

## Revision: routines and adverbs of frequency

Listening: "A day in the life of a scientist"

1) Melanie Szabo is a scientist on Bird Island. Listen to her talking about her day in the summer and in the winter. Tick (✓) the activities she mentions.

(audio 2\_1)

- |                           |                   |
|---------------------------|-------------------|
| 1 study penguins          | 7 have dinner     |
| 2 get up early            | 8 work in the lab |
| 3 have breakfast          | 9 write emails    |
| 4 go out in a boat        | 10 go to bed late |
| 5 visit different islands | 11 relax          |
| 6 take photos             | 12 read a book    |



2) Is Melanie talking only about today, or things that she does every day? Listen again and complete this extract from the audio with the adverbs of frequency that you hear.

(...) I watch the penguins with their babies. I <sup>1</sup> \_\_\_\_\_ go out in a boat with the other scientists on the island. (...)

I <sup>2</sup> \_\_\_\_\_ work all day and I only stoop in the evening to have dinner. I <sup>3</sup> \_\_\_\_\_ go back to the beach after dinner to spend more time with the penguins. Then I work in the lab. I <sup>4</sup> \_\_\_\_\_ go to be late! In the winter, the weather is <sup>5</sup> \_\_\_\_\_ very cold, but we <sup>6</sup> \_\_\_\_\_ have more free time and I can relax.

Pay attention to the **position** of the adverbs in the sentence. Is it always the same position? Now read the explanation on the following page.

## ADVERBS OF FREQUENCY:

### GR1.2 )))

High frequency	←————→			Low frequency
always	most days nearly always usually often	sometimes every now and then occasionally	hardly ever rarely	never

We use adverbs of frequency and frequency expressions when we talk about how often we do things or how often things happen.

Specific frequency expressions:

once		day
twice	a	week
three times etc.		month, etc.

- In positive sentences, we put adverbs of frequency (including the expressions *hardly ever* and *nearly always*) before the main verb, but after the verb *be*.
- In negative sentences, we put adverbs of frequency after auxiliary verbs (*do/does*), but we put *sometimes* before the auxiliary.
- In questions, we put the adverb of frequency after the subject.

### GR1.2 ))) (continued)

Positive	Negative	Question
I <b>always</b> work in the morning.	I don't <b>always</b> work in the morning.	Do you <b>always</b> work in the morning?
I'm <b>always</b> tired on Friday evenings.	I'm not <b>always</b> tired on Friday evenings.	<b>Are</b> you <b>always</b> tired on Friday evenings?

We put frequency expressions such as *most days* or *every now and then* at the beginning or at the end of a sentence.

*I cook a nice meal **every now and then**.* NOT ~~*I cook every now and then a nice meal.*~~

Use a positive verb with *never*.

*I am **never** late.* NOT ~~*I'm not never late.*~~

**Practice:**

**1** Circle the best option.

- 1 I need music when I run so I always / *occasionally* take my MP3 player with me.
- 2 It *usually* / *sometimes* rains when we go camping, but not often.
- 3 My doctor is angry because I *hardly ever* / *often* do exercise.
- 4 Paul *rarely* / *nearly always* swims in the sea if the weather's nice.
- 5 I *occasionally* / *never* go to large sports events – I quite like them.
- 6 We *often* / *sometimes* have a coffee after we go to the gym, but most days we don't.
- 7 We're not really into computer games, but we play them *every now and then* / *every day*.

**2** Make questions or statements in the positive or negative form.

- 1 James / be / nearly always / at the gym (?)  
*Is James nearly always at the gym?*
- 2 my parents / often / go on Facebook (-)
- 3 I / never / do karate (+)
- 4 his brother / occasionally / play / cards in the evening (?)
- 5 Katy / be / usually / keen on watching basketball (-)
- 6 Sandra and I / sometimes / go out for a meal on weekdays (-)
- 7 Ben / always / happy / when he wins his chess matches (+)
- 8 you / both / swim / every now and then (?)

## **ANSWERS:**

### **Listening:**

- 1) study penguins, get up early, go out in a boat, visit different islands, take photos, have dinner, go to bed late, relax
- 2) Melanie is talking things that she does every day
  - 1- sometimes
  - 2- often
  - 3- sometimes
  - 4- always
  - 5- always
  - 6- usually

### **Practice:**

- 1)
  - 1 always
  - 2 sometimes
  - 3 hardly ever
  - 4 nearly always
  - 5 occasionally
  - 6 sometimes
  - 7 every now and then
- 2)
  - 1 Is James nearly always at the gym?
  - 2 My parents don't often go on Facebook.
  - 3 I never do karate.
  - 4 Does his brother occasionally play cards in the evening?
  - 5 Katy isn't usually keen on watching basketball.
  - 6 Sandra and I sometimes don't cook on week days.
  - 7 Ben is always happy when he wins his chess matches.
  - 8 Do you both swim every now and then?