

# 3 Reference

## Adverbs of frequency

Common adverbs of frequency are:

0% —————> 100%  
*never occasionally sometimes often usually always*

We use adverbs of frequency with the Present Simple to describe how regularly or how often something happens.

*We **often** go to the gym in the evenings. (= three days a week)*

*I **always** go for a walk at lunchtime. (= every day)*

We put adverbs of frequency after the verb *to be* but before other main verbs.

*The children **are usually** in bed at eight o'clock.*

*The children **usually** go to bed at half past seven.*

## can/can't

*Can* is a modal verb. We use modal verbs before other verbs.

The negative of *can* is *cannot*, but we usually use the short form *can't*.

I		
You		
He		
She	can	sing.
It	can't (cannot)	
We		
You		
They		

Modal verbs do not change their form after *he, she* or *it*.

*He **can** play the piano.*

We use *can* and *can't* to talk about ability. We use *can* to talk about things we are able to do, and *can't* to talk about things that we are not able to do.

*I **can** sing but I **can't** dance.*

Note: when we talk about the skill or ability, we don't say *go running* or *go swimming*; we use *run, swim*, etc.

*I **can swim**. I **go swimming** on Mondays.*

We use *can + you + infinitive* to make requests – when we want someone else to do something.

***Can you** take a message?*

## play, do, go + activities

We use *play + noun* for games, and for sports we usually do in teams.

e.g. *play football, play chess*

We use *do + noun* for activities we can do alone (not in a team).

e.g. *do aerobics, do yoga*

We use *go* with activity verbs that end in *-ing*.

e.g. *go swimming, go running*

### Key vocabulary

#### Days/parts of the week

Sunday Monday Tuesday Wednesday

Thursday Friday Saturday

at the weekend during the week

#### Activities

cook drive (a car) go for a walk listen to music

meet friends ride a bike sing study sunbathe

#### Collocations:

do aerobics/judo/yoga

go rowing/running/shopping/skiing/windsurfing

go on Facebook/the Internet

go to the cinema/a concert/the gym

play basketball/chess/football/games/sports/tennis

play the guitar/the piano

read a book/a magazine/the news

watch TV/a DVD/a video

#### Numbers

6 six

16 sixteen

60 sixty

600 six hundred

6,000 six thousand

60,000 sixty thousand

600,000 six hundred thousand

6,000,000 six million

600,000,000 six billion

#### Technology/phones

##### Verbs:

call check emails

download (ring tones, music, videos) phone

send (a message/picture) surf (the Internet)

text (friends)

##### Nouns:

email picture/text message

texting voicemail



Listen to these words.

ACTIVE BOOK



see Writing bank page 137