

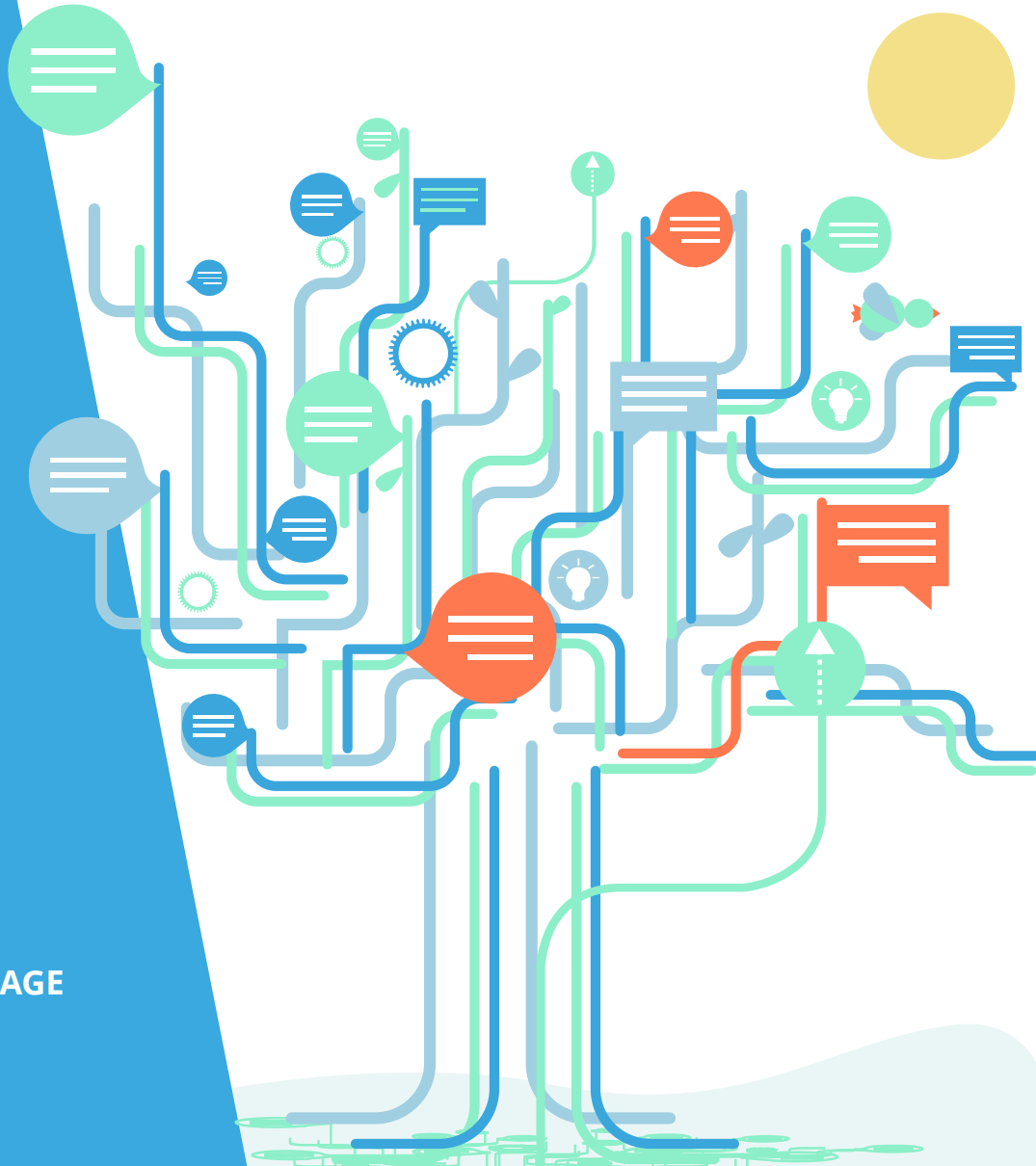
Adverbs of frequency

GRAMMAR

LEVEL
Beginner

NUMBER
A2_2063G_EN

LANGUAGE
English

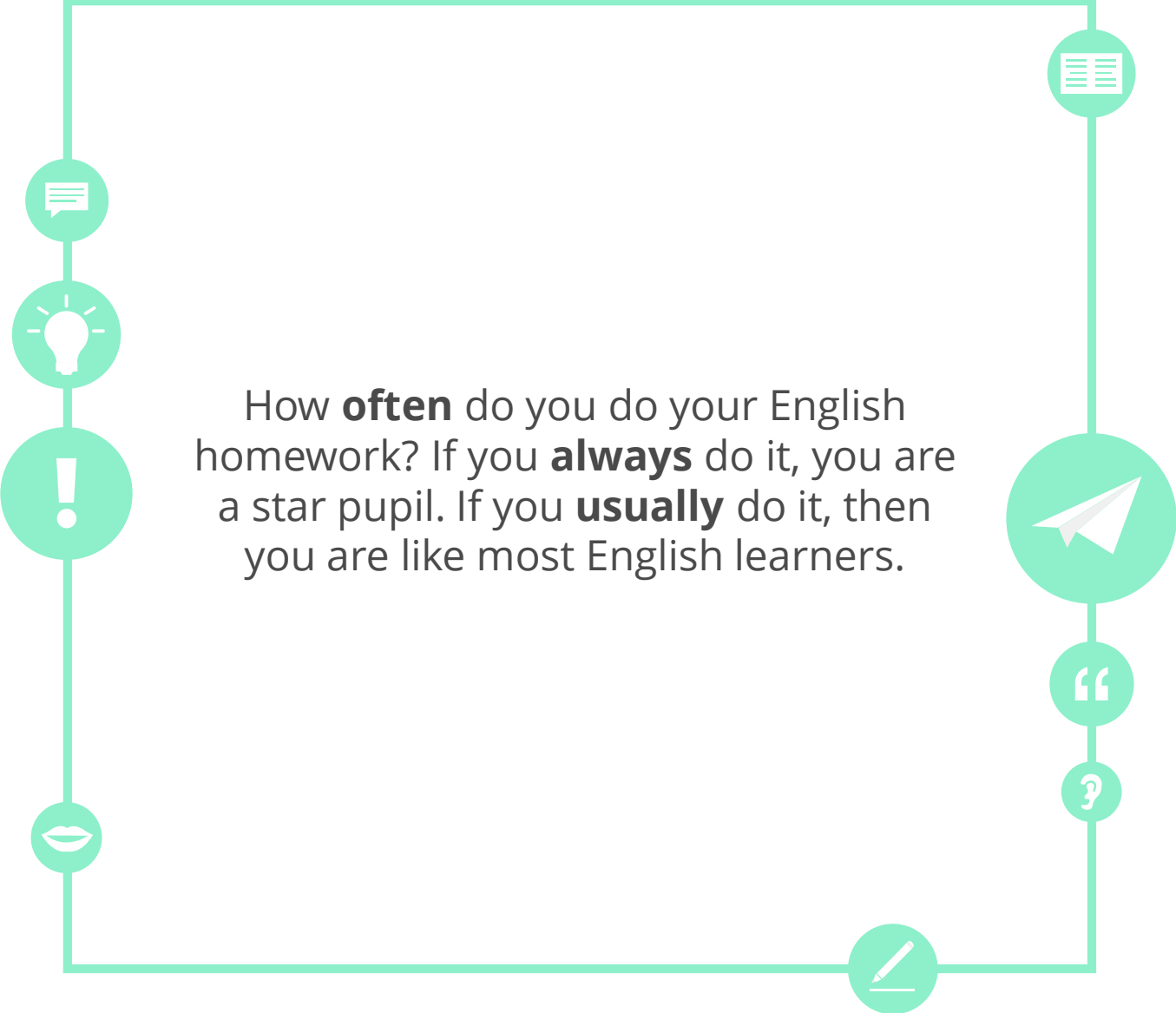




Goals

- Can use adverbs of frequency correctly in a sentence.
- Can describe my routines and habits using adverbs of frequency.





How **often** do you do your English homework? If you **always** do it, you are a star pupil. If you **usually** do it, then you are like most English learners.



Adverbs of frequency

- This lesson is about adverbs of **frequency**.
- These are **adverbs** which describe **how often** we do something.



She **always** drinks orange juice after the gym.



Always, sometimes and never

- Three of the main adverbs of frequency are **always**, **sometimes** and **never**.
 - **Always** means 100% of the time
 - **Sometimes** means something is not a regular occurrence. It is in between always and never.
 - **Never** means 0% of the time.

100%	In between	0%
always	sometimes	never
I always do my homework.	I sometimes watch TV in the evening.	I never eat broccoli because I don't like it.



Placement of adverbs

- Look at where the adverbs of frequency go in the sentence.
- They come **before most verbs**, e.g. do, eat, sing.
- They come **after auxiliary verbs**, e.g. can, must, will.
- They come **after the verb to be**.

most verbs		I always do my homework.
auxiliary verbs		I can never understand her.
to be		She is never happy.



Adverbs of frequency

- Here are some more examples to explain adverbs of frequency.

I can never remember her name.

She is always smiling.

I sometimes like going to the gym.

We should always say please and thank you.

We are never going to arrive on time.





John's routine

Read about John's routine.

In the morning John always takes a shower and brushes his teeth. He always eats breakfast too. John sometimes eats cereal and he sometimes eats eggs with toast. He always drinks tea with milk but he never drinks coffee – he hates it! He always takes the train to work. He never takes the bus because it is always late, and John is never late for work. John sometimes goes to the gym after work if he isn't tired. He sometimes goes shopping or to meet a friend. John never eats dinner in restaurants because he prefers to cook at home. John is always in bed before 11pm during the week.

Now answer the questions on the next page.





How often does John do these things?

	ALWAYS	SOMETIMES	NEVER
1. Takes a shower before work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Eats cereal for breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Takes the train to work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Goes to the gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eats in restaurants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



About you

How often do you do these things in a normal day?

always
sometimes
never





What do they do?

What do our furry friends do during the day?
Can you imagine what a normal day looks like?





More adverbs of frequency

- Here are some more adverbs of frequency.
- They can be used in the same place as **always**, **sometimes** and **never**.

percentage		adverb
80-90%	→	usually/normally
60-70%	→	often
30-40%	→	occasionally
10-20%	→	rarely/seldom/hardly ever



More adverbs of frequency

- Here are some examples of more adverbs of frequency.

- I **usually** walk my dog as soon as I wake up.
- I **often** meet my friends after work.
- I **occasionally** have a glass of wine with dinner.
- I **hardly ever** see my friends from kindergarten any more.





Placement of adverbs

- **Usually, normally, often, sometimes** and **occasionally** can also be used at the beginning of a sentence.
- Remember to use a **comma** to separate the adverb from the rest of the sentence.

Usually, I go to the gym after work.

Normally, I don't forget my homework.

Often, she comes with us.

Sometimes, I drink hot chocolate in the evening.

Occasionally, I forget my friends' birthdays.





Alice's routine

Now read about Alice's routine.

Alice usually wakes up at about 6am. At the weekend, she often sleeps later, but she rarely wakes up after 8am. She normally goes to an exercise class in the morning before she goes to work. Occasionally, she eats breakfast at the gym with her friends, but often, she eats something at her desk. She seldom has time for lunch, but when she does have time, she usually goes to her local café. She normally eats a sandwich, but, occasionally, she has a salad or some soup. Sometimes, Alice meets her friends after work and they go out for dinner. If she doesn't see her friends, Alice often meets her husband at their favourite restaurant. As you can see, Alice hardly ever cooks!

Answer the questions on the next page.





Choose the correct option

1. How often does Alice wake up at 6am?

a. always

b. usually

2. How often does Alice wake up after 8am?

a. rarely

b. often

3. How often does Alice go to an exercise class before work?

a. normally

b. hardly ever

4. How often does Alice eat breakfast at her desk?

a. occasionally

b. often



Choose the correct option

5. How often does Alice have time for lunch?

a. usually

b. seldom

6. How often does Alice eat a salad for lunch?

a. occasionally

b. often

7. How often does Alice meet her husband after work?

a. often

b. sometimes

8. How often does Alice cook?

a. occasionally

b. hardly ever



Tell your teacher

What do you do during a normal day or a normal week?



always

often

occasionally

sometimes

usually

never

rarely

hardly ever

seldom



How often did you do these things when you were a child?

I **often** ate cake,
usually at my
grandmother's
house.

watch TV

I **rarely** argued
with my friends.

go to
McDonalds

do sport

ride your bike

go to bed
early

eat cake

argue with
your friends

drink fizzy
drinks

walk to school

play computer games



A superhero's normal day

**Can you describe a normal day for a superhero?
What do they eat or drink?
And how do they spend their time in between saving the world?**





Quiz your teacher

occasionally
seldom
never

Guess 5 things your teacher does when he or she gets home from work. Then swap roles.

I think you usually make a cup of tea.

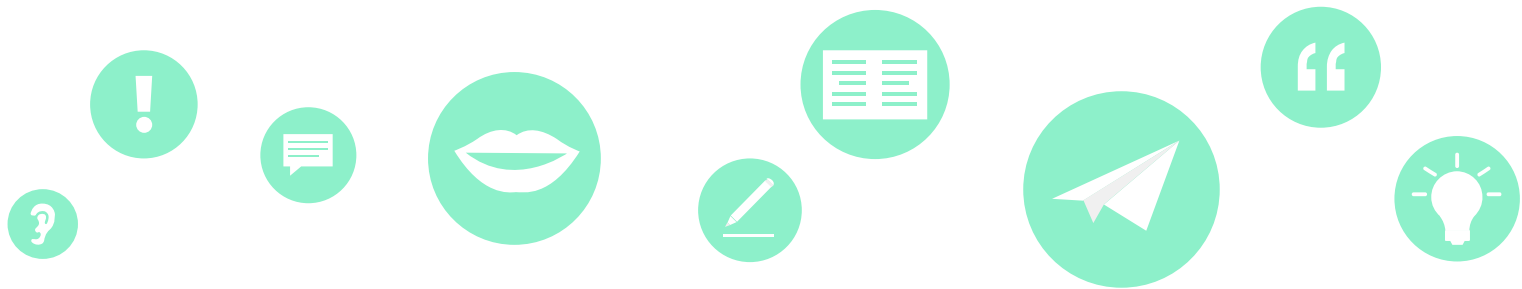


Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no

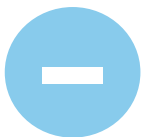




Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?





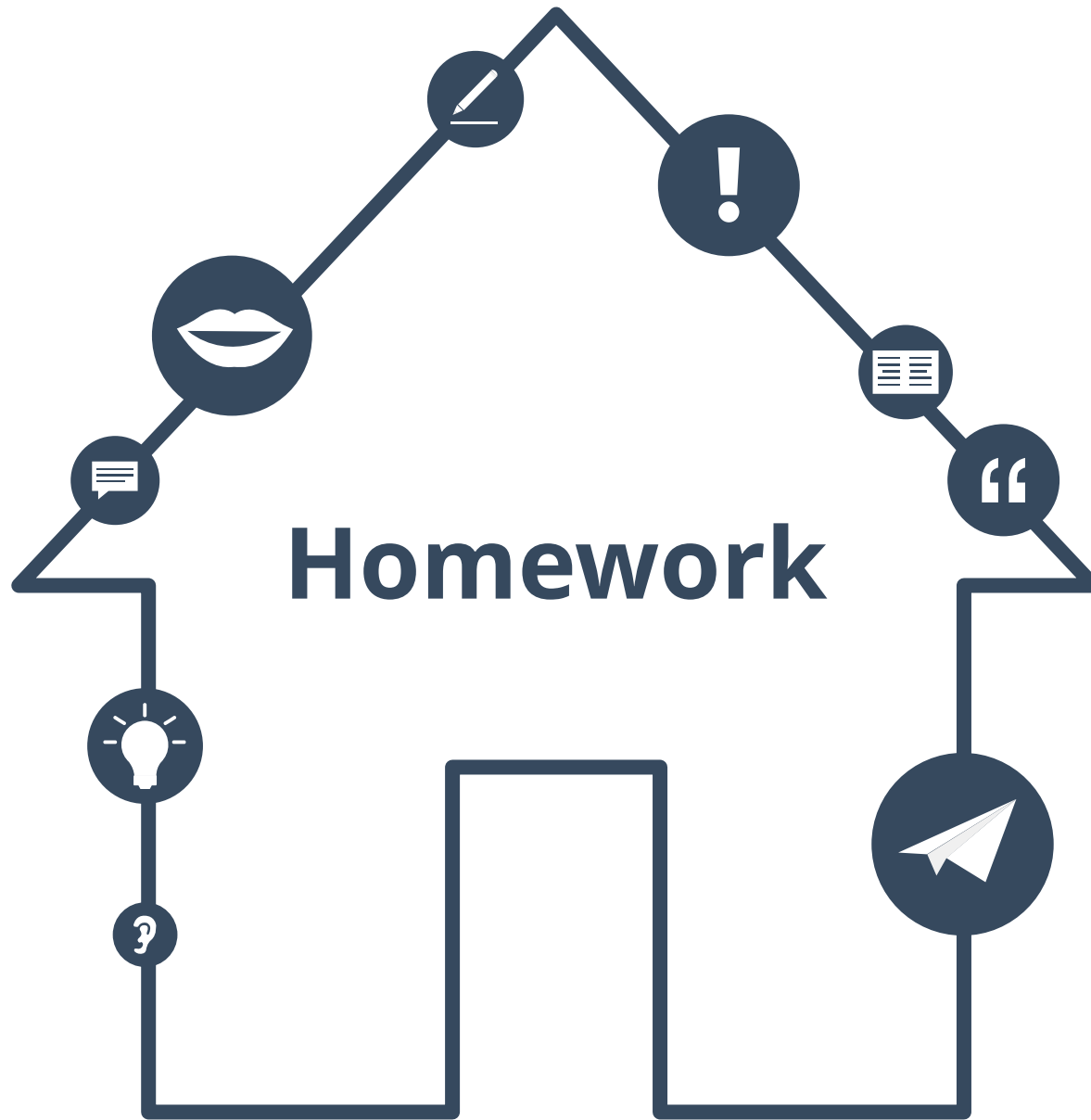

If you have time, go over
the most difficult slides again



Answer key

Exercise p. 9
1. always, 2. sometimes, 3. always, 4. sometimes, 5. never

Exercise p. 16 - 17
1. B, 2. A, 3. A, 4. B, 5. B, 6. A, 7. A, 8. B





Write 3 lists

Write a list of things that you always do at the weekend, things you sometimes do, and things you never do.

always

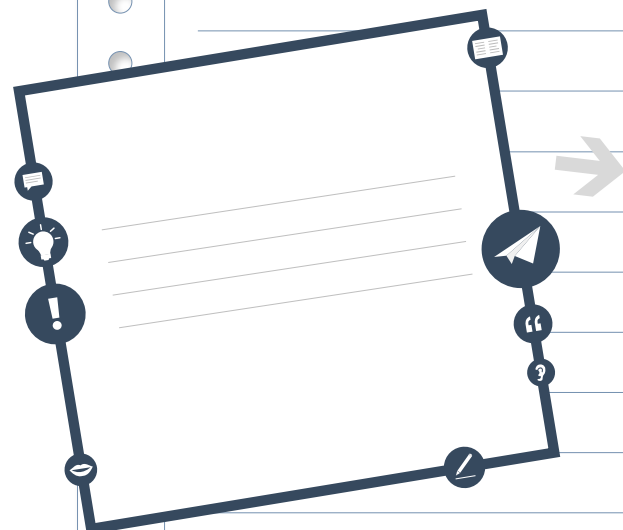
sometimes

never



Text at the beginning

**Go back to the text on page 3
and find examples of
the grammar topic of this lesson in it.
Write them down.**



Copy parts of the text
that are examples of
topic of the lesson.



Sentences in the first person plural

**Choose five sentences from this lesson.
Copy them and write them about you and a friend.**





Examples:





I don't understand



→ My friend Maria and I don't understand.



He has a book



→ We have a book



...















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