

10/18/2021



Adverbs of Frequency

Learning Resource

Name: _____

ID Number: _____

Class: _____

Date: _____

KEYSTON



Adverbs of Frequency

An adverb of frequency describes how often an action happens.

Word order with the main verb:

Most adverbs of frequency go in the middle of a sentence, *before the main verb*:

Subject + **adverb of frequency** + main verb

e.g. We **usually** go to the cinema on Saturdays.

Word order with Auxiliary verb

When there is an auxiliary verb (e.g. have, will, shall, would, should, can, could, may, might, must) followed by a main verb, then the adverb goes between the auxiliary verb and the main verb:

Subject + auxiliary verb + **adverb of frequency** + main verb

Here are some examples:

- **Positive:** *She must listen to her teacher.* 'Must' is the auxiliary verb and 'listen' is the main verb, so we put the adverb of frequency in the middle: *She must **always** listen to her teacher.* It is the same rule as before – the adverb goes before the main verb.
- **Negative:** *I don't go to bed until it's dark.* This time 'don't' is the auxiliary verb, 'go' is the main verb, and we put the adverb of frequency between them: *I don't **usually** go to bed until it's dark.*
- **Question:** *Has Sarah lived in Amsterdam?* As usual the subject and auxiliary verb change places in question order. The adverb of frequency goes between the auxiliary verb (has) and the main verb (lived), and immediately after the subject (Sarah): *Has Sarah **always** lived in Amsterdam?*

The verb 'to be' (the exception!)

When using an adverb with the verb 'to be', you need to be careful with the word order because the adverb of frequency comes after it (not before!):

Subject + to be + **adverb of frequency**

Here are some examples:

- *I am **always** tired after work.*
- *She is **never***





Beginning of the sentence

Some adverbs of frequency can go at the beginning of a sentence:

Adverb of frequency + subject + main verb

The adverbs that can go at the beginning of a sentence are: **Frequently, generally, normally, occasionally, sometimes** and **usually**. Notice how these words are followed by a comma in written English.

Here are some examples:

- **Generally**, I go to the shops on Saturday morning before they get busy. (You can also put the adverb between the subject and main verb: I **generally** go...)
- **Occasionally**, we go to a restaurant for dinner. (or We **occasionally** go...)
- **Normally**, I get the bus to work. (or I **normally** get...)

Definite frequency

Adverbs of definite frequency (e.g. **hourly, daily, weekly or once, twice, three times**) usually go at the *end* of the sentence:

- I visit my parents **weekly**.
- She looks in the mirror **every 5 minutes!**
- They go on holiday **twice a year**.

To give emphasis, adverbs of definite frequency can sometimes go at the beginning of a sentence:

- **Every day**, more than five thousand people die in road accidents.

Notes:





Common Adverbs of Frequency:

1. Almost always

She's **almost always** late for our meetings.

The postman **almost always** comes in the morning.

2. Almost never

It **almost never** snows in March, but this year it did.

He **almost never** smiles.

3. Always

He's **always** calling me on my mobile.

I've **always** wanted to go to Mexico.

4. Annually

My phone contract renews **annually**.

Our company trade show takes place **annually** in London.

5. Constantly

I'm **constantly** on trains that break down!

You're **constantly** annoying me with your singing.





6. Continually

We **continually** heard thunder throughout the night.

He was **continually** disruptive in class so the teacher sent him out.

7. Continuously

Scientists say the polar ice caps are **continuously** changing.

My teacher tries to correct my English **continuously**!

8. Daily

When the weather's nice, I go for a walk **daily**.

I try to do exercise **twice a day** because it helps me keep fit.

9. Eventually

Harry **eventually** told his wife the truth about the broken vase.

After walking in the forest for hours, they **eventually** found the road.

10. Ever

If you're **ever** in London, you should go to the British Museum.

We've only **ever** talked on the phone, never in person.





11. Frequently

Sally's attitude to school is poor and her homework is **frequently** late.
People **frequently** confuse Anna and Sarah as they look so alike.

12. Generally

It's **generally** hot here in June, but this year it was freezing!
Generally, I prefer vegetarian food to meat dishes.

13. Hardly ever

Tim **hardly ever** drinks alcohol.
It does rain in the desert, but **hardly ever**.

14. Hourly

He's on a short-term contract so he gets paid **hourly** to learn?
The train goes into London **once an hour**.

15. Infrequently

My grandmother still attends church services, but rather **infrequently**.
Alcohol can be good for one's health when consumed **infrequently**.





16. Intermittently

*Wars in Europe have taken place **intermittently** throughout the last century.
She woke up **intermittently** during the night.*

17. Later

*We'll come over **later**, after we've been to the shops.
See you **later**, alligator! (In a while, crocodile!)*

18. Monthly

*I pay my phone bill **monthly**.
I meet up with my school friends **monthly**.*

19. Nearly always

*It's **nearly always** packed (busy) in this cafe.
She **nearly always** wears the same clothes.*

20. Never

*I've **never** been to the United States.
She's **never** tried Chinese food before.*





21. Next

See you **next time**.

They planned to come back **next year**.

22. Nightly

Sarah and Chris watch Game of Thrones **every night**.

The local bar serves cocktails **nightly**.

23. Normally

I **normally** go to the gym on Mondays.

Normally, I walk the dog before work, but this morning it was raining.

24. Now

I don't want anything to eat **now**, but I'll have something later.

My uncle used to run the family business, but my cousin is the owner **now**.

25. Occasionally

Hannah will **occasionally** call Mark. (emphasis)

I **occasionally** meet my colleagues for a drink after work.





26. Often

How **often** do you go abroad for your holidays?

I **often** go for a jog in the morning.

27. Periodically

Our company mailing lists are updated **periodically**.

Senior management **periodically** reschedule our meetings.

28. Quarterly

Our financial reports are published **quarterly**.

We make trips to HQ **quarterly** to touch base with our managers.

29. Rarely

I'm currently at uni so I see my parents quite **rarely**.

My grandma **rarely** goes out these days.

30. Regularly

We **regularly** argue over money.

They attend Church **regularly**.





31. Scarcely ever

We **scarcely ever** go to the theatre.

They **scarcely ever** call us anymore.

32. Seldom

I **seldom** read books as I prefer watching TV.

The film version is **seldom** better than the original book.

33. Sometimes

We **sometimes** go swimming in the lake.

Sometimes they come to us, **sometimes** we go to their place.

34. Soon

Hannah sold the house **soon after** she split up with Sam.

See you **soon!**

35. Then

We used to be close friends, but things were very different **then**.

We were both at school **then**.





36. Today

*I'm not working **today**.*

*She's been travelling for a week, but she's arriving home **today**.*

37. Tonight

*Let's talk **tonight**.*

*Are you going out **tonight**?*

38. Usually

*I **usually** have porridge for breakfast on weekdays.*

***Usually**, I have porridge, but today I fancy something different.*

39. Weekly

*The local football team plays its matches **weekly**.*

*Employee timesheets must be submitted **weekly**.*

40. Yearly

*They update their product catalogue **yearly**.*

*We have to renew our insurance policy **each year**.*





41. Yesterday

*Ian got paid **yesterday**.*

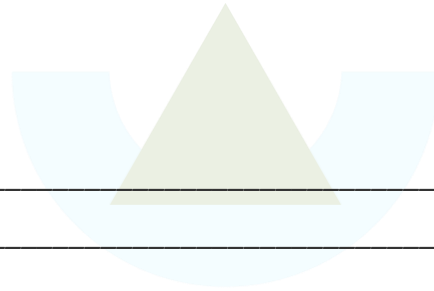
*I went to the DIY shop **yesterday** to pick up some supplies.*

42. Yet

*I haven't eaten my lunch **yet**.*

*I haven't seen Anna **yet**.*

Notes:



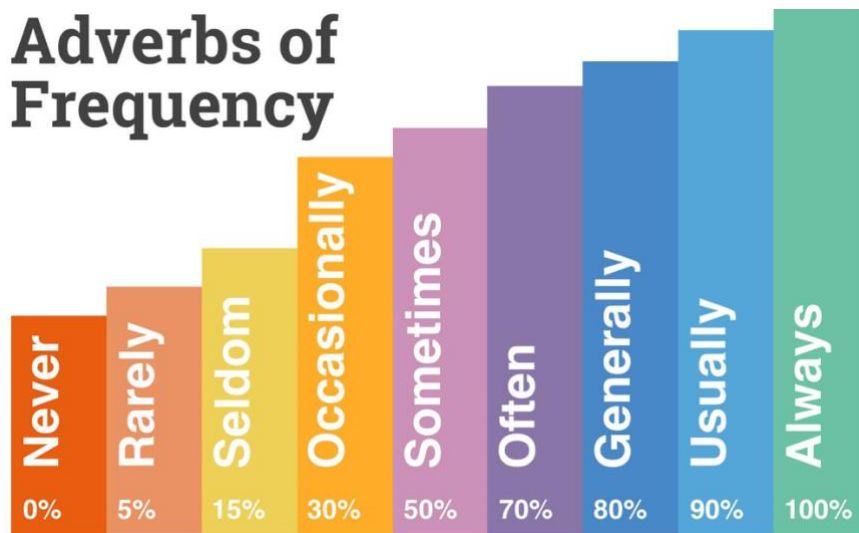
KEYSTONE LEARNING & TEACHING

Do you have the drive to learn?





Adverbs of Frequency



Q.1. Fill in the following blanks with the appropriate Adverbs of Frequency. You can use each AoF once only.

1. I am never late from work. I _____ reach on time.
2. Generally, he is a very generous person but _____ he becomes a bit miser.
3. I don't know him well. We only meet _____ as most of our meetings are during official events.
4. He doesn't like visiting his home country. He _____ goes there.
Last time he went 15 years ago.
5. He _____ has banana milkshake because he is allergic to bananas.
6. He has moved to another city but we _____ communicate on Facetime.
7. You should _____ break the law. You can end up in jail for that.
8. I don't like chaotic places. That is why I _____ visit Manchester City Centre.
9. I _____ eat fish as it is considered to be healthy.





Q.2. Use each of the AoF from the list above in two sentences.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____

KEYSTONE LEARNING & TEACHING

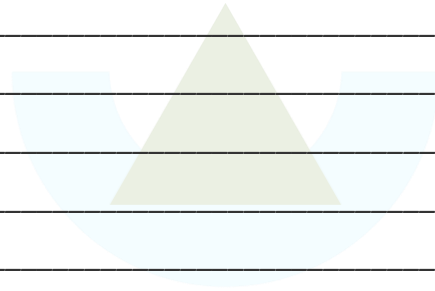
Do you have the drive to learn?





Notes:

Lined writing area consisting of 20 horizontal lines for taking notes.



KEYSTONE LEARNING & TEACHING

Do you have the drive to learn?

Lined writing area consisting of 15 horizontal lines for responding to the question.

