

7 Free time

Adverbs of frequency
Time expressions

Adverbs of frequency



We use adverbs of frequency to talk about how often we do something. Look at the table.

Ben	L	L	L	L	L	Ben's always late.
Amy	L		L	L	L	Amy's usually late.
Mike	L		L	L		Mike's often late.
Tod		L			L	Tod's sometimes late.
Sue						Sue's never late.



We can't use **never** in negative sentences.

We often use adverbs of frequency with the present simple. Look at their position in the sentence.

Jane **sometimes** goes to school by bus.

I don't **often** buy souvenirs.

We are **usually** asleep at 9 o'clock.

We can use **ever** to ask how often someone does something.

Do you **ever** go to the sports centre?

1 Complete the table with X, ✓, ✓✓, ✓✓✓ and ✓✓✓✓.

1 never	X
2 always	✓✓✓✓
3 sometimes	
4 usually	
5 often	

2 Complete the sentences with adverbs of frequency.

- 1 Frank always goes to the café before work. ✓✓✓✓
- 2 Marie _____ buys presents for her sister. X
- 3 Molly is _____ late for school. ✓✓
- 4 Peter doesn't _____ go to the library. ✓✓✓
- 5 We _____ eat ice cream after dinner. ✓

3 Write sentences. Put the adverb in the correct position.

- 1 We go to the cinema. (sometimes)
We sometimes go to the cinema.
- 2 They're early. (often)

- 3 She doesn't go to the swimming pool. (usually)

- 4 Calum and Jane go to the theatre. (never)

- 5 I buy a ticket. (always)

- 6 You don't visit. (often)

- 7 Our house isn't warm. (always)

- 8 I go to the café. (never)

- 9 I don't go to the library on Fridays. (always)

Time expressions

in

in June, **in** 2025

on

on Wednesdays, **on** Saturdays
= every Wednesday, every Saturday

BUT

on Wednesday, **on** Saturday
= next Wednesday, next Saturday

at

at 6 o'clock, **at** midnight,

at 7.15

*My birthday's **in** March.*

*It's her birthday **on** Wednesday.*

*She always goes to the library **on** Tuesdays.*

*School starts **at** 8 o'clock.*

October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			X	X	X	X
5	6	7	8	9	10	11
X	meet Mary		swimming	cinema		
12	13	14	15	16	17	18
			swimming			
19	20	21	22	23	24	25
			swimming			
26	27	28	29	30	31	
			swimming			



I'm meeting Mary today **at** 3 o'clock.
I go swimming **on** Wednesdays, and
on Thursday I'm going to the cinema.

4 Replace the bold words with an expression from the box.

~~on Tuesday~~ on Saturdays on Monday in July on Tuesday at 7.30 at midday

- Today is Monday. It's my birthday **tomorrow**.
It's my birthday on Tuesday.
- My Mum goes to the shops **every Saturday**.
My Mum goes to the shops _____.
- Today is Sunday. We're going to a concert **tomorrow**.
We're going to a concert _____.
- I'm eight. It's June. I'm nine **on 10th July**.
I'm eight. It's June. My birthday is _____.
- It's seven o'clock. My brother **is in his bedroom**.
My brother goes to bed _____.
- It's 11.50. We always have lunch **in 10 minutes**.
We always have lunch _____.
- It's Wednesday. I went shopping **yesterday**.
I went shopping _____.

5 Put the words in the correct order.

1 Sophie's / on / Thursday / is / birthday

Sophie's birthday is on Thursday.

2 go to / in / a concert / let's / June

3 always / on / stay in / Mondays / we

4 we / in / the café / Saturdays / meet / usually / on

5 sometimes / get home / John / midnight / at

6 February / in / are / they / fifteen

6 Use the pictures and words to write sentences.

1



+



+ on Friday

He goes to the cinema
on Fridays.

2



+



+ usually /
on Saturday

She usually goes to the
library on Saturdays.

3



+



+ not + often

4



+



+ sometimes

5



+



+ always /
on Thursdays

6



+



+ never