

Adverbs of Frequency. Grammar Lesson.



Adverbs of Frequency.

Lesson Guide.

Introduction.

Welcome to a 'TEFL Drop' lesson pdf. At the TEFL Drop we believe in engaging, interactive and realistic ESL lessons. This pdf contains all you need for a 90-minute ESL Lesson. Each pdf contains a range of presentation slides and activity handouts to be printed, cut up and used in your class. TEFL Drop materials are all about being creative, we want you to adapt them for your own activities, there is no wrong way of using our materials, it is simply up to you. Have fun!

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Adverbs of Frequency. Warmer.

Write down your 5 favourite foods.

Collect them all.
Hand them back out.
Read.
Guess the student.



Adverbs of Frequency.

Dialogue.

Hey. How often you do exercise?

Well, I exercise around three times a week, you?

Oh, I hardly ever exercise, maybe once a month.

Really? Have you thought about joining a gym?

Hmmm, I guess I could. Have you joined one?

Yeah, it keeps me active.

That's good. Do you often eat fruit?

At least once a day. How about you?

Once a week I think, I hardly ever eat fruit.

That's not good! How often do you cook? home?

I cook at home everyday.

I think for me it's about 3 times a week.

Oh right so you often eat out?

Yeah I'm always eating out. I love it.



Adverbs of Frequency.

Structure.

Open Questions.

How often	do	you	cook dinner play football drink coffee	at home? each week? in the morning?
	does	he		

Positive Sentences.

I	always sometimes often	cook	at home. each week. in the morning.
She		cooks	

Negative Sentences.

I	don't	always often	cook dinner watch Netflix drink coffee	at home. each week. in the morning.
She	doesn't			

Closed Questions.

Do	you	always sometimes often	cook dinner? play football? drink coffee?	Yes,	I	do.
					he	does.
Does	he			No,	I	don't.
					he	doesn't.

Adverbs of Frequency.

Function.

We use adverbs of frequency to state how often we do something.

I always go shopping at the weekends.

I never watch scary movies on my own.

I sometimes take a bus to work.

We can also use adverbial phrases.

I go shopping once a week.

I play football twice a month.

I take a vacation three times a year.

Adverbs of frequency go before the verb.

I always go shopping at the weekend.

~~I go shopping at the weekend always.~~

Adverbial phrases go at the end of the sentence.

I play football twice a month.

~~I twice a month play football.~~

We use adverbs of frequency to state how often we do something.

100% always

90% usually

80% generally

70% often

50% sometimes

30% occasionally

15% hardly ever

10% rarely

0% never

We can use also adverbial phrases.

once a day

twice a week

three times a month

four times a year

Adverbs of Frequency.

Grammar.

Unscramble the sentences.

01. How / do / often / you / gym? / go / to

02. I / football / play / a / week. / once

03. He / five / a / week. / goes / a / for / run / times

04. Do / you / often / music? / listen / to

05. What / often / do / you / do / home? / at

06. She / sometimes / eats / McDonalds / Friday. / a / on

07. Does / he / go / swimming / often / on / Sunday? / a

08. How / eat / fast / food? / often / you / do

Answer the questions.

01. How often do you exercise?

02. Do you often eat fast food?

03. How often do you go to the gym?

04. What do you often do at weekends?

05. How often do you drink coffee?

06. Do you always have a shower in the morning?

07. What do you often eat for breakfast?

08. How often do you eat fruit or veg?

Adverbs of Frequency.

Reading.

Healthy Habits.

Sarah believes in staying healthy. She exercises three times a week and always finds time for physical activity. Sarah understands that eating fruits and vegetables is important, so she includes them in her meals every day. She never smokes and prefers herbal tea instead of coffee. Although she doesn't go to a gym, Sarah stays active by walking and gardening.

Mark knows that balance is key. He exercises twice a week, sometimes going for a jog or playing sports with friends. Mark understands the benefits of fruits and vegetables and eats them several times a week. He never smokes and only has coffee on special occasions. Mark goes to a gym, where he lifts weights and joins fitness classes.

Lisa values staying active. She exercises once a week, often taking walks or doing yoga at home. Lisa enjoys eating a variety of fruits and vegetables every day. She never smokes and prefers herbal tea over coffee. While she doesn't go to a gym, Lisa stays active by dancing or swimming.



Comprehension Questions.

01. How often does Sarah exercise?

02. How often does Sarah eat fruits and vegetables?

03. How often does Mark exercise?

04. How often does Mark drink coffee?

05. How often does Lisa exercise?

06. How often does Lisa eat fruits and vegetables?

07. How often do Sarah and Lisa smoke?

08. How often does Mark eat fruits and vegetables?

Adverbs of Frequency.

Speaking.

Your name is Emma. You exercise twice a week and you always go to gym on weekdays. You eat fruits and vegetables every day and you rarely eat fast food. You don't drink coffee.

Chat to your friend and ask them about their healthy living habits

How often do you exercise?
How often do you go to the gym?
How often do you eat fruit and veg?
How often do you eat fast food?
Do you drink coffee?

Your name is Jake. You exercise four times a week and you sometimes go to gym at the weekend. You eat fruits and vegetables a few times a week but you often eat fast food on weekend. You drink a lot of coffee, at least 3 cups a day.

Chat to your friend and ask them about their healthy living habits

How often do you exercise?
How often do you go to the gym?
How often do you eat fruit and veg?
How often do you eat fast food?
Do you drink coffee?

Your name is David. You exercise once a week and don't go to gym. You eat fruits and vegetables everyday as you're a vegetarian and you never eat fast food as you think it's bad for you. You drink a lot of coffee.

Chat to your friend and ask them about their healthy living habits

How often do you exercise?
How often do you go to the gym?
How often do you eat fruit and veg?
How often do you eat fast food?
Do you drink coffee?

Your name is Amy. You exercise three times a week going running and you sometimes go to gym at the weekend for yoga class. You eat a lot of fruit but not many vegetables and you sometimes eat fast food on weekend because you really like pizza. You don't drink coffee as you prefer tea.

Chat to your friend and ask them about their healthy living habits

How often do you exercise?
How often do you go to the gym?
How often do you eat fruit and veg?
How often do you eat fast food?
Do you drink coffee?

Adverbs of Frequency.

Role-play.

Health Expert

You are a health expert at a health and fitness centre. A customer is going to come in to get some advice on how to get fitter. Ask them a range of questions about their eating and drinking habits, their exercise, sleep patterns and if they drink a lot of coffee. After you have asked them questions make a plan for them each day and give them advice on their plan.

Customer

You are a customer at a health and fitness centre. You are going to meet a health expert and answer their questions on your current habits to get fitter and healthier. Answer all their questions and they will give you some advice and make a plan for you to get fitter. Ask any questions if you have them.

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Adverbs of Frequency. Board Game.

<p>Start</p>	<p>1 How often do you eat fast food?</p>	<p>2 How often do you go to the gym?</p>	<p>3 MISS A TURN</p>
<p>7 Do you often drink water?</p>	<p>6 ROLL AGAIN</p>	<p>5 Do you often drink coffee?</p>	<p>4 What do you often do in the morning?</p>
<p>8 MISS A TURN</p>	<p>9 Do you often eat fast food?</p>	<p>10 MISS A TURN</p>	<p>11 What do you often do in the evening?</p>
<p>15 How often do you go swimming?</p>	<p>14 MISS A TURN</p>	<p>13 How often do you drink coca-cola?</p>	<p>12 ROLL AGAIN</p>
<p>16 ROLL AGAIN</p>	<p>17 Do you often eat fruit for breakfast?</p>	<p>18 MISS A TURN</p>	<p>19 How often do you drink alcohol?</p>
<p>Finish</p>	<p>22 Do you often exercise at the weekends?</p>	<p>21 How often do you play football?</p>	<p>20 What do you often do at weekends?</p>

Adverbs of Frequency.

Answer Key.

Page 07. Grammar Unscramble.

01. How often do you go to the gym?
02. I play football once a week.
03. He goes for a run five times a week.
04. Do you often listen to music?
05. What do you often do at home?
06. She sometimes eats McDonald's on a Friday.
07. Does he often go swimming on a Sunday?
08. How often do you eat fast food?

Page 08. Reading Comprehension Questions.

01. She exercises three times a week.
02. She eats them every day.
03. He exercises twice a week.
04. He only has coffee on special occasions.
05. She exercises once a week.
06. She eats them every day.
07. They never smoke.
08. He eats them several times a week.

Adverbs of Frequency.

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www.thetefldrop.com
contact@thetefldrop.com

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