KA-Consultants Ltd.
Do you have the drive to learn?
QuickFix
ENGLISH REFERENCE SHEET

BEGINNERS · BG60 · ENTRY 2

Free Time and Hobbies

Talk about what you do in your free time and how often, and read about a museum.

Supports Adult ESOL and Functional Skills English · Entry 2

In this sheet you will

- talk about hobbies and free time
- say how often with always, usually, sometimes and never
- read information about a museum and write about your free time

Next sheet: BG61 Health Services: Doctor, Pharmacy and Hospital

About this series

Free, practical English worksheets for adult learners, in class or at home. Practise speaking, listening, reading and writing through everyday situations.

Our philosophy

We help you understand, practise and grow in confidence.

Find more sheets for beginners

Scan the QR code, or go to **www.ka-consultants.com/quickfix** and choose Beginners.

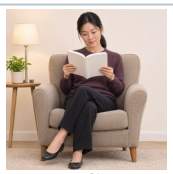
Text, design and illustrations © 2026 Keystone Academic Consultants Limited. Free for educational use. Teachers may print and share this worksheet unchanged with learners. Please keep the Keystone attribution and share the link to the original resource.

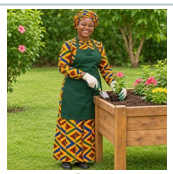
Updated November 2026

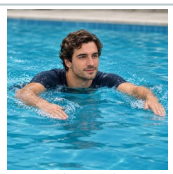
LEARN Free time and how often


cooking


playing football


reading


gardening


swimming


painting


a museum gallery


a family day out at a museum

Grammar: Adverbs of frequency

An **adverb of frequency** says how often: **always** **usually** **often** **sometimes** **never**

It goes **before** most verbs: I **often** go swimming. It goes **after** be: She is **always** busy.

Question: **How often** do you go to the museum? **Once a month.** **Twice a week.** **Every Saturday.**

LISTEN Listen. What do they do and how often? Complete the table.

Teacher: *the script is in the teacher area. Audio: Quick Fix Listening, BG60.*

	Activity	How often?
Faisal		
Mariam		
Joseph		

SAY IT Listen and repeat. Then practise with a partner.

Omar What do you do in your free time, Mariam?

Mariam I **usually** paint at the weekend. It's relaxing.

Omar **How often** do you go to the art gallery?

Mariam About **once a month**. I **never** miss the new exhibitions.

Omar I **sometimes** go to the museum with the children. It's free!

Mariam Let's go together next Saturday.

Sound focus: Stress the adverb to show how often: I **NEVer** miss it. I **SOMEtimes** go.

Your turn. Ask your partner about three free-time activities. Use How often …? Answer in full sentences with an adverb of frequency or a time phrase. Change roles. **How often do you …? I usually … every …**

READ Read on your own first. Then answer.

Northside Museum: visitor information

Opening times: Tuesday to Sunday, 10 am to 5 pm. The museum is closed on Mondays. Entry is free for everyone.

What can you see? On the ground floor, the Transport Gallery has old steam engines, bicycles and buses. On the first floor, the History Gallery has pots and jewellery from many countries. The most popular object is the dinosaur skeleton in the main hall.

For families: There are free activities for children every Saturday morning. Children can draw, make models and join a short museum trail.

Food and help: The café is next to the main entrance. There is a lift to every floor. Ask any member of staff if you need help. Please do not touch the objects or eat in the galleries.

Questions about the text Answer questions 2 and 3 in full sentences.

1. The purpose of this text is to ☐ give information to visitors ☐ tell a story about a family ☐ sell tickets for a show

2. On which day is the museum closed?

_____

3. Where can you see old steam engines?

_____

4. Use a dictionary. A skeleton is ☐ all the bones of an animal or person ☐ a kind of old car ☐ a museum shop

5. True or false? Tick.

	True	False
a) You have to pay to enter the museum.	☐	☐
b) There are children's activities every Saturday morning.	☐	☐
c) The café is next to the main entrance.	☐	☐

6. Find the adjective that describes the activities for children.

_____



PRACTISE 1. Put the adverbs in order, from 0% to 100%. Then write them again.

always sometimes never usually often

0% _____ _____ _____ _____ _____ 100%

Write the five adverbs again: _____

2. Put the adverb in the correct place. Write the sentence.

Example: *I go to the gym. (often)* → **I often go to the gym.**

a) We visit the museum. (sometimes) → _____

b) She is late. (never) → _____

c) They play football on Sunday. (usually) → _____

d) The museum is busy at the weekend. (always) → _____

e) I watch films in English. (often) → _____

3. Answer the questions about you in full sentences.

a) How often do you read a book or a newspaper?

_____

b) What do you usually do at the weekend?

_____

4. Write two questions with How often to ask your partner. Then ask them.

a) How often

_____

b) How often

_____



USE IT Write a short paragraph (30 to 50 words) about your free time.

Write about two or three activities. Say how often you do them and why you like them. Made-up details are fine.

Activity	How often?	Why?
_____	_____	_____

_____

_____

_____

_____

_____

_____

_____

Check your writing: ☐ two adverbs of frequency ☐ a reason with because
☐ capital letters and full stops ☐ 30 to 50 words



I CAN Tick Yes or Not yet.

I can talk about my free time and hobbies.	Yes	Not yet
I can say how often with adverbs of frequency.	Yes	Not yet
I can read information about a museum.	Yes	Not yet