequency adverbs**



**percentage = 0%**



**you don't ever do it**



<b>Adverb</b>	<b>Frequency</b>
always	100%
almost always	95%
usually / often	80%
sometimes	50%
seldom / not very often	20%
rarely	10%
almost never	5%
never	0%



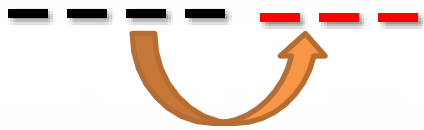
Adverbs of frequency go  
before the verbs in **present  
simple.**



I **always** go to school at 7:00.



I **usually** play piano.



Adverbs of frequency go  
after the verb be.



I am never sad.



I am always happy.



# Sentence Patterns

1

be + **adverb**



She is never late.

2

**adverb** + verb



We usually eat lunch  
in the cafeteria.

3

verb + **adverb** + verb



You are always looking  
at your phone.

# More examples:

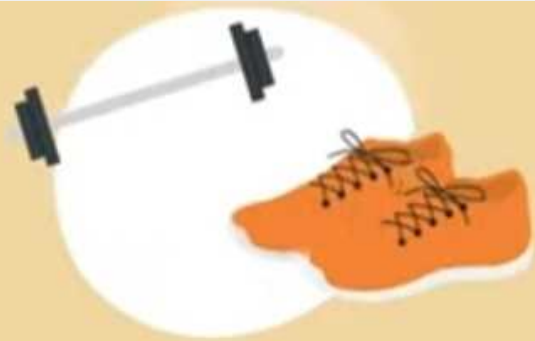
He is **often** sick.



It **rarely** rains in summer  
in my hometown.



goes gym to he the rarely



name her remember  
never can I





always are they laughing



almost is never early she



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 **never**

b **sometimes**

c **often**

d **usually**

100%

e **always**

- 2** Answer the questions.

**1** Which sentences in Exercise 1 have a present simple verb? **1-3-4**

**2** Which sentences in Exercise 1 have the verb *be*? **2**



### 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)

- 1** I usually play hockey at school on Fridays.
- 2** Sophie is often tired after rugby matches.
- 3** People don't always go sailing in teams.
- 4** My uncle and my dad never play table tennis.
- 5** Is gymnastics sometimes dangerous?
- 6** Do you often go cycling?



**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 /

1 You are always welcome in our sports club.

2 We never do athletics on Mondays.

3 Does she usually go skating with her brother?

4 Students do not often play table tennis at school.

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





**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?



I like.....

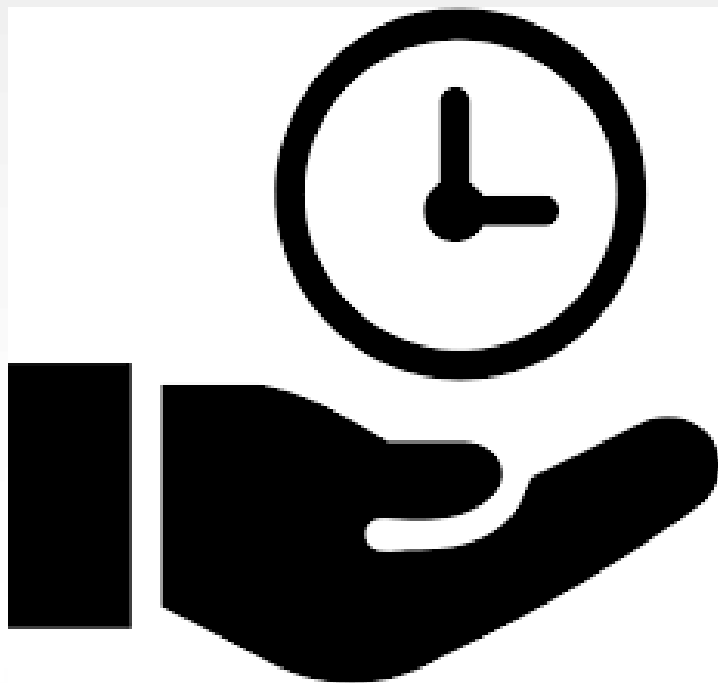


My favorite sport is....



I usually ....





- 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.*

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**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 / ?



*Good luck*

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