

LEARNING UNIT # 1

Frequency Adverbs Listening

REVIEW

GRAMMAR FOCUS

▶ Adverbs of frequency

How often do you exercise?

I run on the treadmill **every day**.

I go jogging **once a week**.

I play soccer **twice a month**.

I swim about **three times a year**.

I don't exercise very **often/much**.

Usually I exercise before class.*

***Usually** and **sometimes** can begin a sentence.

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

Sometimes I watch TV before bed.*

I **hardly ever** watch TV.

No, I **never** watch TV.

100%

0%

always

almost always

usually

often

sometimes

hardly ever

almost never

never

To review this topic with videos, please



CLICK HERE



CLICK HERE



Warm Up

"How Often Do You....?"

TASK INSTRUCTIONS: Discuss the following questions with your English group and teacher. Make sure you get involved in this activity and remember, "Practice makes perfect".

1 How often do you forget to do your homework?

Never Hardly ever Sometimes Often

2 How often do you buy lunch at work?

Never Hardly ever Sometimes Often

3 How often do you work overtime?

Never Hardly ever Sometimes Often

4 How often do you complain about your boss?

Never Hardly ever Sometimes Often



5 How often do you get late to work?

Never Hardly ever Sometimes Often

6 How often do you make mistakes at work?

Never Hardly ever Sometimes Often

7 How often do you go party with your co-workers?

Never Hardly ever Sometimes Often

English Listening exercise



Task# 1. Listen to Joe saying what he does on Saturdays. Choose the correct option in the chart. Listen to the audio twice only.



JOE

| | always | usually | often | sometimes | hardly ever | never |
|-----------------|--------|---------|-------|-----------|-------------|-------|
| do my homework | | | | | | |
| play football | | | | | | |
| watch TV | | | | | | |
| listen to music | | | | | | |
| go dancing | | | | | | |



Task# 2. Listen to Ashley talking about her weekly routine. Choose the correct option. Listen to the audio twice only.

<https://www.youtube.com/watch?v=6juWjvIMBi>



"How Often Does she?"

1. How often does Ashley work? She works _____.
A. twice a week. B. once a week C. 4 days a week
2. Based on the video, Asly usually works from _____ to _____.
A. Monday-Thursday B. Tuesday-Friday C. Wednesday-Saturday
3. Based on the video, how often does Ashley wake up early on Wednesdays?
A. Never B. Sometimes C. Always
4. Based on the video, she never _____.
A. goes to the supermarket B. works on sundays C. goes for a walk