

How often do you ...?

1. How often do you do these things? Choose an answer from the box below.

go to the cinema

go to the seaside

go to a football match

watch TV

go to the gym

go for a walk

go jogging

go swimming

go cycling

go hillwalking

play football

play video games

every day	every week	every year	
often	sometimes	hardly ever	never

2. Write sentences about how often you do these things.

An email about my week

1. Read the email and match the activities with the times of the week.



Hi Iram

I'm enjoying life here in Inverness. I'm very busy. I go to work every day and I go to college in the evening every Thursday. I study English and computing. At the weekend I relax. I sometimes play football on Saturday morning. I often go shopping on Saturday afternoon. I go to church on Sunday morning and I sometimes go for a walk on Sunday afternoon. What about you? Tell me about your week.

Krystina

work	Saturday morning
college	Sunday morning
football	Saturday afternoon
shopping	Sunday afternoon
church	every day
walk	Thursday

2. Use 'at', 'in', or 'on'.

___ Saturday

___ Friday

___ Thursday afternoon

___ Sunday evening

___ the evening

___ the afternoon

___ the weekend

3. Write an email to Krystina telling her how you spend your week.
