

ADVERBS OF FREQUENCY

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ENGLISH
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— always	"I always drink coffee before 09:00."
— usually	"I am usually late for meetings."
— normally	"What time do you normally go to bed?"
— frequently	"I frequently go out at weekends."
— often	"We often play football on Sundays."
— sometimes	"Sometimes I play poker with my friends."
— occasionally	"She occasionally watches French films."
— seldom	"I seldom do my homework."
— rarely	"I rarely go to the gym."
— hardly ever	"I hardly ever read the newspaper."
— never	"I never listen to what he says."

- POSITION:
- before main verb
 - after 'to be'
 - 'sometimes' is usually used at the beginning, but it can be used before the main verb also.

Adverbs

always

often

usually

sometimes

regularly

play interesting games
(computer games)

watch TV

play football (tennis)

READ BOOKS

help my Mum (Dad)

walk

listen to music

visit my friends

do homework

Adverbs of frequency

Usually

always

never

sometimes

often

rarely

1. Adverbs of frequency used before the main verb in the sentence.

*I **usually** get up at 7 o'clock*

*I don't **often** go to the cinema*

*She **never** eats bananas*

*We **always** watch TV in the evenings*

*I **sometimes** go swimming*

2. These adverbs always used after verbs “to be” and “to do”.

*I am **never** late.*

*They are **always** polite*

3. We can use **Sometimes** and **usually** in the beginning or in the ending of the sentence.

***Sometimes** I play tennis.*

*I play tennis **sometimes***

***Usually** he goes to school by bus.*

*He goes to school by bus **usually**.*

%	Adverb of Frequency	Example
100%	Always	I always study after class
90%	Usually	I usually walk to work
80%	Normally / Generally	I normally get good marks
70%	Often / Frequently	I often read in bed at night
50%	Sometimes	I sometimes sing in the shower
30%	Occasionally	I occasionally go to bed late
10%	Seldom	I seldom put salt on my food
5%	Hardly ever / Rarely	I hardly ever get angry
0%	Never	Vegetarians never eat meat

Subject + Adverb + Main Verb

Daniel always passes his exams.

Subject + BE + Adverb

He is always happy.

Adverbs of frequency are often used with the present simple because they indicate repeated or routine activities.

Place the adverb before the verb in the sentence, or if there are two verbs, place the adverb between them.

I always brush my teeth in the morning.

ALWAYS = 100% of the time

I frequently watch the news at night.

FREQUENTLY = 90% of the time

I usually eat fruit after dinner.

USUALLY = 80% of the time

I often go for a walk.

OFTEN = 70% of the time

I sometimes eat apples.

I can never eat apples, I'm allergic to them.

I sometimes see my neighbour when I go for a walk.

SOMETIMES = 50% of the time

I occasionally go to the movies.

OCCASIONALLY = 40% of the time

I seldom go to bed before 11pm.

*** SELDOM = 20% of the time**

I rarely go skiing.

*** RARELY = 10% of the time**

NEVER = 0%

I never go sky-diving.

* 'Seldom' and 'rarely' are often replaced in day to day speech with 'hardly ever'.

INGLESE AVVERBI DI FREQUENZA

quando
si usano

per dire ogni quanto si
compie un'azione

posizione
nella frase

a) tra soggetto e verbo principale (se il verbo è un tempo semplice),
b) tra verbo e verbo (se è un tempo composto),
c) dopo il verbo essere.

d) *sometimes, usually, occasionally, frequently, normally, often*:
si possono trovare anche all'inizio della frase
e) Precedono sempre l'ausiliare nelle risposte brevi.

generally - generalmente
occasionally - occasionalmente
frequently - frequentemente
regularly - regolarmente
rarely/seldom - raramente
not often - non spesso
not usually - non abitualmente
not always - non sempre
almost/nearly - quasi
already - già
just - appena
recently - recentemente
yet - ancora (in frasi negative e interrogative negative)
hardly ever - quasi mai

avverbi

a) Paul usually walks home
b) We can often do that
c) Paul is always happy

d) Often, I listen to the radio.
e) Do you always watch this programme?
No, we rarely do

EVER
mai

NEVER
mai

SOMETIMES
qualche volta

OFTEN
spesso

USUALLY
di solito

ALWAYS
sempre

- frasi **interrogative**
"mai" inteso nel senso di "qualche volta":
richiede l'avverbio negativo *not* e l'ausiliare.

Do you *ever* go on holiday Italy? No, I *never* do

- frasi **affermative e negative**
"non ... mai":
non richiede l'avverbio negativo *not* né l'ausiliare
(nel caso del presente semplice: *don't - doesn't*).

Paul *never* watches TV after launch

Revision of grammar

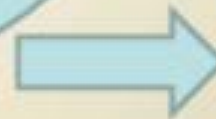
Present Indefinite Tense

V s/es



Always
Usually
Often
Sometimes
Every day

I speak We speak
You speak You speak
 They speak
She speaks
He speaks
It eats



Do/does



Present Simple настоящее простое

(often, always, usually, every)V1(s)?,- do, does



He often **goes** to the library
Why **does** he **go** there?



I, you always **clean** the house.
Do you help me?
Yes. I **do**



She **listens** a teacher every day



We, they usually **sit** together.
We, thee **don't like** to be alone.





always
usually
often
sometimes
never

help my mother to cook meals
make my bed.

Ask and answer questions about your everyday life. Use “How often do you...” to ask the questions and the Adverbs of Frequency (*always, usually, sometimes, rarely, never*) to answer the questions.

Example: A: How often do you **play** soccer on the weekend?

B: I **always** play soccer on the weekend. / I **rarely** play soccer on the weekend.

A: How often do you **listen to** the radio in your car?

B: I **sometimes** listen to the radio in my car. / I **never** listen to the radio in my car.

play _____ ?	watch _____ ?	listen to _____ ?	eat _____ ?	wash _____ ?
Always	Always	Always	Always	Always
Usually	Usually	Usually	Usually	Usually
Sometimes	Sometimes	Sometimes	Sometimes	Sometimes
Rarely	Rarely	Rarely	Rarely	Rarely
Never	Never	Never	Never	Never