Adverbs and Expressions of Frequency

Adverbs of frequency:

- Adverbs of frequency tell us **how often** something happens in a **general way.**

- Position in the sentence: Adverbs of frequency go **BEFORE** the main verb.

- With the verb 'to be', the adverb goes **AFTER** the verb:
  I am **usually** tired after work.
  She is **often** late.

Expressions of Frequency

- Expressions of frequency tell us **exactly** when or how many times something happens.

- Position in the sentence: Expressions of frequency go at the **END** of the sentence.

LIVEWORKSHEETS

PAGE 2 – PRACTICE

Exercise 1: Choose the correct option

1. I ___ wake up at 6 a.m. (always / every day)
2. She ___ eats vegetables. (often / once a week)
3. We ___ go to the gym. (sometimes / twice a month)
4. They ___ watch TV after dinner. (always / on Mondays)
5. He ___ plays soccer. (usually / twice a week)
6. I ___ study English in the evening. (often / every day)

Exercise 2: Put the words in the correct order

1. always / I / breakfast / eat _____
2. watch / sometimes / TV / they _____
3. goes / once a week / swimming / she _____
4. usually / we / play / soccer _____
5. three times a year / go / vacation / I _____
6. never / he / eats / vegetables _____

Exercise 3: Choose the correct sentence

1. **a)** I every day exercise.
   b) I exercise every day.

2. **a)** She usually is happy.
   b) She is usually happy.

3. **a)** He often goes to school by bus.

   b) He goes often to school by bus.

4. **a)** They are always late for class.

   b) They always are late for class.

LIVEWORKSHEETS