

Grammar

Adverbs of frequency

1 Rewrite the sentences using the adverbs.

1 I get up at 6 a.m. (every morning)

2 It's easy for me to make new friends. (usually)

3 Kevin goes to his chess club. (once a week)

4 Lena goes to the gym. (a lot)

5 I forget to do my homework. (rarely)

6 They are pleased to see me. (always)

2 Bibi does the same activities every week. Look at her schedule. Complete the sentences with these words.

always never once a week
twice a week several times a week

	Mon	Tue	Wed	Thu	Fri
get up early	✓	✓	✓	✓	✓
go to the gym	✓		✓		✓
see friends		✓		✓	✓
study English	✓				
clean the house			✓		✓

- 1 Bibi _____ gets up early on weekdays.
- 2 She _____ goes to the gym on Thursdays.
- 3 She cleans the house _____.
- 4 She studies English _____.
- 5 She sees friends _____.



Simple present and present progressive

1 Circle the correct option to complete the sentences.

- 1 *I rarely drink / I'm rarely drinking* coffee.
- 2 *Are you usually feeling / Do you usually feel* confident?
- 3 *Rekha's enjoying / enjoys* her vacation in Honduras at the moment.
- 4 *Manoj goes / is going* to the gym four or five times a week.
- 5 *I'm not joking / I don't joke*. Look out the window. It's really snowing!

2 Rewrite the words in the correct order to make sentences or questions in the simple present or present progressive. Use the time phrases to help you.

- 1 living in / Santiago / we / are / now / right

- 2 how often / go / do / you / beach / the / to / ?

- 3 right / what / you / are / doing / now / ?

- 4 park / every / night / I / run / around / the / usually

5 Hush! / on / the / talking / phone / I'm / !

6 takeout / order / a / week / we / twice /
once / or

3 Complete the conversation with the simple present or present progressive form of the verbs.

A: Let's go! We ¹_____ (be) late!
Why ²_____ (you / wear) those?

B: Oh! These? They ³_____ (be) my
favorite sneakers.

A: They ⁴_____ (not look) good for
hiking! I ⁵_____ (wear) hiking
boots.

B: I ⁶_____ (not have) hiking
boots. ⁷_____ (you / think) I need
them?

A: Yes, I do! It ⁸_____ (be)
dangerous to go hiking in sneakers. What
size ⁹_____ (be) you?

B: I usually ¹⁰_____ (wear) a size 7.

A: Perfect! Put these on, then let's go! Joe
¹¹_____ (wait) for us.