

# ADVERBS OF FREQUENCY

## Adverbs and expressions of frequency

We use adverbs and other expressions in present simple sentences to talk about how often we do things.

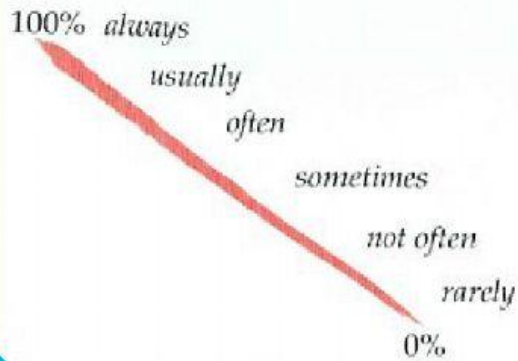
Mike **usually** goes for a run in the evening.

I'm **often** late for work.

I have a hot drink **five or six times a day**.

We go on holiday **two or three times a year**.

Some common frequency adverbs are:



1 Complete the sentences with the present simple form of the verbs in brackets.

- 1 Sam \_\_\_\_\_ (not live) near me.
- 2 Sofia \_\_\_\_\_ (drive) to work.
- 3 \_\_\_\_\_ she \_\_\_\_\_ (speak) any other languages?
- 4 I \_\_\_\_\_ (not like) waking up early.
- 5 \_\_\_\_\_ they \_\_\_\_\_ (see) each other at the weekends?
- 6 We \_\_\_\_\_ (be) very tired.
- 7 Some people \_\_\_\_\_ (not need) a lot of sleep.
- 8 \_\_\_\_\_ (be) your bus late?
- 9 He \_\_\_\_\_ (have) a big house in the country.

### Position

Frequency adverbs and expressions of frequency go in different places in a sentence.

- Adverbs of frequency go before the main verb, but after the verb *to be*.  
*They **never** eat out.*  
*She's always out at the weekend.*  
*I don't **often** do sport.*
- Expressions of frequency normally go at the beginning or end of a sentence.  
*I go out with friends **three or four times a week**.*  
***Once a week**, I go for a run.*

Once a week: I go for a run.  
I go out with friends three or four times a week.  
beginning or end of a sentence

- 2 Look at the sentences. There are five mistakes with the position of frequency adverbs and time expressions. Find and correct the mistakes.

- 1 I often am tired at work.
- 2 We twice a week eat out in a restaurant.
- 3 Do you often check your phone for messages?
- 4 She is never late to my lesson.
- 5 I have two or three times a day a cup of coffee.
- 6 They don't play often board games.
- 7 Does usually she take public transport?

- 3 Complete the text with words from the boxes. Use a phrase from box A or a verb from box B in each gap. You do not need all the words in the boxes.

**A** always    every day    never    often    rarely  
two or three times a month    usually

**B** eat    get up    go    have    leave    make  
meet

I <sup>1</sup> \_\_\_\_\_ <sup>2</sup> \_\_\_\_\_ at about 7.30 a.m.  
and get ready for work. I <sup>3</sup> \_\_\_\_\_  
<sup>4</sup> \_\_\_\_\_ breakfast because I don't feel hungry  
in the mornings. I start work at 9 a.m. and at 12  
I have a lunch break. I <sup>5</sup> \_\_\_\_\_ <sup>6</sup> \_\_\_\_\_  
my friend for lunch – normally two or three times  
a week. At 1.30 I start work again and finish at  
5.30 p.m. I like to keep fit, so I <sup>7</sup> \_\_\_\_\_ to the  
gym <sup>8</sup> \_\_\_\_\_. I get home at about  
8.00 p.m. and make dinner, but I also <sup>9</sup> \_\_\_\_\_  
at restaurants <sup>10</sup> \_\_\_\_\_. I'm always tired in  
the evenings so I go to bed early. And that's my  
day!