ADVERBSOF FREQUENCY

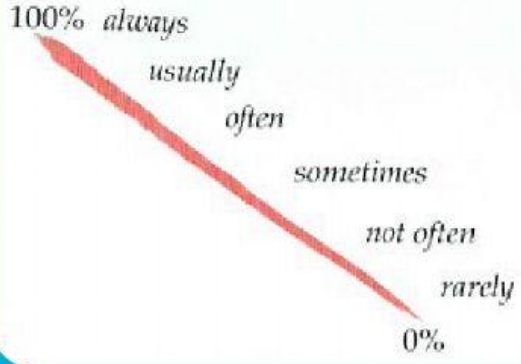
LIVEWORKSHEETS

Adverbs and expressions of frequency

We use adverbs and other expressions in present simple sentences to talk about how often we do things.

*Mike **usually** goes for a run in the evening.*
*I'm **often** late for work.*
*I have a hot drink **five or six times a day**.*
*We go on holiday **two or three times a year**.*

Some common frequency adverbs are:



1 Complete the sentences with the present simple form of the verbs in brackets.

1 Sam _____ (not live) near me.
2 Sofia _____ (drive) to work.
3 _____ she _____ (speak) any other languages?
4 I _____ (not like) waking up early.
5 _____ they _____ (see) each other at the weekends?
6 We _____ (be) very tired.
7 Some people _____ (not need) a lot of sleep.
8 _____ (be) your bus late?
9 He _____ (have) a big house in the country.

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Position

Frequency adverbs and expressions of frequency go in different places in a sentence.

- Adverbs of frequency go before the main verb, but after the verb *to be*.
  *They **never** eat out.*
  *She's **always** out at the weekend.*
  *I **don't often** do sport.*
- Expressions of frequency normally go at the beginning or end of a sentence.
  *I go out with friends **three or four times a week**.*
  ***Once a week**, I go for a run.*

2 Look at the sentences. There are five mistakes with the position of frequency adverbs and time expressions. Find and correct the mistakes.

1 I often am tired at work.
2 We twice a week eat out in a restaurant.
3 Do you often check your phone for messages?
4 She is never late to my lesson.
5 I have two or three times a day a cup of coffee.
6 They don't play often board games.
7 Does usually she take public transport?

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3 Complete the text with words from the boxes. Use a phrase from box A or a verb from box B in each gap. You do not need all the words in the boxes.

A always every day never often rarely two or three times a month usually

B eat get up go have leave make meet

I [1] _____ [2] _____ at about 7.30 a.m. and get ready for work. I [3] _____ [4] _____ breakfast because I don't feel hungry in the mornings. I start work at 9 a.m. and at 12 I have a lunch break. I [5] _____ [6] _____ my friend for lunch – normally two or three times a week. At 1.30 I start work again and finish at 5.30 p.m. I like to keep fit, so I [7] _____ to the gym [8] _____. I get home at about 8.00 p.m. and make dinner, but I also [9] _____ at restaurants [10] _____. I'm always tired in the evenings so I go to bed early. And that's my day!

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