



# FREQUENCY

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## To express FREQUENCY we can use:

- **Adverbs of frequency** (always - usually - sometimes - rarely - never)
- Or these **expressions**, when we know the number of times we do something:



Let's concentrate on these expressions.

**Number + Times + A + Time Period**

Once\* a day

Twice\* a week

Three times a month

Four times a year

Click on the pictures, listen to the sentences and choose **once**, **twice**, **three times** or **four times**. Then, write the complete sentence.



Mum (wash) the clothes / **once** a week.

Mum **washes** the clothes once a week.



Dad (go) to the supermarket / **once** a month.



Ian (have) virtual lessons / **once** a day.



Jenny (go) to the dentist / **once** a year.



My cousins (play) tennis / **once** a week.



Now, answer the following questions.

Once a.... / twice a..../ three times a ..../four times a.....

1 How often does Peter visit his grandparents? 1/week

He visits his grandparents once a week.

2 How often does Mike go shopping? 1/ month

3 How often do your parents go to the cinema? 2/month

4 How often does your brother have a music lesson? 3/ month

5 How often do your friends play video games? 4/ week.

6 How often does your mum cook? 2/day