

# ADVERBS OF FREQUENCY

*always, usually, sometimes, rarely, never*

**Task One.** Click the correct option.

- Coach says we should \_\_\_\_\_ eat healthy food.  
(a) always (b) rarely (c) never
- We \_\_\_\_\_ stretch for 30 minutes before practice.  
(a) usually (b) rarely (c) never
- I \_\_\_\_\_ play soccer in the snow.  
(a) always (b) rarely (c) never
- We \_\_\_\_\_ watch sports on TV. It's boring  
(a) always (b) usually (c) rarely
- Our team is good and we \_\_\_\_\_ make it to the finals.  
(a) never (b) usually (c) rarely



**Task Two.** Match the sentence halves. Write the letter.

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|-------------------|--|
| 1. My sister ____ | a. sometimes ride their bikes.         |
| 2. We ____        | b. usually plays with her team.        |
| 3. They ____      | c. never runs without his headphones.  |
| 4. Tom ____       | d. always wear my helmet when I skate. |
| 5. I ____         | e. rarely go fishing with our Dad.     |

