

08 Routine and free time

You can use adverbs of frequency to talk accurately about your daily routine and how often you do work and leisure activities.

 **New language** Adverbs of frequency

Aa Vocabulary Leisure activities

 **New skill** Talking about routines

8.1 KEY LANGUAGE ADVERBS OF FREQUENCY

Adverbs of frequency sit between the subject of the sentence and the main verb.



100%
I { always
nearly always
very often
usually
often
frequently }

take a shower in the morning.

Use these for things that happen all or a lot of the time.



I { regularly
sometimes
occasionally }

cycle to work.

Use these for things that happen some of the time.



I { rarely
hardly ever
almost never
never }

eat dinner after 10 at night.

Use these for things that happen very few times, or not at all.



8.2 CROSS OUT THE INCORRECT WORDS TO MAKE PAIRS OF SENTENCES WITH SIMILAR MEANINGS

We go to the theater a few times a year. = We **occasionally** / ~~often~~ go to the theater.

1 We spend every Christmas together. = We **usually** / **always** spend Christmas together.

2 It rains here about three times a week. = It **frequently** / **hardly ever** rains here.

3 She goes swimming six days a week. = She **very often** / **sometimes** goes swimming.

4 They go to the gym twice a week. = They **regularly** / **nearly always** go to the gym.

5 I stay late at work about once a month. = I **often** / **rarely** stay late at work.



8.3 KEY LANGUAGE WORD ORDER

You can also describe frequency with more precise expressions.
Unlike adverbs of frequency, these must sit at the end of a phrase.



The verb usually goes after the adverb of frequency.

I { often
regularly
hardly ever } go running.

Precise expressions usually go at the end of a phrase.

I go running { five times a week.
every Tuesday.
once a year. }



8.4 REWRITE THE SENTENCES, PUTTING THE WORDS IN THE CORRECT ORDER

occasionally a book. reads He

He occasionally reads a book.

1 once a week. play We tennis

2 home rarely They get early.

3 breakfast every morning. She eats

4 hardly ever I TV. watch

5 cooks nearly always He dinner.

6 the dentist twice a year. We see



8.5 REWRITE THE NOTE, CORRECTING THE ERRORS

Just a month to go until our debut gig!
We three times a week practice together, so
that we'll be ready. We go very often jogging
before band practice. It helps sometimes us
get ideas for tunes. Rehearsals are going
well and we make rarely mistakes now.
I have twice a month guitar lessons, which
has really helped. After practice we go out
nearly always together.

*Just a month to go until our debut gig!
We practice together three times a week,*

8.6 KEY LANGUAGE WORD ORDER WITH "BE"

If the main verb in a sentence is "be," adverbs of frequency go after the verb, not before it.

I **often** take the train.
The traffic **is often** very bad.

Adverbs of frequency go before most verbs.

Adverbs of frequency go after the verb "be."



8.7 FURTHER EXAMPLES WORD ORDER WITH "BE"

The weather **is usually** nice here.



He **'s often** late for meetings.



I **'m always** tired in the morning.



You **'re hardly ever** sick.



8.8 MARK THE SENTENCES THAT ARE CORRECT

I carry nearly always a bag. ☐

I nearly always carry a bag. ☒

1 My house is sometimes too cold. ☐
My house sometimes is too cold. ☐

2 She almost never walks to work. ☐
She walks almost never to work. ☐

3 It very often is his fault. ☐
It is very often his fault. ☐

4 They are rarely at home. ☐
They rarely are at home. ☐

5 He has usually coffee with his lunch. ☐
He usually has coffee with his lunch. ☐

6 My boss hardly ever is angry with me. ☐
My boss is hardly ever angry with me. ☐

7 We often invite friends to our house. ☐
We invite often friends to our house. ☐



8.9 SAY THE SENTENCES OUT LOUD, PUTTING THE ADVERB OF FREQUENCY IN THE CORRECT PLACE

I get up early. **[rarely]**

I rarely get up early.



1 She has lunch with her friends. **[frequently]**



2 He meets clients in London. **[occasionally]**



3 It's great to see you. **[always]**



4 You're late for work. **[almost never]**



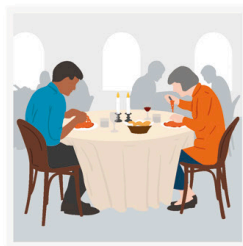
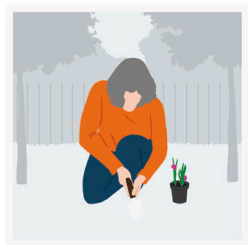
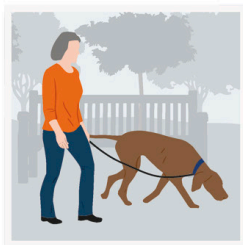
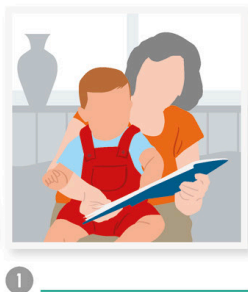
5 I read on train trips. **[usually]**





8.10 LISTEN TO THE AUDIO AND WRITE HOW OFTEN EACH ACTIVITY IS DONE

Lucy is an artist who has recently retired and moved to a small town. Her friend Michael is asking her about her new life.



occasionally frequently always
~~often~~ hardly ever rarely



8.11 READ THE ARTICLE AND ANSWER THE QUESTIONS

YOUR HEALTH

BEACH LIVING

Renshu talks about his new life in Barbados



When my wife Zoe and I lived in London, every day was stressful. We almost never went out, because we were too tired. One day I saw this hotel and diving center for sale in Barbados. We left our jobs, bought the business and moved to paradise! Now we work as diving instructors. After breakfast, I usually check the diving gear and load it onto the boat. Zoe occasionally does breakfast for our guests, but our staff usually do that. Zoe and I teach diving courses five days a week. We miss our families and friends, but we regularly call our parents, and visit friends in London twice a year. We love our new life!

Renshu and Zoe never went out in London.

True ☐ False ☒ Not given ☐

- 1 Zoe usually checks the diving gear.
True ☐ False ☐ Not given ☐
- 2 Renshu and Zoe's staff usually make breakfast.
True ☐ False ☐ Not given ☐
- 3 Renshu and Zoe rarely teach diving courses.
True ☐ False ☐ Not given ☐
- 4 Renshu and Zoe frequently call their parents.
True ☐ False ☐ Not given ☐
- 5 Renshu and Zoe's friends sometimes visit them.
True ☐ False ☐ Not given ☐

08 CHECKLIST



Adverbs of frequency ☐

Aa Leisure activities ☐



Talking about routines ☐