

Adverbs and Expressions of Frequency

Adverbs of frequency:

- Adverbs of frequency tell us **how often** something happens in a **general way**.
- Position in the sentence: Adverbs of frequency go **BEFORE** the main verb.
- With the verb 'to be', the adverb goes **AFTER** the verb:
I am **usually** tired after work.
She is **often** late.

ALWAYS 100%

You always eat at two o'clock.



USUALLY 95%

They usually eat fruit.



OFTEN 75%

We often play basketball.



SOMETIMES 50%

I sometimes eat chocolate.



RARELY 25%

I rarely play guitar.



HARDLY EVER 5%

They hardly ever use the car.



NEVER 0%

I never watch TV.



Expressions of Frequency

- Expressions of frequency tell us **exactly** when or how many times something happens.
- Position in the sentence: Expressions of frequency go at the **END** of the sentence.

EXPRESSIONS OF FREQUENCY

EVERY DAY

I wake up at 6:00 every day.



ONCE A WEEK

She goes jogging once a week.



TWICE A MONTH

We watch movies twice a month.



THREE TIMES A YEAR

I go on vacation three times a year.



ON MONDAYS

He studies English on Mondays.



PAGE 2 – PRACTICE

Exercise 1: Choose the correct option

1. I ___ wake up at 6 a.m. (always / every day)
2. She ___ eats vegetables. (often / once a week)
3. We ___ go to the gym. (sometimes / twice a month)
4. They ___ watch TV after dinner. (always / on Mondays)
5. He ___ plays soccer. (usually / twice a week)
6. I ___ study English in the evening. (often / every day)

Exercise 2: Put the words in the correct order

1. always / I / breakfast / eat _____
2. watch / sometimes / TV / they _____
3. goes / once a week / swimming / she _____
4. usually / we / play / soccer _____
5. three times a year / go / vacation / I _____
6. never / he / eats / vegetables _____

Exercise 3: Choose the correct sentence

1. **a)** I every day exercise.
b) I exercise every day.
2. **a)** She usually is happy.
b) She is usually happy.
3. **a)** He often goes to school by bus.
b) He goes often to school by bus.
4. **a)** They are always late for class.
b) They always are late for class.