

## Grammar present simple and adverbs of frequency

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

- 1 often / coffee / for / go / They / out / a

*They often go out for a coffee.*

- 2 goes / My / and / running / then / every / girlfriend / now

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

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

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

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

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

- 1 My partner does exercise after work **every day**.

My partner *always does exercise* after work.

- 2 They **hardly ever** have a lie-in because they have two small children.

They  because they have two small children.

- 3 My sister **nearly always** goes on Facebook before she has breakfast.

before she has breakfast.

- 4 My parents go on holiday **in January and July or only in July**.

My parents .

- 5 We **occasionally** go clubbing with a big group of friends.

with a big group of friends.

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.