



Adverbs of frequency

How often do you exercise?

I run on the treadmill **every day**.

I go jogging **once a week**.

I play soccer **twice a month**.

I swim about **three times a year**.

I don't exercise very **often/much**.

Usually I exercise before class.*

***Usually** and **sometimes** can begin a sentence.

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

Sometimes I watch TV before bed.*

I **hardly ever** watch TV.

No, I **never** watch TV.

100%

0%

always
almost always
usually
often
sometimes
hardly ever
almost never
never

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A Put the adverbs in the correct place. Sometimes there is more than one correct answer. Then practice with a partner.

1. **A:** Do you play sports? (ever)

B: Sure. I play soccer. (twice a week)

2. **A:** What do you do on Saturday mornings? (usually)

B: Nothing much. I sleep until noon. (almost always)

3. **A:** Do you lift weights at the gym? (often)

B: No, I lift weights. (hardly ever)

4. **A:** Do you exercise on Sundays? (always)

B: No, I exercise on Sundays. (never)

5. **A:** What do you do after class? (usually)

B: I go out with my classmates. (about three times a week)

6. **A:** Do you go to the movies? (often)

B: Yes, I go to the movies. (once a week)

7. **A:** Do you go bike riding? (ever)

B: No, I ride a bike. (hardly ever)

8. **A:** Do you walk to school? (sometimes)

B: Sure. I walk to school. (five days a week)