



FREQUENCY ADVERBS

DEFINICIÓN

Usamos algunos adverbios para describir la frecuencia con la que hacemos una actividad.

Estos se llaman **adverbios de frecuencia** e incluyen:

FREQUENCY	ADVERB OF FREQUENCY	EXAMPLE SENTENCE
100%	always	I always go to bed before 11 p.m.
90%	usually	I usually have cereal for breakfast.
80%	normally / generally	I normally go to the gym.
70%	often* / frequently	I often surf the internet.
50%	sometimes	I sometimes forget my wife's birthday.
30%	occasionally	I occasionally eat junk food.
10%	seldom	I seldom read the newspaper.
5%	hardly ever / rarely	I hardly ever drink alcohol.
0%	never	I never swim in the sea.

LA POSICIÓN DEL ADVERBIO

Un adverbio de frecuencia va **antes de** un verbo principal (excepto verbo TO BE).

SUBJECT + ADVERB + MAIN VERB

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

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

Un adverbio de frecuencia va **después** del verbo TO BE.

SUBJECT + TO BE + ADVERB

They are **never** pleased to see me.

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

También podemos usar los siguientes adverbios al principio de una oración:

Usually, normally, often, frequently, sometimes, occasionally

- Occasionally, I like to eat Thai food.

Pero **NO PODEMOS** usar lo siguiente al principio de una oración:

Always, seldom, rarely, hardly, ever, never

Usamos **HARDLY EVER** y **NEVER** con verbos positivos, **NO** negativos:

- She **hardly ever** comes to my parties.
- They **never** say 'thank you'.

Utilizamos **EVER** en preguntas y declaraciones negativas:

- Have you **ever** been to New Zealand?
- I haven't **ever** been to Switzerland. (The same as 'I have never been Switzerland').

ADVERBS OF FREQUENCY



%	Adverb of Frequency	Example
100%	Always	I always study after class
90%	Usually	I usually walk to work
80%	Normally / Generally	I normally get good marks
70%	Often / Frequently	I often read in bed at night
50%	Sometimes	I sometimes sing in the shower
30%	Occasionally	I occasionally go to bed late
10%	Seldom	I seldom put salt on my food
5%	Hardly ever / Rarely	I hardly ever get angry
0%	Never	Vegetarians never eat meat

Subject + Adverb + Main Verb
Daniel always passes his exams.

Subject + BE + Adverb
He is always happy.

ADVERBIOS DE FRECUENCIA DEFINIDA

También podemos usar las siguientes expresiones cuando queramos ser más específicos sobre la frecuencia:

- I go to the cinema EVERY DAY
- ONCE A week (una vez)
- TWICE A (dos veces)
- Three times a week
- FOUR TIMES A DAY
- EVERY OTHER WEEK
- DAILY
- MONTHLY

Estos también se conocen como **adverbios de frecuencia DEFINIDA** ya que se especifica la frecuencia exacta.

LISTA DE PALABRAS DE EXPRESIÓN DE FRECUENCIA

Como se puede ver estas palabras muestran la frecuencia de una actividad. Puede ser muy alto, muy bajo o periódico

Always	Often	Rarely	Yearly
Usually	Frequently	Periodically	Never
Normally	Sometimes	Daily	Seldom
Generally	Occasionally	Weekly	Once
Often	Very Often	Monthly	Twice

EXERCISES

- Activity 1: <https://agendaweb.org/exercises/grammar/adverbs/frequency-2>
- Activity 2: <https://agendaweb.org/exercises/grammar/adverbs/position-1>

WRITE YOUR OWN SCHEDULE

1: Have dinner

2: Go to the school

3: Have lunch

4: Go home

5: Do my homework

6: Take a shower

7: Go to my bed

Examples which you can use

1: I always have dinner at 8 o'clock

2: I never go to the school

3: I sometimes do my homework at half past 7 in the afternoon