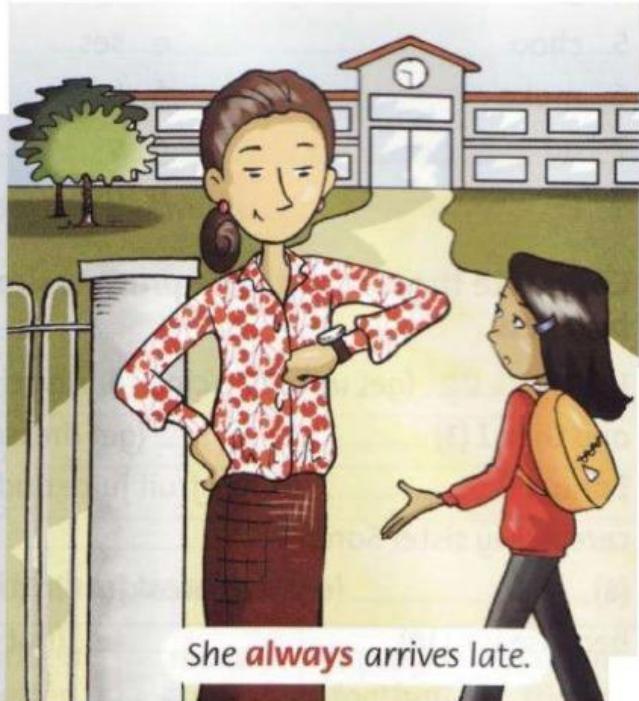


7 Free time

Adverbs of frequency
Time expressions

Adverbs of frequency



We use adverbs of frequency to talk about how often we do something.
Look at the table.

Ben	L	L	L	L	L	Ben's always late.
Amy	L		L	L	L	Amy's usually late.
Mike	L		L	L		Mike's often late.
Tod		L			L	Tod's sometimes late.
Sue						Sue's never late.



We can't use **never** in negative sentences.

We often use adverbs of frequency with the present simple.
Look at their position in the sentence.

*Jane **sometimes** goes to school by bus.*

*I don't **often** buy souvenirs.*

*We are **usually** asleep at 9 o'clock.*

We can use **ever** to ask how often someone does something.

*Do you **ever** go to the sports centre?*

1 Complete the table with **X**, **✓**, **✓✓**, **✓✓✓** and **✓✓✓✓**.

1 never	X
2 always	✓✓✓✓
3 sometimes	
4 usually	
5 often	

2 Complete the sentences with adverbs of frequency.

- 1 Frank always goes to the café before work. ✓✓✓✓
- 2 Marie buys presents for her sister. X
- 3 Molly is late for school. ✓✓
- 4 Peter doesn't go to the library. ✓✓✓
- 5 We eat ice cream after dinner. ✓

3 Write sentences. Put the adverb in the correct position.

- 1 We go to the cinema. (sometimes)

We sometimes go to the cinema.

- 2 They're early. (often)

- 3 She doesn't go to the swimming pool. (usually)

- 4 Calum and Jane go to the theatre. (never)

- 5 I buy a ticket. (always)

- 6 You don't visit. (often)

- 7 Our house isn't warm. (always)

- 8 I go to the café. (never)

- 9 I don't go to the library on Fridays. (always)

Time expressions

in

in June, in 2025

on

on Wednesdays, on Saturdays
= every Wednesday, every Saturday

BUT

on Wednesday, on Saturday
= next Wednesday, next Saturday

at

at 6 o'clock, at midnight,
at 7.15

My birthday's in March.

It's her birthday on Wednesday.

She always goes to the library on Tuesdays.

School starts at 8 o'clock.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			X	X	X	X
X		meet Mary	Swimming	Cinema		
			Swimming			
			Swimming			
			Swimming			



I'm meeting Mary today at 3 o'clock.
I go swimming on Wednesdays, and
on Thursday I'm going to the cinema.

4 Replace the bold words with an expression from the box.

on Tuesday on Saturdays on Monday in July on Tuesday at 7.30 at midday

1 Today is Monday. It's my birthday **tomorrow**.

It's my birthday on Tuesday.

2 My Mum goes to the shops **every Saturday**.

My Mum goes to the shops _____.

3 Today is Sunday. We're going to a concert **tomorrow**.

We're going to a concert _____.

4 I'm eight. It's June. I'm nine **on 10th July**.

I'm eight. It's June. My birthday is _____.

5 It's seven o'clock. My brother **is in his bedroom**.

My brother goes to bed _____.

6 It's 11.50. We **always** have lunch **in 10 minutes**.

We always have lunch _____.

7 It's Wednesday. I **went** shopping **yesterday**.

I went shopping _____.

5 Put the words in the correct order.

1 Sophie's / on / Thursday / is / birthday

Sophie's birthday is on Thursday.

2 go to / in / a concert / let's / June

3 always / on / stay in / Mondays / we

4 we / in / the café / Saturdays / meet / usually / on

5 sometimes / get home / John / midnight / at

6 February / in / are / they / fifteen

6 Use the pictures and words to write sentences.

1



+



+ on Friday

He goes to the cinema on Fridays.

2



+



+ usually /
+ on Saturday

She usually goes to the library on Saturdays.

3



+



+ not + often

4



+



+ sometimes

5



+



+ always /
+ on Thursdays

6



+



+ never