




1 GRAMMAR position of adverbs and expressions of frequency

- a Complete the *You* column in the chart. Then complete the sentences with a verb and an adverb of frequency.

always	✓✓✓✓			
usually	✓✓✓	Matt	Becky	You
often	✓✓✓			
sometimes	✓✓			
hardly ever	✓			
never	-			
sleep for eight hours	✓✓✓✓	✓✓		
be relaxed	✓✓✓✓	✓✓✓		
do sport or exercise	✓✓	-		
eat healthy food	✓✓✓	✓		
be ill	-	✓✓✓✓		

- 1 Matt usually sleeps for eight hours.
- 2 He _____ relaxed.
- 3 He _____ sport or exercise.
- 4 He _____ healthy food.
- 5 He _____ ill.
- 6 Becky _____ for eight hours.
- 7 She _____ relaxed.
- 8 She _____ sport or exercise.
- 9 She _____ healthy food.
- 10 She _____ ill.
- 11 I _____ for eight hours.
- 12 I _____ relaxed.
- 13 I _____ sport or exercise.
- 14 I _____ healthy food.
- 15 I _____ ill.