**Step 1**

1. Complete the chart using the information above.

|  |  |
| --- | --- |
| **What is it needed to join a team?** | |
| **Activity** | **Frequency adverb / Time expression** |
| Do Gym | Every day |
| Training in the morning | Always |
| Sleep after training | Usually |
| Training in the afternoon | Always |

1. Write questions and answers following the chart above.
2. **Q**: How many times a week do they go to the gym?

**A**: They every day go to the gym.

1. **Q**: How often does a soccer player train in the morning?

**A**: A soccer player always trains in the morning.

1. **Q**: How often does a soccer player sleep after train?

**A**: A Soccer player usually sleeps 2 hours after training.

1. **Q**: How often does a soccer player train in the afternoon?

**A**: A soccer player always trains in the afternoons after sleep.

1. c. Convert the following sentences into sentences with frequency adverbs (always, sometimes, usually, never) and write two more.

* Sophia and Joseph / go to the mall / three times a week

Sophia and Joseph sometimes go to the mall.

* The dog / bark / everyday

The dog always barks.

* My father and I / drink coffee / five times a week

My father and I usually drink coffee.

* She / eat pizza / no like

She never eats pizza.

* Sarah and Luis / buy bananas / two times a week

Sarah and Luis sometimes buy bananas.

* I / play the piano in the night / every day

I always play the piano at night.

* Lara / walk in the park/ monday and thursday

Lara often walks in the park.