ESOL – Adverbs of Frequency

This companion document covers the same learning as the interactive session, but in a different way so as to be more accessible for learners with sight impairments. Because of this, it does not follow a slide structure.

Welcome

Welcome to this session on adverbs of frequency.

By the end of this session, you will be able to:

* Know what an adverb of frequency is
* Recognise some common adverbs of frequency
* Know how to use an adverb of frequency in a sentence

What is a verb?

Verbs are doing words. A verb describes an action, a feeling or something that happens.

Here are some examples:

The girl bounced on the trampoline. The verb ‘bounced’ is an action.

The caterpillar became a butterfly. The verb ‘became’ described something that happened.

The man likes pizza. The verb ‘likes’ is a feeling.

What is an adverb of frequency?

An adverb gives use more information about a verb. An adverb of frequency tells us **how often** we do things, or **how often** something happens.

Here are some examples.

* I always do my homework. The adverb in this sentence is always.
* I usually wake up early in the morning. The adverb in this sentence is usually.
* I often walk to college. The adverb in this sentence is often.
* It rains frequently in Scotland. The adverb in this sentence is frequently.
* I sometimes take the bus to college. The adverb in this sentence is sometimes.
* I am rarely late for work. The adverb in this sentence is rarely.
* I never lose my temper. The adverb in this sentence is never.

We use adverbs of frequency to show how often we do things, or how often things happen.

Things that we do none of the time we never do. Things that we do all of the time we always do. There are lots of words that describe different variations of how often we do things.

For example, something that we do, but not very often at all, we do rarely. Something we do most of the time we do usually. Things we do around half of the time we can describe as sometimes, often or frequently.

Always

We use ‘always’ to refer to things we do all the time.

Here are some examples:

* Nila always brushes her teeth before she goes to bed.

This sentence tells us that Nila brushes her teeth every day before she goes to bed.

* Ajay always does ten press ups before breakfast.

This sentence tells us that Ajay does ten press ups before his breakfast every day.

Usually

We use ‘usually’ to refer to things we do most of the time.

Here are some examples:

* Ursula usually goes to bed before 11pm.

This sentence tells us that Ursula goes to bed before 11pm most of the time.

* Tracey usually has a sandwich for lunch.

This sentence tells us that Tracey has a sandwich for her lunch most of the time.

Often and frequently

We use ‘often’ and ‘frequently’ to refer to things that happen a lot of the time. Both words mean the same thing.

Here are some examples:

* Kyla often travels by train.

This sentence tells us that Kyla travels by train a lot of the time.

* Liza frequently looks after her nephew.

This sentences tells us that Liza looks after her nephew a lot of the time.

Sometimes

We use ‘sometimes’ to refer to things we do some of the time.

Here are some examples:

* Manu sometimes has bacon and eggs for breakfast.

This sentence tells us that Manu has bacon and eggs for his breakfast some of the time.

* Sue sometimes goes to her local park.

This sentence tells us that Sue goes to her local park some of the time.

Rarely

We ‘rarely’ to refer to things that don’t happen very often.

Here are some examples:

* Tom is rarely on time for class.

This sentence tells us that Tom doesn’t arrive on time for his class very often.

* It rarely snows in November.

This sentence tells us snow falling in November doesn’t happen very often.

Never

We use ‘never’ to refer to things that don’t happen at all.

Here are some examples:

* Karan never drinks alcohol.

This sentence tells us that Karan doesn’t drink alcohol at all.

* Luc has never played volleyball.

This sentence tells us that Luc hasn’t played volleyball in his life before.

Test your knowledge

Have a go at sorting these words into order. For each question, which word is describing the thing that is happening more often?

1. The sun usually shines in Florida. The sun never shines in Florida.

The answer is the sun usually shines is describing the sun shining more.

1. She sometimes buys her mother flowers. She always buys her mother flowers.

The answer is she always buys her mother flowers is describing buying flowers more often.

1. He often goes to the cinema. He rarely goes to the cinema.

The answer is he often goes to the cinema is describing going to the cinema more often.

Choose one of the adverbs of frequency that we have learnt to complete these sentences. As a reminder, the words are never, rarely, sometimes, often, frequently, usually and always.

* Beau eats at a restaurant a few times a year. He [blank] eats out.
* We go to London only once a year. We [blank] visit London.
* Huw is a punctual person. He’s [blank] late for work.
* I do my homework straight away. I [blank] do my homework.
* It’s been a few years since I went to the doctor. I am [blank] ill.
* Janice is never late. She is [blank] on time.
* Fi swims two or three times a week. She [blank] swims.

Here are the answers.

* Beau eats at a restaurant a few times a year. He **sometimes** eats out.
* We go to London only once a year. We **rarely** visit London.
* Huw is a punctual person. He’s **never** late for work.
* I do my homework straight away. I **always** do my homework.
* It’s been a few years since I went to the doctor. I am **rarely** ill.
* Janice is never late. She is **always** on time.
* Fi swims two or three times a week. She **often** swims.

Summary

Well done. You have completed this session on adverbs of frequency.

You should now be able to:

* Know what an adverb of frequency is
* Recognise some common adverbs of frequency
* Know how to use an adverb of frequency in a sentence

If you have any questions about anything covered in this session, please speak to your tutor for more help.