

**Keep in mind!**

We use **expressions of frequency** to talk about how regularly we do some routine actions.

When we use **adverbs of frequency** (such as “always”, “usually”, “sometimes”, “never”) they normally go before the verb.  
(For example, “I always cook in the morning” or “I usually play ping pong with my brother”).

When we use other expressions of frequency, (such as “once a week”, “on Tuesdays”, “every day”) they normally go after the verb.  
(For example, “We play basketball once a week” or “We do puzzles on Sundays”).

These are some examples for **adverbs of frequency**:



**Exercise # 1**

Read the following conversation. Pay attention and select the sentences (Not the questions) that mention a sport or a hobby. Then, write in the table below.

(Lee la siguiente conversación. Pon atención y subraya las oraciones, que no sean preguntas, que mencionan un deporte o pasatiempo. Luego escríbelas en la table a continuación.)

Teacher: Hello students! How are you?

Students: Hello teacher! Very good, and you?

Teacher I'm very happy! Welcome to this English group for fun activities. To start today, please tell the group about fun activities you normally do.

Luz: I always play soccer with my friends.

Nelson: I go swimming twice a week. I love the water!

Ramon: I do karate and Kung fu. They are difficult, but I love them.

Teacher: That's interesting! Ramon, how often do you do karate and kung fu?

Ramon: Ummm... Once a week, on Saturdays.

Teacher: Thank you! Lidia, you can continue.

Lidia: I usually play baseball with my cousins. Also, my sister and I play parchis every day at home.

Teacher: Excellent! My son plays parchis too, but on his phone.

Sentence #1	<i>I always play soccer with my friends</i>
Sentence #2	
Sentence #3	
Sentence #4	
Sentence #5	
Sentence #6	

### Exercise #2

Look at the from Exercise #1, and the conversation in general. What are some words and phrases and indicate frequency (for example, "always".)

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### Exercise #4

Look at the frequency expressions. Choose three expressions to create sentences about hobbies and sports that are true for you, and your family member or a friend.

- Twice a week
- On weekends
- Usually    Never
- Once a month
- sometimes

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