PRESENT TENSES

**Adverbs of frequency:**

*Be careful with word order. Between the subject and verb*

**BE:** I am **always** tired when I finish work.

He isn’t **usually** late for school.

**VERBS:** You **never** get up at 5:00 am.

We **almost never** make dinner for our parents.

**Time expressions:**

*Be careful with word order. Put the expression at the end*

I am happy to go to work **every day**.

I am reading a good book **at the moment**.

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**The difference between everyday and every day.**

| Everyday = (adjective) It is an everyday activity. | Every day = (time expression) I go swimming every day |

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Grammar sheet

Fill in the gaps with the correct adverb of frequency or time expression (A or B):

1. I ________ wash up because I don’t like it.
2. She ________ does plenty of work so we are very happy with her.
3. We ________ watch TV because they say it makes you stupid.
4. We ________ do the ironing because it is a waste of time.
5. He ________ surfs the internet at night.
6. She prepares the meals for her family ________.
7. I am ________ on time for work.
8. I eat chocolate for pudding ________.
9. You ________ make the bed because it is boring.
10. He ________ does his homework in the living room.

Choose the best option (A or B):

1. A. hardly ever    B. usually
2. A. usually        B. sometimes
3. A. sometimes      B. almost never
4. A. always         B. never
5. A. every day      B. always
6. A. always         B. every day
7. A. usually        B. don’t often
8. A. usually        B. once a week
9. A. never          B. sometimes
10. A. twice a week  B. usually
1. A  
2. A  
3. B  
4. B  
5. B  
6. B  
7. A  
8. B  
9. A  
10. B