

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% 100%
a _____ b _____ c _____ d _____ e _____

- 2** Answer the questions.

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

Goofy-foot or regular?

I love the snow and the mountains. I feel at home there. I live in a city and there's no snow here, but in the holidays, I always go to the mountains with my family. I sometimes go snowboarding with Mum, but I often go with my little sister and other young people. Mum usually skis with my dad, and my sister and I like spending more time in the snow than they do. It's usually quiet. When we're in the mountains, I go snowboarding every day and I'm getting really good. I often think about the future – I want to be a famous snowboarder one day, like Max Parrot. Oh, and I'm *goofy-foot* – that means I put my right foot at the front of the board.

Posted by **Ben James**

- 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**.

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

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

- 6** Put the words in order to make sentences and questions and questions.

- often / school / plays / my friend / after / football
My friend often plays football after school.
- welcome / sports / are / in / our / club / always / you
- Mondays / do / on / athletics / never / we
- skating / brother / she / go / her / usually / does / with / ?
- table tennis / students / not / often / do / school / play / at
- 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.

- 8** In pairs, ask and answer the questions.

- What sports do you do?
- How often do you do them?
- Do you play sports at school?
- How often do you watch sports on TV?
- How often do you go to watch sports?
- Who are your favourite sports stars?

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.

VOCABULARY

Sports equipment

1 Find nine more words for sports equipment and sports.

a	b	e	s	g	b	h	k	b	d	i
f	o	o	t	b	a	l	l	n	p	l
e	a	c	i	d	t	r	u	g	b	y
i	r	a	c	k	e	t	m	y	a	g
g	d	a	k	f	b	e	g	s	l	c
m	r	h	p	r	t	n	h	d	l	i
h	o	c	k	e	y	n	a	o	c	e
c	b	s	u	r	f	i	n	g	n	f
l	d	k	e	f	a	s	u	n	f	b

2 Choose the correct words to complete the sentences.

- 1 Hockey players hit the ball with a *stick* / *bat*.
- 2 You use a small white *board* / *ball* when you play table tennis.
- 3 Tennis *balls* / *rackets* are usually yellow.
- 4 Baseball players hit the ball with a long *stick* / *bat*.
- 5 In badminton, players use a *racket* / *stick* to hit the ball.
- 6 When you go surfing, you use a *ball* / *board*.