Jane sometimes rides her bike

Adverbs of frequency

Jane sometimes rides her bike at night
But always with a big bright light
She never leaves the garden shed
Without a helmet on her head
She always has a big loud bell
And usually some gloves as well.

She always checks the tyres for air
And sometimes even takes a spare
Usually the tyres don’t burst
You never know, though. Safety first!

Listen to this chant https://learnenglishkids.britishcouncil.org/en/grammar-chants/jane-sometimes-rides-her-bike