We use frequency adverbs to describe how often something happens. We use them with the Present Simple tense.

We place the frequency adverbs BEFORE the main verb (in Present Simple).

I always walk to work.
He doesn’t usually wear jeans.
Do you often write letters?

BUT, we put them AFTER the verb TO BE.

He is never late.
The children aren’t usually tired after school.
Are you often sad?
How often...? To ask about the frequency of an action. We place it at the beginning of the question.

How often do you go to the cinema? How often does Mary cook?

We go to the theatre once a week.
Peter plays football five times a month.

Mary cooks every day.
I play tennis every Sunday.

The rest of the frequency expressions are placed at the end of the sentence.
A. Put the words in the correct order to make sentences, as in the example.

*play /often / on / Sundays / they / football*

*They often play football on Sundays.*

1. *late / is / she / sometimes*

___________________________________________

2. *early / up / sister / never / Sundays / on / gets / my*

___________________________________________

3. *usually / he / goes / to / on / Fridays / the / cinema*

___________________________________________

4. *go / you / restaurant / often / a / do / how / to / ?*

___________________________________________

5. *she / the / beach / to / always / goes / in / the / summer*

___________________________________________

6. *sometimes / her / does / she / Fridays / on / shopping*

___________________________________________

7. *go / we / twice / month / the / theatre / to / a*

___________________________________________

8. *never / in / is / the / at / mornings / Peter / home*

___________________________________________

9. *he / work / rides / bike / to / his / often*

___________________________________________

10. *home / they / get / six o’clock / usually / at*

___________________________________________

11. *every / homework / students / their / good / do / day*

___________________________________________

12. *you / out / how / in / do / evenings / often / go / the / ?*

___________________________________________
B. Put the frequency adverbs and expressions in the right place.

1. Susan is late for school. (never)
   ____________________________________________________

2. My brother doesn't write letters to his friends. (usually)
   ____________________________________________________

3. We go on holidays. (twice a year)
   ____________________________________________________

4. Peter wears a tie. (sometimes)
   ____________________________________________________

5. I eat fish. (once a week)
   ____________________________________________________

6. Do the children watch TV? (often)
   ____________________________________________________

7. My father is very busy. (always)
   ____________________________________________________

8. Peter tidies his room. (never)
   ____________________________________________________

9. My brother and I go fishing. (every week)
   ____________________________________________________

10. My mother goes shopping on Saturdays. (always)
    ____________________________________________________

11. Do you get up late at the weekend? (usually)
    ____________________________________________________

12. I drink tea. (every morning)
    ____________________________________________________

13. Mary rides her motorbike to work. (sometimes)
    ____________________________________________________
14. I exercise in the afternoons. (often)
__________________________________________________

15. Does Jane have lunch at home? (usually)
__________________________________________________

C. Use the prompts and the frequency adverbs to write sentences about yourself.

always        usually        often        sometimes        never

1. get up at seven o’clock
__________________________________________________

2. have a shower in the morning
__________________________________________________

3. have lunch at school
__________________________________________________

4. do homework in the afternoon
__________________________________________________

5. play computer games in the evenings
__________________________________________________

6. cook dinner
__________________________________________________

7. watch TV before I go to bed
__________________________________________________

8. go to bed early
__________________________________________________
D. Answer the following questions using frequency expressions.

1. How often do you eat pasta?
   ____________________________________________

2. How often do you meet your friends?
   ____________________________________________

3. How often do you brush your teeth?
   ____________________________________________

4. How often do you do exercise?
   ____________________________________________

5. How often do you use the computer?
   ____________________________________________

6. How often do you go away?
   ____________________________________________

E. Choose the correct sentence.

1. a) Jim never is at work.
   b) Jim is at work never.
   c) Never is Jim at work.
   d) Jim is never at work.

2. a) We have usually lunch at 12 o’clock.
   b) We usually have lunch at 12 o’clock.
   c) We have lunch at usually 12 o’clock.
   d) We have lunch at 12 usually o’clock.

3. a) She travels always by train.
   b) Always she travels by train.
   c) She always travels by train.
   d) She travels by always train.

4. a) They go out sometimes in the evening.
   b) They sometimes go out in the evening.
   c) They go out in sometimes the evening.
   d) They go sometimes out in the evening.