GRAMMAR Adverbs of frequency: *always, often, sometimes, never*

✓✓✓	✓✓	✓	✗
always	often	sometimes	never

always, often, sometimes and *never* go:

- before most verbs:
  You always take your phone to school.
  Lucy often does her homework in bed.
- after the verb *be*:
  I am sometimes sad on Sunday evenings.
  We are never hungry after breakfast.

1 Read the examples from the recording. Complete the table with the words in purple.

I like watching tennis and football, but I don't play them. I never do any sports.

I love taking photographs. I always have my camera with me.

I like using my computer. I often go on the internet.

I don't watch much TV. But I sometimes watch a music show.

✓✓✓	✓✓	✓	✗
a _____	b _____	c _____	d _____

2 Now choose the correct word to complete the sentence.

We put *always*, *often*, *sometimes* and *never* *before* / *after* most verbs.

LIVEWORKSHEETS

3 Write the adverbs of frequency in the correct places. Use the symbols.

0 My brother sleeps until half past eleven. ✓✓✓

My brother always sleeps until half past eleven.

1 My dad helps me with my science homework. ✓✓

2 I play board games after school. ✓✓✓

3 My friend sends me very long text messages. ✓

4 I take my phone to school. ✗

5 I go to judo club at the weekend. ✓✓✓

ADVERBS OF FREQUENCY: ALWAYS, OFTEN, SOMETIMES, NEVER

1 Write the sentences with the adverbs in the right place.

0 Jack goes to concerts. (never)

Jack never goes to concerts.

1 Katia is sad at her dance class. (never)

2 We go to the movies on Monday evenings. (always)

3 I play tennis with my friends at the weekends. (sometimes)

4 They are at school from Monday to Friday. (always)

5 Joe likes making cakes. (often)

6 I take photos on holiday. (often)

LIVEWORKSHEETS

2 How often do you do these things? Write sentences.

frequency	Part A	Part B	when
0 ✗	do	my homework	in the morning
1 ✓✓	go	on the internet	in the evening
2 ✗	play	tennis	on Thursday
3 ✓	watch	a TV show	in the afternoon
4 ✓✓	listen	to music	at the weekend
5 ✓✓✓	ride	my horse	on Sunday

0 *I never do my homework in the morning.*

1 .....

2 .....

3 .....

4 .....

5 .....

4 **Complete the sentences with *always*, *often*, *sometimes* or *never*. Compare your answers with your partner.**

1 I _____ help my mum in the kitchen.
2 I _____ listen to music in the morning.
3 I _____ get up before 7 o'clock.
4 I _____ do the washing-up at the weekend.
5 I _____ remember my friends' birthdays.
6 I _____ do my homework in bed.
7 I _____ clean the bathroom.
8 I _____ forget to clean my teeth at night.



LIVEWORKSHEETS