Grammar present simple and adverbs of frequency

1a Put the words in the right order to make sentences.

1 often / coffee / for / go / They / out / a
They often go out for a coffee.

2 goes / My / and / running / then / every / girlfriend / now

3 don't / the / usually / We / camping / in / go / summer

4 best / aerobics / a / friend / My / twice / week / or / does / once

5 ever / games / I / play / hardly / computer

6 family / often / My / future / don't / plans / make

b 1.3 Listen and check. Notice which words and parts of words are stressed.

c 1.3 Listen again. Pause the CD and repeat after each word.

2 Complete the second sentence so that it means the same as the first. Replace the **bold** words with the adverbs and expressions in the box.

~~always~~ every now and then most days
once or twice a year rarely

1 My partner does exercise after work **every day.**
My partner *always does exercise* after work.

2 They **hardly ever** have a lie-in because they have two small children.
They _____ because they have two small children.

3 My sister **nearly always** goes on Facebook before she has breakfast.
_____ before she has breakfast.

4 My parents go on holiday **in January and July or only in July.**
My parents _____.

5 We **occasionally** go clubbing with a big group of friends.
_____ with a big group of friends.

3 Complete the article with the verb phrases and the adverbs in the box.

always ~~hardly ever~~ nearly always never occasionally
often sometimes usually

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
eat healthily	✓	✓	✓	✓	✓	✓	✓
go training	✓	✓	✓	✓	✓	✓	
be in bed by 11 p.m.	✓	✓	✓	✓	✓		
chat with friends online	✓		✓		✓		✓
watch videos		✓		✓		✓	
spend time with relatives							✓
have a lie-in							✓
be bored							

A week in the life of an Olympic athlete

Olympic athletes have to look after their health if they want to be the best. In the morning, they [1] *hardly ever have* a lie-in because they have a lot of things to do – a sports star [2] _____ bored! In general, athletes [3] _____ and they start the day with a big breakfast with lots of carbohydrates and protein. They [4] _____ training in the morning and again in the evening. After training, they [5] _____ of other athletes to see how good they are. Olympic athletes don't have a lot of time to see other people, but they [6] _____ at the weekend – having a meal or catching up on family news. They [7] _____ or by phone. Professional athletes need between eight and ten hours sleep every night, so they [8] _____ in bed by 11 p.m.