

sometimes never always  
usually often normally

## RULES

Adverbs of frequency come ...

- 1 before / after the verb be
- 2 before / after other verbs.

e.g. I get up at 7.30 a.m.  
I never get up at 7.30 a.m.

verb  
↓  
↑  
Adverb of frequency      verb

- 6** Read sentences 1–9 in *My Daily Routine*. Then rewrite the sentences with an adverb of frequency so that they are true for you.  
I usually get up at 7.30 a.m.

## My Daily Routine

1 I get up at 7.30 a.m.

I \_\_\_\_\_ get up at 7.30 a.m.



2 I have a big breakfast.

I \_\_\_\_\_ have a big breakfast.



3 I do my homework in the morning.

I \_\_\_\_\_ do my homework in the morning.

4 I go to school by bike or on foot.

I \_\_\_\_\_ go to school by bike or on foot.



5 I watch TV after school.

I \_\_\_\_\_ watch TV after school.

6 I'm on the sofa all day.

I'm \_\_\_\_\_ on the sofa all day.

7 I help with the housework.

I \_\_\_\_\_ help with the housework.



8 I chat online after dinner.

I \_\_\_\_\_ chat online after dinner.

9 I'm in bed before 10 p.m.

I'm \_\_\_\_\_ in bed before 10 p.m.



## Adverbs of frequency

1  Order the words to make sentences.

sometimes / watch / videos / We

*We sometimes watch videos.*

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1 football / plays / Robert / never

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2 friendly / They / always / are

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3 my / normally / homework / I / do

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4 often / Marina and Julia / late / are

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5 dinner / usually / have / We

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6 class / your / Is / quiet / often / ?

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