RULE SHEET

Adverbs of frequency: always, often, never



Adverbs of frequency show the frequency of an action. They go with the simple present: She **often** plays tennis. He **is always** late.

The scale

Adverb	Percentage	Example
always	100%	I **always** have breakfast.
usually	about 90%	We **usually** walk to school.
often	about 70%	Tom **often** plays chess.
sometimes	about 40%	It **sometimes** rains in May.
hardly ever (almost never)	about 10%	My dad **hardly ever** cooks.
never	0%	Mia **never** eats meat.

Word order

Subject	be	Adverb	Main verb / rest
She		**often**	plays tennis.
He	**is**	**always**	late.
We	**are**	**never**	bored at the zoo.

Time expressions

- **once** (1×) · **twice** (2×) · **three times** (3×) + a day / a week / a year
- **every** day · **every** Sunday · **every** evening

> **Careful!** The adverb is **before** the main verb, but **after** am, is, are. usually and sometimes can also be at the start: **Sometimes** we go to the beach. Time expressions are usually at the **end**: She swims **every day**. With he, she, it the verb still has -s: She **often plays**.

PRACTICE 1

Name: _____ Class: _____ Date: _____

From always to never

1 Match the adverb with the percentage. Write the letter.

1. ☐ always
2. ☐ usually
3. ☐ often
4. ☐ sometimes
5. ☐ never

a. 0%
b. about 70%
c. 100%
d. about 40%
e. about 90%
f. about 15%

2 Tick the correct adverb.

1. Ella has breakfast every day. She _____ has breakfast. ○ always ○ never
2. Max is a vegetarian. He _____ eats meat. ○ often ○ never
3. We swim on 3 days of the week. We _____ swim. ○ sometimes ○ always
4. Sam plays chess on 6 days of the week. He _____ plays chess.
   ○ hardly ever ○ usually
5. Tom plays golf on 1 of 10 Saturdays. He _____ plays golf. ○ hardly ever ○ often
6. Ruby reads on 5 days of the week. She _____ reads. ○ never ○ often