1. Check your grammar: grouping – adverbs of frequency
Write the words and phrases in the correct group.

<table>
<thead>
<tr>
<th>occasionally</th>
<th>hardly ever</th>
<th>seldom</th>
<th>once a month</th>
<th>never</th>
</tr>
</thead>
<tbody>
<tr>
<td>every Wednesday</td>
<td>sometimes</td>
<td>quite often</td>
<td>on Mondays</td>
<td>three times a week</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Before the main verb</th>
<th>At the end of the clause</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. I ________ go swimming.</td>
<td>e.g. I go swimming _________.</td>
</tr>
</tbody>
</table>

2. Check your grammar: reordering – adverbs of frequency
Write a number 1–3 to put these sentences in order of frequency (least frequent = 1 and most frequent = 3).

1. ....... He usually goes bowling on Saturdays.
   ....... He occasionally goes bowling.
   ....... He never goes bowling.

2. ....... I only see him once a month.
   ....... We see each other every weekend.
   ....... We hardly ever see each other.

Grammar videos: Adverbs of frequency – exercises
Watch the video and read the conversation between Sophie and Linnea. Then do these exercises to check your understanding of adverbs of frequency.
3. Occasionally we watch TV together.
   We like watching TV together every evening.
   We watch TV together on Thursdays.

3. Check your grammar: reordering – adverbs of frequency
Write the words in the correct order to make sentences.

1. always | hand in | I | on time. | my homework

2. her birthday | celebrates | twice a year. | The Queen

3. in the evening. | play | We | computer games

4. You | your future. | about | hardly ever | think

5. never | seen | I have | her before.

6. use | most afternoons. | the school library | I

7. go | My parents | about once a year. | to the cinema

8. black in summer. | normally | wear | I | don’t

Discussion
What are your hobbies? How often do you do them?