

Grammar present simple and adverbs of frequency

1a Put the words in the right order to make sentences.

- often / coffee / for / go / They / out / a
They often go out for a coffee.
- goes / My / and / running / then / every / girlfriend / now

- don't / the / usually / We / camping / in / go / summer

- best / aerobics / a / friend / My / twice / week / or / does / once

- ever / games / I / play / hardly / computer

- family / often / My / future / don't / plans / make

b 1.3 Listen and check. Notice which words and parts of words are stressed.

c 1.3 Listen again. Pause the CD and repeat after each word.

2 Complete the second sentence so that it means the same as the first. Replace the **bold** words with the adverbs and expressions in the box.

always every now and then most days
once or twice a year rarely

- My partner does exercise after work **every day**.
My partner *always does exercise* after work.
- They **hardly ever** have a lie-in because they have two small children.
They _____ because they have two small children.
- My sister **nearly always** goes on Facebook before she has breakfast.
_____ before she has breakfast.
- My parents go on holiday **in January and July or only in July**.
My parents _____.
- We **occasionally** go clubbing with a big group of friends.
_____ with a big group of friends.

3 Complete the article with the verb phrases and the adverbs in the box.

always ~~hardly ever~~ nearly always never occasionally
often sometimes usually

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
eat healthily	✓	✓	✓	✓	✓	✓	✓
go training	✓	✓	✓	✓	✓	✓	
be in bed by 11 p.m.	✓	✓	✓	✓	✓		
chat with friends online	✓		✓		✓		✓
watch videos		✓		✓		✓	
spend time with relatives							✓
have a lie-in							✓
be bored							

A week in the life of an Olympic athlete

Olympic athletes have to look after their health if they want to be the best. In the morning, they ¹ *hardly ever have* a lie-in because they have a lot of things to do – a sports star ² _____ bored! In general, athletes ³ _____ and they start the day with a big breakfast with lots of carbohydrates and protein. They ⁴ _____ training in the morning and again in the evening. After training, they ⁵ _____ of other athletes to see how good they are. Olympic athletes don't have a lot of time to see other people, but they ⁶ _____ at the weekend – having a meal or catching up on family news. They ⁷ _____ or by phone. Professional athletes need between eight and ten hours sleep every night, so they ⁸ _____ in bed by 11 p.m.