

Adverbs of Frequency

A2

Grammar Reference

Adverbs of frequency tell us **how often** something happens.

Adverb	Meaning	Example
always	every time (100%)	She always drinks coffee in the morning.
usually	most of the time (~80%)	He usually walks to work.
often	many times (~70%)	They often go to the cinema.
sometimes	not always (~50%)	I sometimes forget my keys.
rarely	not very often (~10%)	We rarely eat fast food.
never	not at any time (0%)	He never drinks alcohol.

Position 1 — before the main verb

Subject + adverb + main verb

✓ I **always** eat breakfast. | She **usually** takes the bus. | They **never** watch TV.

✗ I eat **always** breakfast. (adverb after main verb — wrong)

Position 2 — after "be"

Subject + be + adverb

✓ She **is always** late. | They **are never** on time. | He **is usually** very tired.

✗ She **always is** late. (adverb before "be" — wrong)

■ **Simple rule:** Before all verbs — except "be". After "be".

Exercise 1: Word Order

Put the words in the correct order to make a sentence.

Question 1

breakfast always I eat .

Answer: I always eat breakfast.

Question 2

. late She always is

Answer: She is always late.

Question 3

takes the usually . bus He

Answer: He usually takes the bus.

Question 4

. alcohol drink never They

Answer: They never drink alcohol.

Question 5

tired often are after . We work

Answer: We are often tired after work.

Question 6

sometimes keys forgets She her .

Answer: She sometimes forgets her keys.

Question 7

. usually gym on to go I Mondays the

Answer: I usually go to the gym on Mondays.

Question 8

time . on rarely They are

Answer: They are rarely on time.

Exercise 2: Sentence Builder

Circle the sentence with the correct position of the adverb.

Question 1

Which sentence is correct?

- a) I eat always breakfast.
- b) I always eat breakfast. ✓**
- c) Always I eat breakfast.

Question 2

Choose the correct sentence:

- a) She always is late.
- b) Always she is late.
- c) She is always late. ✓**

Question 3

Which sentence has the correct word order?

- a) He usually takes the bus. ✓**
- b) He takes usually the bus.
- c) Usually the bus he takes.

Question 4

Choose the correct sentence:

- a) They never drink alcohol. ✓**
- b) They drink never alcohol.
- c) Never they drink alcohol.

Question 5

Which is correct?

- a) We often are tired after work.**

b) We are often tired after work. ✓

c) Often we are tired after work.

Question 6

Choose the correct sentence:

a) She sometimes her keys forgets.

b) She forgets sometimes her keys.

c) She sometimes forgets her keys. ✓

Question 7

Which sentence is correct?

a) I go usually to the gym on Mondays.

b) I usually go to the gym on Mondays. ✓

c) I go to usually the gym on Mondays.

Question 8

Choose the correct sentence:

a) They rarely are on time.

b) They are rarely on time. ✓

c) Rarely they are on time.

Exercise 3: Error Correction

Each sentence has one word in the wrong position. Circle it and write the correction.

Question 1

I eat ~~always~~ breakfast. → move "always" before "eat": I always eat breakfast

Question 2

She ~~always~~ is late. → move "always" after "is": She is always late

Question 3

He takes ~~usually~~ the bus. → move "usually" before "takes": He usually takes the bus

Question 4

~~often~~ They go to the cinema. → move "often" after the subject: They often go to the cinema

Question 5

We are tired ~~often~~ after work. → move "often" directly after "are": We are often tired after work

Question 6

She forgets ~~sometimes~~ her keys. → move "sometimes" before "forgets": She sometimes forgets her keys

Question 7

They ~~rarely~~ are on time. → move "are" before "rarely": They are rarely on time

Exercise 4: Gap Fill

Choose the correct adverb: always / usually / often / sometimes / rarely / never

Question 1

She **never** drinks coffee — she hates it.

Question 2

I **usually** walk to work. It takes about 20 minutes.

Question 3

He is **always** late for meetings. It is a problem.

Question 4

They **rarely** go on holiday. Maybe once every two years.

Question 5

We **sometimes** eat out at weekends — maybe once or twice a month.

Question 6

She is **always** very friendly. Everyone likes her.

Question 7

I **never** forget his name. I see him every day!

Question 8

He **often** checks his emails in the morning.

Exercise 5: Matching

Match each sentence beginning (1–8) with the correct ending (a–h).

Sentence beginning	Ending
1. I always → a	a) have lunch at my desk.
2. She is usually → b	b) difficult to understand.
3. He often → c	c) forgets to reply to messages.
4. They sometimes → d	d) order pizza on Friday nights.
5. We rarely → e	e) use the car — we prefer cycling.
6. She never → f	f) very calm under pressure.
7. He is sometimes → g	g) arrives late to class.
8. I usually → h	h) brush my teeth before bed.

Key: 1 → a 2 → b 3 → c 4 → d 5 → e 6 → f 7 → g 8 → h

Exercise 6: Sentence Sort

Write **C** (Correct position) or **W** (Wrong position) next to each sentence.

1. She never arrives late. [**C**]
2. I always eat breakfast. [**C**]
3. She always is late. [**W**]
4. They drink never coffee. [**W**]
5. He is tired always in the morning. [**W**]
6. I go usually to the gym. [**W**]

7. They are rarely on time. [C]
8. We are often tired after work. [C]
9. She forgets sometimes her keys. [W]
10. He usually takes the bus. [C]
-

Exercise 7: Spot the Extra Word

One word in each sentence does not belong. Circle it and write it on the line.

Question 1

I always ~~do~~ eat breakfast . → extra word: **do**

Question 2

She is always ~~ever~~ late . → extra word: **ever**

Question 3

He usually takes ~~always~~ the bus . → extra word: **always**

Question 4

They never ~~not~~ drink alcohol . → extra word: **not**

Question 5

We are often very ~~too~~ tired after work . → extra word: **too**

Question 6

She sometimes ~~always~~ forgets her keys . → extra word: **always**

Question 7

They are rarely ~~ever~~ on time . → extra word: **ever**

ANSWER KEY — DO NOT DISTRIBUTE TO STUDENTS

Exercise 1: Word Order

1. I always eat breakfast.
2. She is always late.
3. He usually takes the bus.
4. They never drink alcohol.
5. We are often tired after work.
6. She sometimes forgets her keys.
7. I usually go to the gym on Mondays.
8. They are rarely on time.

Exercise 2: Sentence Builder

1. b) I always eat breakfast.
2. c) She is always late.
3. a) He usually takes the bus.
4. a) They never drink alcohol.
5. b) We are often tired after work.
6. c) She sometimes forgets her keys.
7. b) I usually go to the gym on Mondays.
8. b) They are rarely on time.

Exercise 3: Error Correction

1. always → move before "eat": I always eat breakfast.
2. always → move after "is": She is always late.
3. usually → move before "takes": He usually takes the bus.
4. often → move after subject: They often go to the cinema.
5. often → move after "are": We are often tired after work.
6. sometimes → move before "forgets": She sometimes forgets her keys.
7. are → move before "rarely": They are rarely on time.

Exercise 4: Gap Fill

1. never
2. usually
3. always
4. rarely
5. sometimes
6. always
7. never
8. often

Exercise 6: Sentence Sort

1. I always eat breakfast. [C]
2. She always is late. [W]
3. He usually takes the bus. [C]
4. They drink never coffee. [W]
5. We are often tired after work. [C]
6. She forgets sometimes her keys. [W]
7. They are rarely on time. [C]
8. I go usually to the gym. [W]
9. She never arrives late. [C]
10. He is tired always in the morning. [W]

Exercise 7: Extra Word

1. do
2. ever
3. always
4. not
5. too
6. always
7. ever