

PRESENT SIMPLE AND ADVERBS OF FREQUENCY

REMEMBER! We use adverbs of frequency with the Present Simple to indicate how often a person does an action.

Adverb of frequency + verb → "I always get up at 8 o'clock"

Verb be + adverbs of frequency → "He is never late"

1. Complete the table with the adverbs of frequency in the box

	always	never	often	sometimes	usually
1					
usually					
2					
3					
4					

2. Put the words in order to make sentences. Conjugate the verbs.

- a) sometimes / to / skatepark / go / I / the / too → _____
- b) be / often / Harry / class / late / for → _____
- c) usually / school / volleyball / play / Anna / after → _____
- d) sport / always / do / the / they / weekend / at → _____
- e) bed / in / never / 9.00 p.m / we / before / be → _____

3. Rewrite the sentences using the adverbs of frequency in exercise 1

1. I play volleyball once a week. → I sometimes play volleyball.
2. Lily does gymnastics from Monday to Friday. → _____
3. The boys go cycling three days a week. → _____
4. You don't play volleyball. → _____
5. My friends are late every day. → _____
6. Kate practises the guitar five days a week. → _____
7. Tom goes shopping once a months. → _____

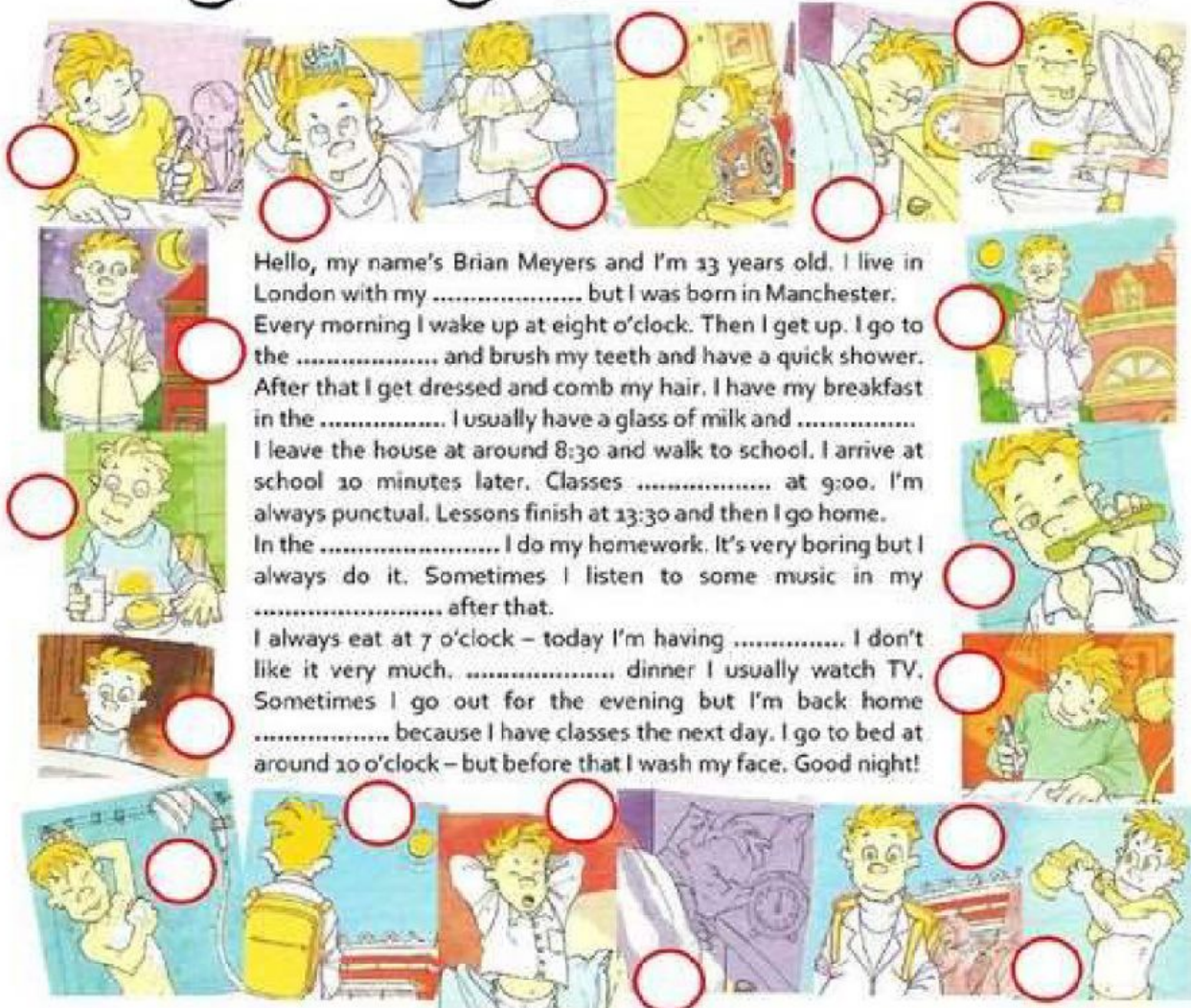
4. Complete the sentences with the verbs and adverbs of frequency in the brackets.

1. Sam _____ shopping. (go / sometimes)
2. Emma _____ at the sports centre. (be / often)
3. They _____ sport after school. (do / always)
4. We _____ at school on Mondays. (be / usually)
5. George _____ computer games. (play / never)

My day

1. Complete the text with the words below and then put the pictures into the correct order.

bread • bedroom • parents • early • kitchen
start • bathroom • after • afternoon • soup



Hello, my name's Brian Meyers and I'm 13 years old. I live in London with my but I was born in Manchester. Every morning I wake up at eight o'clock. Then I get up. I go to the and brush my teeth and have a quick shower. After that I get dressed and comb my hair. I have my breakfast in the I usually have a glass of milk and I leave the house at around 8:30 and walk to school. I arrive at school 10 minutes later. Classes at 9:00. I'm always punctual. Lessons finish at 13:30 and then I go home. In the I do my homework. It's very boring but I always do it. Sometimes I listen to some music in my after that. I always eat at 7 o'clock – today I'm having I don't like it very much. dinner I usually watch TV. Sometimes I go out for the evening but I'm back home because I have classes the next day. I go to bed at around 10 o'clock – but before that I wash my face. Good night!

2. Say whether the sentences are TRUE or FALSE. Correct the FALSE statements.

1. Brian lives alone.
2. He is English.
3. He always gets up late.
4. He has a shower in the morning.
5. He has classes before 9 o'clock.
6. He doesn't have lessons in the afternoon.
7. He likes doing his homework.
8. He has dinner at half past seven.
9. He never goes out in the evening.
10. He brushes his teeth before going to bed.

3. Answer the following questions on the text in complete sentences.

1. How old is Brian?
2. Where does he live?
3. What does he have for breakfast?
4. How does he go to school?
5. Is he sometimes late for school?
6. What time does he go home?
7. What does he normally do after dinner?
8. What time does he go to bed?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____