

# ADVERBS OF FREQUENCY

We use some adverbs to describe **how frequently we do an activity**.

They are used with the **simple present tense**.

Adverb of Frequency	Frequency	Example Sentence
<b>always</b>	100%	I <b>always</b> go to bed at 10 p.m.
<b>usually</b>	95%	They <b>usually</b> play football in the afternoon.
<b>often</b>	75%	Ali <b>often</b> travels to Jeddah.
<b>sometimes</b>	40%-50%	It <b>sometimes</b> rains in Saudi Arabia.
<b>seldom</b>	10%	Sara <b>seldom</b> reads the newspaper.
<b>ever</b>	in questions/after negatives	-I don't <b>ever</b> eat fast food. -Do you <b>ever</b> eat fast food?
<b>never</b>	0%	My students <b>never</b> sleep in the class.

## The position of an adverb in a sentence

1- An adverb of frequency goes **before** a main verb :

### Subject + adverb + main verb

I **always** remember to do my homework.

He **usually** gets good marks in exams.

2- An adverb of frequency goes **after** the verb To Be.

### Subject + to be + adverb

They **are** **never** late for work.

John **isn't** **usually** bad tempered.

3- When we use an auxiliary ( modal ) verb: (have, will, must, might, could, would, can, etc.), the adverb is placed **between** the auxiliary and the main verb.

### Subject + auxiliary + adverb + main verb

She **can** **sometimes** drive in the desert.

They **might** **never** meet again.

You **should** **always** work hard.