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.**

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*.

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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.

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?

Goofy-foot or regular?

10

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**

Adverbs of Frequency

How often do you do things?

We use adverbs of frequency to say how often we do something.

always	usually	often	sometimes	rarely	never
100%	80%	60%	40%	20%	0%

A Look at the pictures. Write the correct adverb of frequency under each picture.








1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

B Complete the sentences with the correct adverb of frequency.

1. I _____ read books. (usually)
2. She _____ goes to the gym. (often)
3. We _____ watch TV on Friday nights. (always)
4. He _____ plays video games. (sometimes)
5. They _____ go on holiday. (rarely)
6. My brother _____ gets up early. (never)
7. I _____ have breakfast. (always)
8. She _____ visits her grandparents. (often)
9. We _____ eat fast food. (sometimes)
10. He _____ helps with the housework. (rarely)

C Match the sentences with the correct adverb of frequency.

1. I drink coffee.	a. always
2. She goes swimming.	b. usually
3. We play tennis.	c. often
4. He reads newspapers.	d. sometimes
5. They have dinner together.	e. rarely
6. I take the bus.	f. never

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____

D Look at the pictures and answer the questions using the adverbs in the box.

always usually often sometimes rarely never


1. Do you read books?
_____


2. Do you play football?
_____


3. Do you watch movies?
_____


4. Do you cook at home?
_____


5. Do you go to bed early?
_____

E Write short answers to the questions.

1. How often do you play sports? _____
2. How often do you go shopping? _____
3. How often do you use your phone? _____
4. How often do you eat fruit? _____
5. How often do you study English? _____
6. How often do you meet your friends? _____

Small steps every day... make big changes!

