

Time expressions with simple present tense

The simple present tense is used to talk about things that happen regularly, repeatedly or all the time. As a result of this, we often use some adverbs of frequency with the simple present tense to state how often somebody does something.

Adverbs commonly used with the simple present tense are: always, usually, often, sometimes, occasionally, rarely and never. Note that the adverbs of frequency usually go before the verb.

He often visits his grandparents.

I often buy comics.

We usually go to Singapore in April.

I usually get up early.

She always carries an umbrella.

He never gets angry.

I sometimes read foreign periodicals.

They rarely watch TV.

She frequently buys detective stories.

It sometimes gets very hot here.

Days of the Week and Times of the Day

Days of the week are often used with 's' when we talk about repeated actions.

Time expressions with simple present tense

We don't eat meat on Fridays.

I play tennis on Saturdays.

Do you mind working on Sundays?

Times of the day

We usually use at with clock times.

The train arrives at 3.30.

We use in with parts of the day.

He plays tennis in the evening.

He gets up early in the morning.

Days of the week

We use on with particular days.

See you on Monday.