

## Adverbs and Expressions of Frequency

### Adverbs of frequency:

- Adverbs of frequency tell us **how often** something happens in a **general way**.
- Position in the sentence: Adverbs of frequency go **BEFORE** the main verb.
- With the verb 'to be', the adverb goes **AFTER** the verb:  
I am **usually** tired after work.  
She is **often** late.

#### ALWAYS 100%

You always eat at two o'clock.



#### USUALLY 95%

They usually eat fruit.



#### OFTEN 75%

We often play basketball.



#### SOMETIMES 50%

I sometimes eat chocolate.



#### RARELY 25%

I rarely play guitar.



#### HARDLY EVER 5%

They hardly ever use the car.



#### NEVER 0%

I never watch TV.



### Expressions of Frequency

- Expressions of frequency tell us **exactly** when or how many times something happens.
- Position in the sentence: Expressions of frequency go at the **END** of the sentence.

#### EXPRESSIONS OF FREQUENCY

#### EVERY DAY

I wake up at 6:00 every day.



#### ONCE A WEEK

She goes jogging once a week.



#### TWICE A MONTH

We watch movies twice a month.



#### THREE TIMES A YEAR

I go on vacation three times a year.



#### ON MONDAYS

He studies English on Mondays.



## PAGE 2 – PRACTICE

### Exercise 1: Choose the correct option

1. I \_\_\_ wake up at 6 a.m. (always / every day)
2. She \_\_\_ eats vegetables. (often / once a week)
3. We \_\_\_ go to the gym. (sometimes / twice a month)
4. They \_\_\_ watch TV after dinner. (always / on Mondays)
5. He \_\_\_ plays soccer. (usually / twice a week)
6. I \_\_\_ study English in the evening. (often / every day)

### Exercise 2: Put the words in the correct order

1. always / I / breakfast / eat \_\_\_\_\_
2. watch / sometimes / TV / they \_\_\_\_\_
3. goes / once a week / swimming / she \_\_\_\_\_
4. usually / we / play / soccer \_\_\_\_\_
5. three times a year / go / vacation / I \_\_\_\_\_
6. never / he / eats / vegetables \_\_\_\_\_

### Exercise 3: Choose the correct sentence

1. **a)** I every day exercise.  
**b)** I exercise every day.
2. **a)** She usually is happy.  
**b)** She is usually happy.
3. **a)** He often goes to school by bus.  
**b)** He goes often to school by bus.
4. **a)** They are always late for class.  
**b)** They always are late for class.