

Frequency Phrases

Point 1: English has phrases that work like adverbs of frequency.

1. All the time - often
2. Most of the time - usually
3. From time to time - sometimes
4. Once in a while - sometimes
5. Every now and then - sometimes
6. Hardly every - rarely
7. Almost never - rarely
8. Once in a blue moon - very rarely

Point 2: Frequency phrases often go after the verb and at the end of the sentence.

1. I go there once in a while.
2. I see him from time to time.
3. We shop there all the time.
4. I play tennis once in a blue moon.

Point 3: Most frequency phrases can go before the subject.

1. Once in a while I go there.
2. From time to time, I see him.
3. Once in a blue moon, I play tennis.
4. Every now and then, we order pizza.

Point 4: Some phrases never start a sentence.

- I go there all the time. (right)
- All the time I go there. (wrong)
- I see him hardly ever. (right)
- I hardly ever see him. (right)
- Hardly every I see him. (wrong)

Note: "**Hardly every**" and "**almost never**" often go before a verb.

Frequency Phrases

Watch four videos using **frequency phrases** in conversation.

Conversation 1 | [PDF Worksheet](#)

Man: Do you ever go hiking?

Woman: I used to, but I haven't gone *in ages*.

Man: Oh, really? I love hiking. I go *all the time*.

Woman: That's nice. It's good to escape the city *once in a while*.

Man: Absolutely! You should come hiking with us *one of these days*?

Woman: I'd love that. I really need to get out of the city.

Man: Well, my wife and I are planning a hike sometime next month. Please join us!

Woman: That sounds like fun. I'd love to.

Man: Great. I'll let you know once it's all set.

Conversation 2 | [PDF Worksheet](#)

Man: Do you listen to classical music?

Woman: *Almost never*. I prefer more upbeat genres.

Man: Fair enough. But I find classical music soothing *once in a while*.

Woman: Really? I never would've guessed you like classical music.

Man: Well, it's a nice to have a change of pace *from time to time*.

Woman: Maybe I should give it another chance.

Man: You should! You might discover something you enjoy.

Woman: Alright, I'll give it a try.

Conversation 3 | [PDF Worksheet](#)

Man: Have you ever been to the theater?

Woman: Yes, I go *once in a blue moon*.

Man: Oh, really? I love watching live performances *all the time*.

Woman: It's not really my thing, but I do enjoy it *occasionally*.

Man: We should go together sometime. I think you'll enjoy it more if we go more often.

Woman: Perhaps you're right. I'm open to giving it another chance.

Man: Great! Let's plan a theater night soon.

Woman: Okay, Count me in.

Conversation 4 | [PDF Worksheet](#)

Man: Do you like cooking?

Woman: I cook *almost never*. I'm not really good at it.

Man: Oh, that's too bad. I love experimenting in the kitchen *every now and then*.

Woman: Well, if you're willing to teach me, I might try it more often.

Man: I'd be happy to show you some easy recipes. Cooking can be fun!

Woman: Okay, let's give it a shot. Maybe I'll discover a hidden talent.

Man: That's the spirit! We'll start with something simple and go from there.

Woman: Sounds like a plan. I'm excited to learn.

Quiz

Answer these questions about the interview.

1) When does the man go hiking?

- a) **All the time**
- b) Once in a while
- c) From time to time

2) When does the woman listen to classical music?

- a) All the time
- b) **Almost never**
- c) Once in a while

3) When does the man go to the theater?

- a) All the time
- b) **Once in a while**
- c) Once in a blue moon

4) How often does he experiment with new dishes?

- a) All the time
- b) Almost never
- c) **Every now and then**

Gap Fill: Listen to the audio. Type in the correct word!

Conversation 1

Man: Do you ever go hiking?

Woman: I used to, but I haven't gone in **age/ages**.

Man: Oh, really? I love hiking. I go all the **time/times**.

Woman: That's nice. It's good to escape the city **once/one** in a while.

Man: Absolutely! You should come hiking with us one of these **days/day**?

Woman: I'd love that. I really need to get out of the **city/cities**.

Man: Well, my wife and I are planning a hike sometime **new/next** month. Please join us!

Woman: That sounds like fun. I'd love **too/to**.

Man: Great. I'll let you know once it's all **sit/set**.

Conversation 2

Man: Do you listen to classical **music/musics**?

Woman: Almost never. I prefer **much/more** upbeat genres.

Man: Fair enough. But I find classical music soothing once in a **while**.

Woman: Really? I never would've **guess/guessed** you like classical music.

Man: Well, it's a nice to have a change of pace from time **two/to** time.

Woman: Maybe I should give it **other/another** chance.

Man: You should! You might discover something you **enjoying/enjoy**.

Woman: Alright, I'll give it a **try/tried**.

Conversation 3

Man: Have you ever been to the **theaters/theater**?

Woman: Yes, I go once in a blue **moon//moons**.

Man: Oh, really? I love watching live performances all **the/that** time.

Woman: It's not really my thing, but I do enjoy it **occasion/occasionally**.

Man: We should go together sometime. I think you'll enjoy it more if we go **much/more** often.

Woman: Perhaps you're right. I'm open to **give/giving** it another chance.

Man: Great! Let's plan a theater night **soon/yet**.

Woman: Okay, Count me **in/on**.

Conversation 4

Man: Do you like **cookingcook**?

Woman: I cook almost never. I'm not really good at **itthem**.

Man: Oh, that's too bad. I love experimenting in the kitchen every now and **thenth**.

Woman: Well, if you're willing to teach me, I might try it **moremany** often.

Man: I'd be happy to show you some easy **reciperecipes**. Cooking can be fun!

Woman: Okay, let's give it a **shoutshot**. Maybe I'll discover a hidden talent.

Man: That's the spirit! We'll start with something simple and go from **they'rethere**.

Woman: Sounds like a plan. I'm **excitedexcitement** to learn.