GRAMMAR Adverbs of frequency

We use the present simple to talk about things we do often or every day.
*I **go** snowboarding every day.*



1 **Look at these examples from the blogs. The adverbs of frequency are in purple.**

My team always plays a match on Saturday or Sunday.

It's never boring.

It's usually quiet.

I often go with my little sister and other young people.

I sometimes go snowboarding with Mum.

0% 100%

a _____ b _____ c _____ d _____ e _____

LIVEWORKSHEETS

2 Answer the questions.

1 Which sentences below have a present simple verb?

- [ ] My team always plays a match on Saturday or Sunday.
- [ ] It's never boring.
- [ ] It's usually quiet.
- [ ] I often go with my little sister and other young people.
- [ ] I sometimes go snowboarding with Mum.

2 Which sentences below have the verb ***be***?

- [ ] My team always plays a match on Saturday or Sunday.
- [ ] It's never boring.
- [ ] It's usually quiet.
- [ ] I often go with my little sister and other young people.
- [ ] I sometimes go snowboarding with Mum.

3 Read the examples and choose the correct words to complete the rules.

My team always plays a match on Saturday or Sunday.

It's never boring.

It's usually quiet.

I often go with my little sister and other young people.

I sometimes go snowboarding with Mum.

In sentences with the **verb *be***, we put the adverb of frequency [ ] the verb.

In sentences with the **present simple**, we put the adverb of frequency [ ] the verb.

LIVEWORKSHEETS

4 Read the examples and choose the correct words to complete the rules.

People don't always play sport in teams.

Ben doesn't usually go snowboarding with his dad.

Do you sometimes play volleyball with friends?

Is rugby often dangerous?

Football isn't always boring!

In negatives and questions with the **present simple**, we put the adverb of frequency [ ] the **main verb**.

In negatives and questions with the **verb *be***, we put the adverb of frequency [ ] the **verb *be***.

GRAMMAR REFERENCE AND PRACTICE

- We use the present simple to talk about things we do often or every day.

  100% *I always play table tennis in the summer.*
  I usually go sailing with my dad.
  I often do athletics with my friends.
  I'm sometimes late for school.
  0% *I'm never unhappy.*

- We use the present simple with **adverbs of frequency** to say **how often** we do things.
  ***How often** do you go snowboarding?*
  *We **sometimes** go snowboarding in the winter.*
- With the verb ***be***, we put the adverb after the verb and before the adjective.
  ***Are** you **sometimes tired** after school?*
  *Yes, I'**m often tired**. / No, I'**m** not **often tired**.*
- With other verbs in the present simple, we put the adverb before the main verb.
  ***Do** you **often play** hockey at school?*
  *Yes, I **often play** hockey. / No, I don't **often play** hockey.*
- Remember, we use ***never*** with positive verbs.
  *I **never go** snowboarding. (**not** ~~I don't never go…~~)*

2 Rewrite the sentences with the adverb of frequency in brackets in the correct place.

0 I'm late for school. (always)
I'm always late for school.

1 We play badminton. (never)

2 My dad doesn't go running. (often)

3 My friends and I go cycling. (sometimes)

4 We aren't bored in our sports lesson. (usually)

5 Are you tired in the morning? (often)

LIVEWORKSHEETS

3 **Put the words in order to make questions. Then write answers that are true for you.**

0 play / you / table tennis / how often / do / ?
How often do you play table tennis? *I sometimes play table tennis.*

1 you and your friends / go / often / sailing / do / ?

2 you / sometimes / bored / are / at home / ?

3 dinner / how often / cook / you / do / ?

4 your best friend / how often / watch / does / TV / ?

5 sometimes / do / you / go / alone / running / ?

5 **Put the adverbs in the right place to complete the sentences and questions.**

1 I play hockey at school on Fridays. (usually)
2 Sophie is tired after rugby matches. (often)
3 People don't go sailing in teams. (always)
4 My uncle and my dad play table tennis. (never)
5 Is gymnastics dangerous? (sometimes)
6 Do you go cycling? (often)

LIVEWORKSHEETS