

## ADVERBS OF FREQUENCY

We use the adverbs of frequency to tell someone how often something happens:  
Always = 100%, never = 0%

Frequency	Adverb
100%	always
90%	usually, regularly
80%	normally, generally
70%	often, frequently
50%	sometimes
30%	occasionally
10%	seldom
5%	rarely, hardly ever
0%	never

### The position of the adverb of frequency in a sentence

The adverbs of frequency go **before a main verb**:

**Subject + adverb + main verb** or  
**Subject + auxiliary verb + adverb + main verb**

**We never work** on Sundays.

**They usually play** volleyball on Thursdays.

**I always get up** at 7 during the week.

**He can usually visit us** on Sundays

**We have often got** some homework.

The adverbs of frequency go **after a form of to be** (am, is, are, etc.):

**Subject + to be + adverb**

**They are always** busy.

**She was often** late.

We can also use the following adverbs **at the beginning of a sentence**:

Usually, normally, often, frequently, sometimes, occasionally

**Sometimes** I go shopping on Saturdays.