



How frequently do you visit?

CAPS Statement

Language structures and conventions

Working with words and sentences:

Uses adverbs of frequency (e.g. 'She hardly ever visits me.')

Note

Adverbs of frequency are closely linked to adverbs of time.

Look for the verb in a sentence and ask the question: 'How often' does this action take place?'

This is a list of the adverbs of frequency that do not express the exact number of times something happens. The frequency ranges from never (0%) to always (100%):

Frequency	Adverb of frequency
100%	always
90%	usually
80%	normally / generally
70%	often / frequently
50%	sometimes
30%	occasionally
10%	seldom
5%	hardly ever / rarely
0%	never

Adverbs of frequency go before action verbs.

Example

I **often** visit my grandmother.

But go after the verbs 'to be'.

Example

He is **hardly ever** here.



Other adverbs of frequency show exactly the number of times something happens. These are placed at the end of the sentence:

Example

He practises: **hourly** / **daily** / **weekly** / **monthly**.

Activity 1

Help Themba match the adverbs of frequency to the sentences below. The first one has been done for you.

Example

I go to the game ever so often = **frequently**

- | | |
|--|------------|
| ① I go to the game ever so often. | never |
| ② She only comes to practice 50% of the time. | frequently |
| ③ Bheki wins every time. | monthly |
| ④ They practise once a week. | sometimes |
| ⑤ We do not ever forget our warm-ups. | always |
| ⑥ The team plays soccer at other schools once a month. | weekly |

Activity 2

Rewrite these sentences with the adverb of frequency (in brackets) in the correct place.

Example

I see my cousins on the weekends. (**usually**)

I **usually** see my cousins on the weekends.

- ① They see each other. (rarely)

- ② I am sad. (hardly ever)



③ I walk to school with my friend. (daily)

④ We take the bus home after school. (normally)

⑤ Celebrities are seen doing their own shopping. (seldom)

Teacher Tip



You can separate the adverbs of time and adverbs of frequency during this term. Adverbs of time answer the questions 'when?', 'for how long?' or 'how often?' and adverbs of frequency overlap by answering the question 'how often?'

Go through the 'to be' verbs so that learners recall them. They must place the adverbs of frequency after these verbs. For example: I am always here.

Example:

PRESENT TENSE

I **am** here.

PAST TENSE

I/he/she/it **was** here.

He/She/It **is** here.

We/You **are** here.

We/You **were** here.

Although it is simplified in the rules as adverbs of frequency come before action words, some can also be placed at either the beginning of a sentence or at the end. The meaning of the adverb is stronger if placed at the beginning or the end of a sentence. This table has been taken straight from <http://www.edufind.com/english-grammar/adverbs-time/>

The last column is the rule taught in this lesson.

Adverb that can be used in two positions	Stronger position	Weaker position
frequently	I visit France frequently .	I frequently visit France.
generally	Generally , I don't like spicy foods.	I generally don't like spicy foods.
normally	I listen to classical music normally .	I normally listen to classical music.
occasionally	I go to the opera occasionally .	I occasionally go to the opera.
often	Often , I jog in the morning.	I often jog in the morning.
regularly	I come to this museum regularly .	I regularly come to this museum.
sometimes	I get up very early sometimes .	I sometimes get up very early.
sometimes	I enjoy being with children usually .	I usually enjoy being with children.