

LEARNING UNIT # 1

Frequency Adverbs Listening

REVIEW

GRAMMAR FOCUS



Adverbs of frequency

How often do you exercise?

I run on the treadmill **every day**.

I go jogging **once a week**.

I play soccer **twice a month**.

I swim about **three times a year**.

I don't exercise very **often/much**.

Usually I exercise before class.*

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

Sometimes I watch TV before bed.*

I **hardly ever** watch TV.

No, I **never** watch TV.

100%

0%

always

almost always

usually

often

sometimes

hardly ever

almost never

never

***Usually** and **sometimes** can begin a sentence.

To review this topic with videos, please

CLICK HERE

CLICK HERE



"How Often Do You....?"

TASK INSTRUCTIONS: Discuss the following questions with your English group and teacher. Make sure you get involved in this activity and remember, "Practice makes perfect".

1 How often do you forget to do your homework?

Never Hardly ever Sometimes Often

2 How often do you buy lunch at work?

Never Hardly ever Sometimes Often

3 How often do you work overtime?

Never Hardly ever Sometimes Often

4 How often do you complain about your boss?

Never Hardly ever Sometimes Often

5 How often do you get late to work?

Never Hardly ever Sometimes Often

6 How often do you make mistakes at work?

Never Hardly ever Sometimes Often

7 How often do you go party with your co-workers?

Never Hardly ever Sometimes Often



English

Listening exercise




Task# 1. Listen to Joe saying what he does on Saturdays. Choose the correct option in the chart. Listen to the audio twice only.



JOE

	always	usually	often	sometimes	hardly ever	never
do my homework						
play football						
watch TV						
listen to music						
go dancing						



Task# 2. Listen to Ashley talking about her weekly routine. Choose the correct option. Listen to the audio twice only.

<https://www.youtube.com/watch?v=6juWjvIMBi>

"How Often Does she?"

1. How often does Ashley work? She works _____.

- A. twice a week. B. once a week C. 4 days a week

2. Based on the video, Asly usually works from _____ to _____.

- A. Monday-Thursday B. Tuesday-Friday C. Wednesday-Saturday

3. Based on the video, how often does Ashley wake up early on Wednesdays?

- A. Never B. Sometimes C. Always

4. Based on the video, she never _____.

- A. goes to the supermarket B. works on sundays C. goes for a walk

