

Przysłówki częstotliwości – adverbs of frequency

przedstawione na przykładzie czasu Present Simple

Czasu Present Simple używamy z następującymi wyrazami: usually, often, always, sometimes, never, every...(day, month, etc.) **in** the morning, afternoon, evening, **at** night, **at** the weekend, **on** Mondays, once/ twice/ three times a ...(day, week, year, etc.), w celu określenia częstotliwości, regularności występowania danych czynności bądź sytuacji.

Dłuższe określenia, typu: every day, stosowane są albo na samym początku, albo na końcu zdań twierdzących:

- *I think about the universe every day.*
- *On Mondays, she wakes up at 6 a.m.*

wyjątek: *hardly ever - wyrażenie dwuwyrazowe, które podlega takim samym regułom, jak wyrażenia jednowyrazowe.

Jednowyrazowe określenia częstotliwości stosuje się według poniższych zasad:

- przysłówki częstotliwości występują przed czasownikiem, czyli zaraz po osobie:

- *She **always** comes late to school.*

- **wyjątek** stanowi czasownik *to be*, wtedy przysłówki częstotliwości znajdzie się po czasowniku:

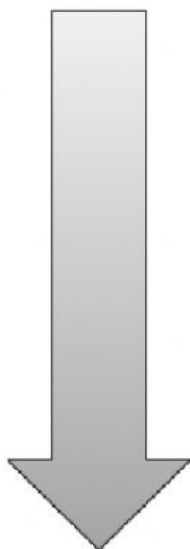
- *She is **always** late to school.*

- w zdaniach przeczących, przysłówki częstotliwości znajdują się po przeczeniu:

- *We don't **often** have guests.*
- *The children aren't **usually** tired after school.*

- w pytaniach, przysłówki częstotliwości znajdują się przed głównym czasownikiem:

- *Do you **often** go to the cinema?*
- *Are you **usually** late to class?*



100% always - zawsze
90% usually - zazwyczaj
80% generally, normally - zwykle
70% often, frequently - często
50% sometimes - czasami
30% occasionally - okazjonalnie
20% seldom - rzadko
*10% **hardly ever** - prawie nigdy
0% never - nigdy

I always do my homework.
You usually wake up at 6 a.m.
He generally likes shopping.
She often goes out.
It sometimes breaks down.
We occasionally go on car trips.
You seldom visit your grandma.
Jane **hardly ever** goes out.
Alex never makes dinner.

Exercise 1

Form grammatically correct sentences.

You (zazwyczaj/nie/być) at the sports centre on Sundays

.....

Our teacher, Mrs Jones, (nigdy/być) late for lessons.

.....

I (często/sprzątać) my bedroom at the weekends.

.....

My brother (prawie nigdy/pomagać) me with my homework.

.....

I (czasami/być) bored in the maths lessons.

.....

We (rzadko/oglądać) football on the TV.

.....

They (rzadko/chodzić) to the cinema.

.....

Peter (zwykle/nie/chcieć) to come with us.

.....

(Czy/oni/zazwyczaj/przychodzić) late to classes?

.....

(Czy/ty/często/chodzić) to the local park?

.....

(Czy/on/czasami/wbiegać do) the class room?

.....

Exercise 2

Write sentences based on the photos and given words.



often/cafe/visit.....



rarely/to be/blue.....



always/wash/eating.....



never/mistake/alpaca/llama.....

Exercise 3

Fill in gaps with correct words: at, in, on, once, twice, times.

I'm seeing Josh.....Friday.

We eat supper the evenings.

How many a week do you play video games?

Fool me, shame on you, fool me, shame on me.

What are you going to dothe weekend?

He said he hears weird noises night.

They exercise a week - Tuesdays and Thursdays.

Exercise 4

Read the text and choose correct answers.

How often do we daydream?

"In the past hour, you've probably had at least **1**..... spontaneous daydreams that had nothing to do with what you were doing. Maybe while drafting an email for work, your mind replayed a conversation you had earlier. Or during a less-than-riveting Zoom meeting, you might have found yourself lost in a random melody running through your head, or thinking about a family member you've been putting off calling. Your daydreaming could have taken a fantastical turn: How would your life be different if you had the ability to peek a day or two **2**..... the future?

Daydreaming, **3**..... known as mind wandering, is exactly that: our thoughts drifting away from our present experience. It is an extremely common experience—we do it **4**..... couple of minutes, adding up to 25-50 percent of our waking hours, and we **5**.... don't even notice when it happens. One moment we are at work, the **6**..... we are imagining what it would be like to be transported 100 years into the future.

Although daydreaming is **7**..... portrayed as a black hole where productivity goes to die (it can be hard to get stuff done when you're lost in your imagination), there's a compelling argument to be made that the opposite could also be true. Rather than being a time sink, daydreaming might be a source of creative inspiration. The idea seems intuitive, and research among professional creatives has found that good ideas do sometimes emerge from daydreams. But the research isn't conclusive. Some studies have found a link between **8**..... daydreaming and creativity, others have not.

Source:<https://behavioralscientist.org/daydreaming-might-make-you-more-creative-but-it-depends-on-what-you-daydream-about/>

1. A a few B a little C lot
2. A into B out C inside
3. A never B when C also
4. A many B no C every
5. A never B often C ever
6. A next B another C second
7. A somehow B somewhere C sometimes
8. A frequent B frequently C frequenting