

SEMEEL

SECRETARIA MUNICIPAL DE EDUCAÇÃO, ESPORTE E LAZER

A mudança está em nossas mãos

Atividades Orientadoras

7^o
ano

Ensino Fundamental

UNIDADE ESCOLAR:

PROFESSOR(A)

ANO DE ESCOLARIDADE

7º Ano

DATA

NOME:

HOJE É?

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

CÓDIGO BNCC

EF06LI11

LÍNGUA INGLESA

ADVERBS of FREQUENCY



• always	100%	• I always watch TV at night.
• almost always	95%	• She almost always eats breakfast.
• usually	75%	• Mike usually gets up late.
• often	50%	• I often exercise in the morning.
• sometimes	25%	• They sometimes go to Starbucks.
• seldom	5%	• I seldom see him.
• rarely	5%	• I rarely see him.
• hardly ever	5%	• I hardly ever see him.
• never	0%	• We never come to class late.

1. Fill in the blanks below with the Best adverbs of frequency (some sentences may have more than one answer).

a) My brother is never sad. He's always happy.

b) I was late for work only one time last year. I'm _____ late.

c) Mary failed only one test in high school. She _____ passed her tests.

d) I always remember to do my homework. I _____ forget to do it.

e) Steven seldom goes to a cinema. He _____ sees movies.

2. Em cada frase escolha o advérbio de frequência adequado a sua rotina:

always usually often sometimes never

a) get up at seven o'clock.

b) have a shower in the morning.

c) have lunch at school.

d) do homework in the afternoon.

e) play computer games in the evenings.

f) cook dinner.

g) watch TV before I go to bed.

h) go to bed early.

ADVERBS OF FREQUENCY



3. Look the picture and choose the correct adverb of frequency.



My mother _____ eats bananas.



Peter _____ plays the gitar.



They _____ drink orange juice.

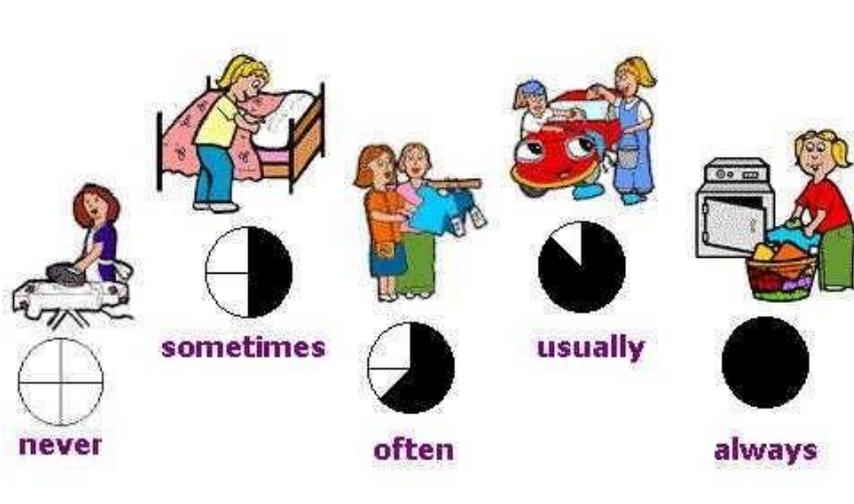


My sister _____ goes to the beach.



4. Write the correct adverb of frequency and choose correct verb.

- a) Peter and Lucy _____ tennis after school. 
- b) My brother _____ before 7 o'clock on Sundays. 
- c) My parents _____ breakfast together at the weekend. 
- d) He _____ to the radio. 
- e) They _____ their mother in the kitchen. 
- f) Steven _____ TV in the afternoon. 
- g) We _____ the dog in the park. 



100%	always
	usually
	frequently
	often
50%	sometimes
	occasionally
	rarely
	seldom
	hardly ever
0%	never

Adverbs of Frequency are used in sentences in the present simple tense. The adverb is placed before the main verb but after the verb 'to be'.

They are used to express how often we do some activities.

5. Put the adverbs of frequency in the correct place.

1.- Martha travels by bus. (always)

2.-Yolanda and Sue are very polite. (usually)

3.-When it's raining I drive my car. (often)

4.- Diana is tired. She is very dynamic.
(rarely)

5.-Lucas doesn't eat fish. He hates it.
(hardlyever)

6.-I don't watch TV . It's really boring.
(frequently)

7.-We go to the theatre. (sometimes)

8.-My teacher punishes me. (occasionally)

9.-Julia buys fashion magazines. (never)

10.- Antonio does his homework at home.
(seldom)

11.- Victoria takes her dog for a walk.
(always)

6. Write sentences in Simple Present using these words:

1.- Pamela /her bedroom /on
Saturdays/often/cleans.

.....

2.- Elisa /does/the laundry/ frequently.

.....

3.-My sister /does/my make-up/sometimes.

.....

4.- plays bowling/ Helen/with me/rarely.

.....

5.- helps/his wife/in the kitchen/
Martin/always.

.....

6.-plays football/at school/ Fiona/ never

.....

7.- John /works/ as a waiter/ occasionally.

.....

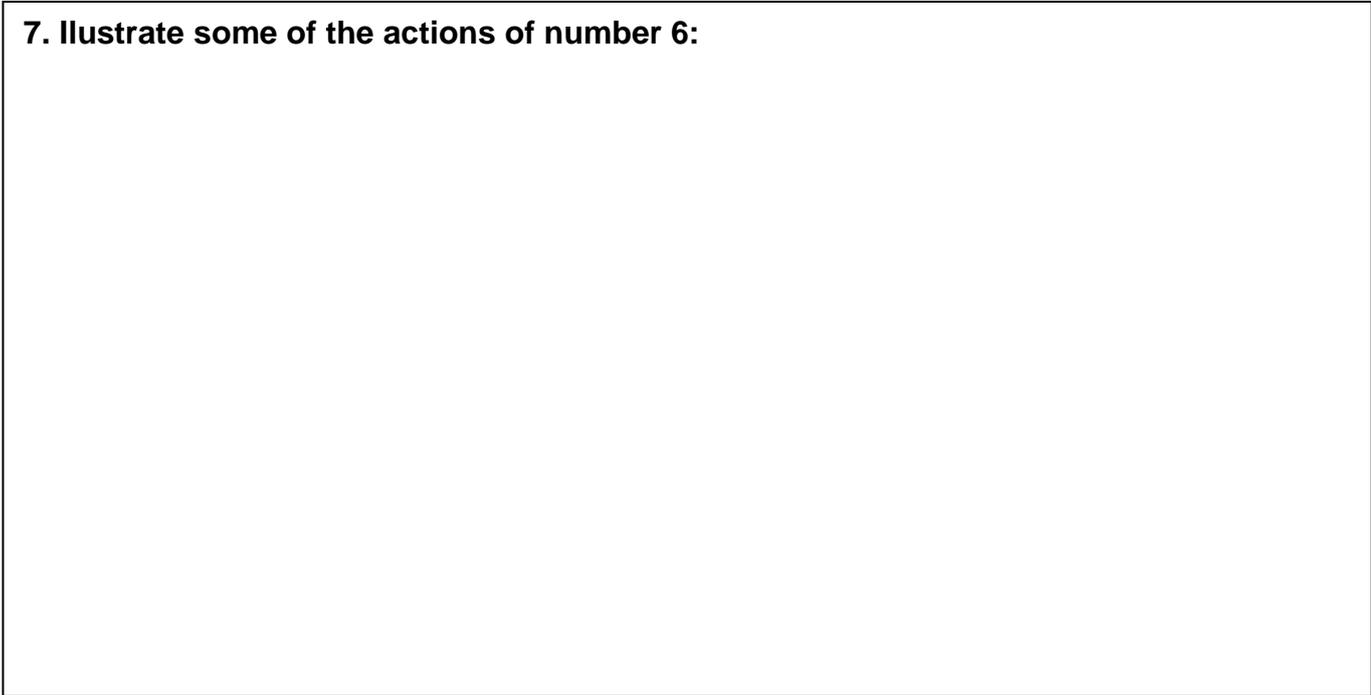
8.- runs / in the park/ Daniel/seldom

.....

9.-You/go/to the dentist/sometimes.

.....

7. Illustrate some of the actions of number 6:



8. Answer these questions using a frequency adverb:

1.- How often does your mom tidy your bedroom?

2.- How often do you visit your grandparents?

3.- How often do you sing in the shower?

4.- How often do you cut your nails?

5.- How often do you go on a diet?

6.- How often does your best friend phone you?

7.- How often do you water the plants?

8.-How often does your dad drive his car?.....

9.- How often do you tell lies?

10.-How often does your girl friend/boyfriend kiss you?.....

Means of Transportation

1. Match the means of transportation to their correct name.



This is a Taxi.



This is a Motorcycle.



This is a Bicycle.



This is an Airplane.



This is a Bus.



This is a Ship.

This is a Truck.



This is a Car.

This is a Horse.



MEANS OF TRANSPORTATION

HORSE CART

SUBWAY

BICYCLE

MOTORCYCLE

SHIP

AIRPLANE

SCOOTER

SKATEBOARD

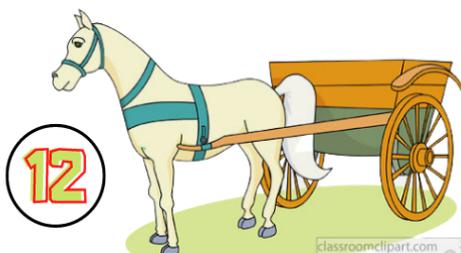
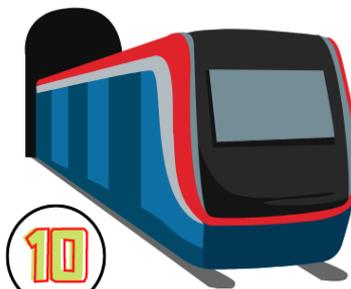
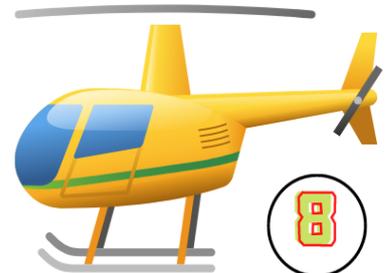
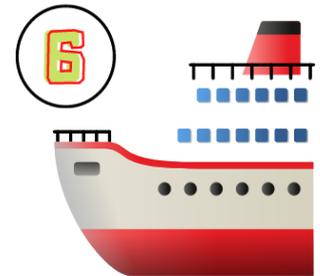
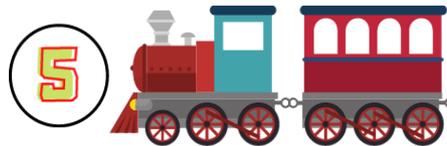
TRAIN

CAR

TRUCK

BUS

HELICOPTER



READING COMPREHENSION

Emily is a very organized person and she has a well-structured daily routine. She always wakes up at 6 AM and usually goes for a jog in the park. After jogging, she often has a healthy breakfast, which usually includes fruits and yogurt.

Emily rarely skips her morning workout, but when she does, it is because she sometimes has an early meeting at work. She never misses her meetings, and she always arrives on time. During the day, Emily frequently checks her schedule to stay on track with her tasks.

In the evenings, Emily usually relaxes by reading a book or watching a movie. She hardly ever goes to bed late because she likes to get enough sleep. On weekends, she sometimes goes hiking with friends or occasionally visits her family.

Emily's friends often admire her discipline and ask her how she manages to stay so organized. She always tells them that the key is consistency and planning ahead.

Questions:

1. What time does Emily always wake up?

- A. 5 AM
- B. 6 AM
- C. 7 AM

2. What does Emily usually do after waking up?

- A. She has breakfast.
- B. She goes for a jog.
- C. She checks her schedule.

3. What does Emily's breakfast often include?

- A. Cereal and milk
- B. Eggs and toast
- C. Fruits and yogurt

4. Why does Emily sometimes skip her morning workout?

- A. Because she has an early meeting at work.
- B. Because she feels tired.
- C. Because she wants to sleep more.

5. How often does Emily go to bed late?

- A. Hardly ever
- B. Often
- C. Always

6. What does Emily sometimes do on weekends?

- A. She goes to the gym.
- B. She goes hiking with friends.
- C. She works extra hours.