



# Expressing FREQUENCY

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**Remember!**

To express **FREQUENCY** we can use:

• Adverbs of frequency (always - usually - sometimes - rarely - never)

**NEW**

• Or the following expressions, when we know the number of times we do something:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	X					

**once a week**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	X			X	X	

**three times a week**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
X			X			

**twice a week**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
X	X	X		X		

**four times a week**

Write complete sentences using the Present Simple form of the verbs in brackets and one expression of frequency.

1. My mum / (go) to the supermarket /

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	X					

My mum goes to the supermarket once a week .

2. My sister / (watch) sitcoms /

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	X			X	X	

3. I / (have) English lessons /

Mon	Tue	Wed	Thu	Fri	Sat	Sun
X	X	X		X		

4. My brother / (play) video games /

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	X					

5. My mum / (visit) my grandpa /

Mon	Tue	Wed	Thu	Fri	Sat	Sun
X			X			