

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.\*

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**

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

To review this topic with videos, please

CLICK HERE

CLICK HERE



## "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

