

**Phil**

Hi, I'm Phil and I'm going to tell you about the difference between **hard** and **hardly**.

**Hard** we can use in lots of different ways but it usually means 'strong', 'difficult' or 'intense':

**Ow! That ball's hard!**

**Calculus is hard!**

**That was really hard work.**

**Hardly** is an adverb and it can mean 'almost not'. **This is too small I can hardly read it.**

We can use it with 'any' to talk about quantity. For example: **There's hardly any water in this cup.**

We can use it with 'ever' for frequency. For example: **I hardly ever play basketball.**

To help you remember:

It's **hard** for me to play tennis because I **hardly ever** train. I can **hardly** walk afterwards because I've been running **hard**. And I often get hurt because the ball's **hard**, and there's **hardly any** time to get out of the way!