Read and Learn:

We use **adverbs of frequency** to describe **how frequently something happens**.

We usually use adverbs of frequency with the **present simple tense**.
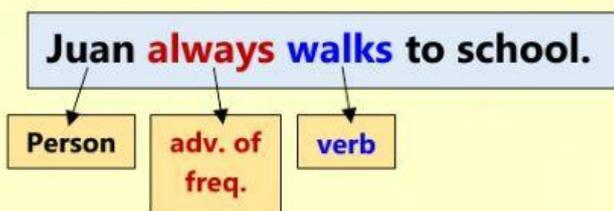
adverbs of frequency

always 100 %
usually 90 %
often 70 %
sometimes 30 %
never 0 %

Remember

Position in a sentence:

1) We put the adverbs of frequency BEFORE the main verb.

Example:

Juan always walks to school.

| Person | adv. of freq. | verb |

2) BUT we put them AFTER the verb BE:

Example:

Thomas is often absent.

| Person | verb "be" | adv. of freq. |
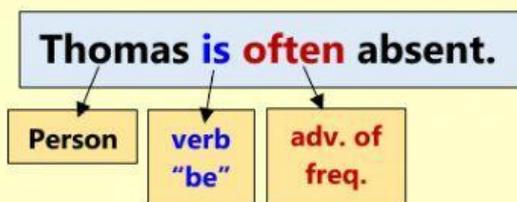
More examples:

With common verbs:	With the verb BE
I **usually clean** my room on Saturdays.	I **am sometimes** late for school.
You **sometimes play** football at the park.	You **are always** worried about English exams.
He **often studies** in the evening.	He **is usually** thirsty after lunch.
She **always wears** shirts.	She **is often** hungry in the afternoon.
It **never rains** in the desert.	It **is never** hot on winter mornings.
We **often go** to school by car.	We **are always** at school on weekdays.
They **never watch** TV at night.	They **are usually** at home on Sundays.

Activity 1: Only one sentence is correct. (Click on A, B o C)

1) A) Benjamin **never is** at work.

   B) Benjamin **is never** at work.

   C) Benjamin **is** at work **never**.

2) A) We **have usually** lunch at 12 o'clock.

   B) We **usually have** lunch at 12 o'clock.

   C) We **have** lunch **usually** at 12 o'clock.

3) A) She **always travels** by plane.

   B) **Always** she **travels** by plane.

   C) She **travels always** by plane.

4) A) They **sometimes are** at the park on Sunday afternoons.

   B) They **are** at the park **sometimes** on Sunday afternoons.

   C) They **are sometimes** at the park on Sunday afternoons.

Activity 2: Put the adverbs of frequency in the correct place.

Example:

We go to the beach in the summer. **(usually)**

   We **usually** go to the beach in the summer.
....

1) Susan is late for school. **(never)**

....

2) I eat fish. **(sometimes)**

....

3) Peter cleans his room. **(often)**

....

4) My parents are busy. **(always)**

....