

# 1

## How Often Do You Work Out?

- A. Order these frequency adverbs from the most often to the least: *always*, *never*, *rarely*, *sometimes*, *usually*.

100%

*always*

*usually*

*sometimes*

*rarely*

*never*

0%

- B. Complete the sentences with *always*, *never*, *sometimes*, or *usually*.

- I hate exercising.  
I *never* go to the gym.
- I go jogging two or three times a month.  
I *sometimes* go jogging.
- I play the guitar every day in the afternoon.  
I *always* play the guitar in the afternoon.
- I play video games after supper most days.  
I *usually* play video games after supper.
- I stay back after school on Tuesdays and Thursdays for soccer practice.  
I *sometimes* stay back after school.
- We do not have homework on the weekend.  
We *never* have homework on the weekend.



- C. Complete the sentences about yourself. Use the frequency adverbs in the box. *Answers will vary.*

always  
usually  
often  
sometimes  
seldom / rarely  
never

- I \_\_\_\_\_ go to restaurants.
- I \_\_\_\_\_ watch horror films.
- I \_\_\_\_\_ wear glasses.
- I \_\_\_\_\_ use a cell phone.
- I \_\_\_\_\_ go to the mall.
- I \_\_\_\_\_ listen to classical music.
- I \_\_\_\_\_ go out dancing.

# 1

D. Look at the information about the school clubs. Write the name of the club for each sentence.

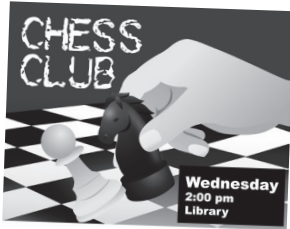
1. This club meets once a week.
2. This club meets twice a week.
3. This club meets five times a week.
4. This club never meets on Wednesday.

*Chess Club*

*Tai Chi Club*

*Swim Club*

*Tai Chi Club*



E. Unscramble the questions about the clubs in Exercise D and answer them.

1. meet / club / soccer / does / the / often / How  
*How often does the soccer club meet?* Three times a week.
2. on / Monday / Does / chess / club / meet / the  
*Does the chess club meet on Mondays?* No, they don't.
3. the / club / meet / once / Does / swimming / a week  
*Does the swimming club meet once a week?* No, they don't.
4. the / Tai Chi / How / Club / often / does / meet  
*How often does the Tai Chi Club meet?* Twice a week.

F. Answer the questions about yourself. Use the words in the box. *Answers will vary.*

How often do you . . . ?	
once	a day
twice	a week
three times	a month
	a year
never	

## How often do you . . .

1. go to the movies? \_\_\_\_\_
2. eat hamburgers? \_\_\_\_\_
3. brush your teeth? \_\_\_\_\_
4. go to dance clubs? \_\_\_\_\_
5. play a musical instrument? \_\_\_\_\_

G. Look at the chart and complete the sentences.

✓✓ = loves    ✓ = likes / enjoys    ✗ = hates

	Mark	Phil
go swimming	✓✓	✓
dance	✗	✓
do homework	✓	✗
play video games	✗	✓✓
listen to pop music	✗	✓✓



1. Mark loves going swimming.
2. Phil hates doing homework.
3. Phil loves playing video games.
4. Mark hates listening to pop music.
5. Phil likes/enjoys going swimming.
6. Mark hates playing video games.
7. Phil likes/enjoys dancing.
8. Mark hates dancing.



H. Write sentences about yourself. Use *love*, *like*, *enjoy*, or *hate*.

play volleyball

ride a bicycle

watch television

draw

eat Mexican food

exercise

cook

hang out with friends

read books

go to school

go to the beach

*Answers will vary.*

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# 1

- I. Read the text and circle the frequency adverbs.

My name's Kristen Jones. I am a swimmer. I participate in swimming races. So I always spend a lot of my time training for races. I usually train six days a week. I swim at least four hours a day from Monday to Friday. I sometimes swim more than that. But I seldom swim on Saturday. I just do exercises to strengthen my muscles that day. And I never train on Sunday. I always go out with my boyfriend and I sometimes work at my part-time job at a pool. So I am rarely far from the pool. I want to be in the Olympics someday. So I work hard.



- J. Write sentences about the things Kristen in Exercise I does with the frequency adverbs.

1. (always) She always spends a lot of her time training for races or she always goes out with her boyfriend.
2. (usually) She usually trains six days a week.
3. (seldom) She seldom swims on Saturday.
4. (never) She never trains on Sunday.

## K. Writing Corner

Answer the questions about yourself. *Answers will vary.*

1. What do you enjoy doing on vacation?  
\_\_\_\_\_
2. Which do you prefer, swimming or playing basketball?  
\_\_\_\_\_
3. How often do you exercise or play a sport?  
\_\_\_\_\_
4. What do you hate doing at school?  
\_\_\_\_\_
5. What do you enjoy doing on Friday evenings?  
\_\_\_\_\_
6. How often do you sleep late on Saturday mornings?  
\_\_\_\_\_