Present Simple with Adverbs of Frequency

We use adverbs of frequency and adverbial phrases to talk about how often an action happens.

Examples include: always, usually, often, sometimes, occasionally, never, every Monday evening, twice a year.

- Adverbs of frequency usually come after and auxiliary verb:

Ex. We **don't usually** cook on a Sunday.

- They also come after the verb to be

Ex. He**'s rarely** at home at the weekends.

- They come before all the other verbs.

Ex. I **occasionally** download music.

- Usually, often, sometimes and occasionally can also come at the beginning of end of a clause in spoken English.

Ex. **Sometimes**, we get home early. / My friends call me **occasionally**.

- Longer adverbial phrases usually come at the end of a clause.

Ex. I play tennis with Abi **once a week**. / I go shopping **every Friday**.

Exercise 1 Form sentences using the prompts. Put the adverb in brackets in the correct place.

1 he / not / send / me messages /often

_____

2 we / eat out / at the weekends / regularly

_____

3 she / watch / horror films / sometimes

_____

4 we / go / on holiday / every summer

_____

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Exercise 2 Listen to the podcast and complete each sentence with the adverb or phrase you hear.

1 It's _____ nice to chat to people who love comic books.

2 My offline friends … don't _____ care very much.

3 I _____ get them online.

4 It's not _____ possible to find books I don't have there.

5. I'm _____ amazed by their ideas.

6. We _____ share photos of our finished products.

7. I chat to my online jewellery - making friends _____.

8. We meet up _____.

Exercise 3 Look at the adverbs and phrases in Activity 1 and answer the questions.

1 Do the adverbs of frequency come

A before or after a negative auxiliary verb ? _____

B before or after the verb be? _____

C before or after other verbs? _____

2 Where do longer adverbial phrases (*such as once a day*) usually come in a sentence. _____

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