

GRAMMAR

Adverbs of frequency

LEVEL

Elementary (A2)

NUMBER

EN_A2_2123G

LANGUAGE

English

Learning outcomes

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



Warm-up

**How often do you
use English in your
everyday life?**

Always? Sometimes? Never?

**Share your answer with the
rest of the class!**



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 that is not a regular occurrence. It is in between *always* and *never*. 50% of the time.
 - Never** means 0% of the time.

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



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***.

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



Adverbs of frequency

1. **Read** the examples below.
2. **Describe** where you see the adverb of frequency: before the verb, after the auxiliary verb, or after the verb *to be*.

- 1 I can never remember her name.
- 2 She is always smiling.
- 3 I sometimes like going to the gym.
- 4 We are never going to arrive on time!





John's routine

1. **Read** about John's routine.
2. Then **complete** the exercise on the next slide.

In the morning John always takes a shower and brushes his teeth. He always eats breakfast too. John sometimes eats cereal or eggs on toast. He always drinks tea with milk, but 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 meets a friend. John never eats dinner in restaurants because he prefers to cook at home. John always goes to bed before 11 p.m.





How often does John do these things?

Categorise these activities.



1

takes a shower
before work

2

eats cereal for
breakfast

3

takes the train to
work

4

goes to the gym

5

eats in
restaurants

always

sometimes

never



How often do you do these things?

In breakout rooms or together as a class, **tell** your classmates how often you do these things in a normal day or week.

brush your
teeth

eat at a
restaurant

watch a movie

go to the
supermarket





More adverbs of frequency

Arrange the adverbs of frequency.

0%

100%



____ 1. ____
____ 2. ____
____ 3. ____

____ 4. ____

____ 5. ____

____ 6. ____

____ 7. ____

occasionally

rarely

seldom

usually

normally

hardly ever

often



Complete the sentences

Complete the sentences with your own ideas.

1 I usually...

2 I hardly ever...

3 I occasionally...



Placement of adverbs

1. **Read** the sentences.
2. Then **review** the information in the blue box below.

Usually, I go to the gym after work.

Normally, I don't forget my homework.

Often, she comes with us.

Sometimes/Occasionally, I drink coffee in the afternoon.

- *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.



Alice's routine

1. **Read** about Alice's routine.
2. Then **complete** the exercise on the next slide.

Alice usually wakes up at about 6 a.m. At the weekend, she often sleeps in, but she rarely wakes up after 8 a.m. 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, she usually goes to her local café. She normally eats a sandwich, but, occasionally, she has soup or a salad.

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!





Choose the correct option

1 How often does Alice wake up at 6 a.m.?

a. always

b. usually

2 How often does Alice wake up after 8 a.m.?

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 salad for lunch?

a. occasionally

b. often

5 How often does Alice meet her husband after work?

a. often

b. sometimes



At the weekend, I often
sleep in until midday.



Underline the correct answer: to **sleep in** means...
to wake up late (at night / in the morning).

What do you do during a normal day or week?

always

often

occasionally

sometimes

usually

never

rarely

hardly ever

seldom

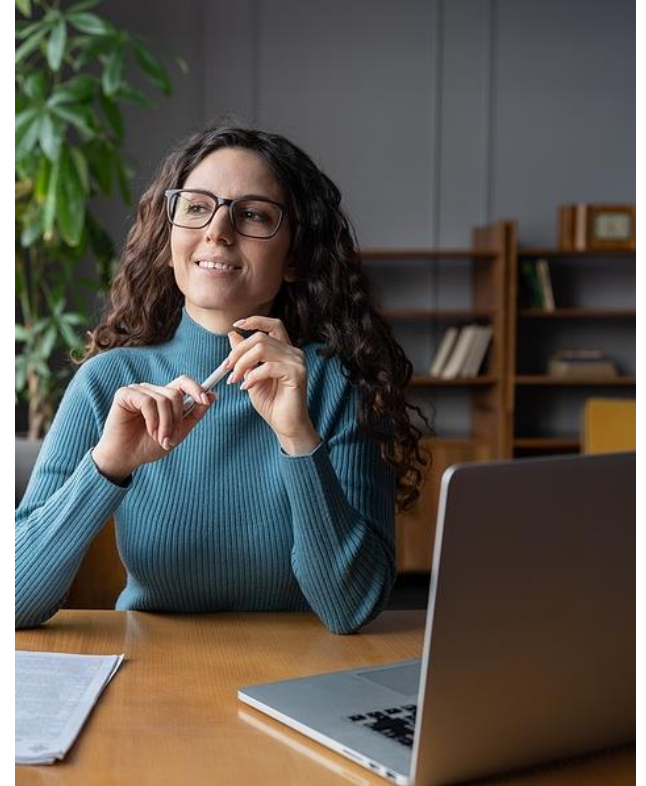
normally



Game

**Guess 5 things
another classmate
does when they get
home from work.**

Then swap roles!





End of the lesson

Idiom

Better late than never!

Meaning: It is better to do something later than planned than not to do it at all.

Example: I know your birthday was last month, but here's your present. Better late than never!



Additional practice



How often did you do these things as a child?



watch TV

eat fast food

ride your bike

**go to bed
early**

do sport

eat cake

**drink fizzy
drinks**

**argue with
your friends**

walk to school

play computer games



Complete the sentences

Complete the sentences with your own ideas!



1 I usually go on holiday...



...to a tropical beach.

2 At the weekend, I often...



3 When I'm bored, I occasionally...



4 The night before a big holiday, I always...



5 When I'm on holiday, I hardly ever...



6 When I'm travelling, I sometimes...





Discuss

Answer the question below.

Never say never!

What do you think this means?

**Share your answer with the
rest of the class!**





Answer key

P.6: 1.) after auxiliary 2.) after *to be* 3.) before the verb 4.) after *to be*

P.8:

always: 1, 3

sometimes: 2, 4

never: 5

P.10: 1.) rarely 2.) seldom 3.) hardly ever 4.) occasionally 5.) often 6.) usually 7.) normally

P.14: 1.) b 2.) a 3.) a 4.) a 5.) a

P.15: *to sleep in* means to wake up late in the morning



Summary

Always, sometimes and never:

- **Always** = 100% of the time → *I always do my homework.*
- **Sometimes** = not a regular occurrence. It's in between *always* and *never* → *I sometimes watch TV in the evening.*
- **Never** = 0% of the time → *I never eat broccoli because I don't like it.*

Placement of adverbs:

- They come **before most verbs**: *do, eat, sing* → *I always do my homework.*
- They come **after auxiliary verbs**: *can, must, will* → *I can never understand her.*
- They come **after** the verb *to be* → *She is never happy.*

More adverbs of frequency:

- *usually; normally*
- *often*
- *occasionally*
- *seldom; rarely; hardly ever*

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.
- *Normally, I don't forget my homework. / Occasionally, she comes with us.*



Vocabulary

broccoli

to brush

to sleep in

exercise class

desk

