



Practise the present perfect with for and since with us!

**i** When using the present perfect we often talk about a specific time or a duration of time in the past.  
We use "for" to talk about a period of time. For example: We have lived in London for ten years.  
We use "since" to talk about a specific point in time, or a time when the action started. For example: We have lived in London since 2015.

**?**  
**We haven't seen each other \_\_\_\_\_ six years!**

- ☐ for  
☐ since

**?**  
**I have known him \_\_\_\_\_ last summer.**

- ☐ since  
☐ for

**?**  
**I have lived here \_\_\_\_\_ 2009.**

- ☐ for  
☐ since

**?**  
**I have not played any games \_\_\_\_\_ I lost my mobile.**

- ☐ for  
☐ since

**?**  
**\_\_\_\_\_ how long have you studied Japanese?**

- ☐ For  
☐ Since

**?**  
**I have played with the new football team \_\_\_\_\_ two weeks.**

- ☐ since  
☐ for

**?**  
**She hasn't seen her keys \_\_\_\_\_ yesterday!**

- ☐ for  
☐ since





?

**They haven't had a holiday \_\_\_\_\_ ages!**

- ☐ for  
☐ since

?

**I haven't eaten any sugar \_\_\_\_\_ Christmas.**

- ☐ since  
☐ for

?

**Have you been back to your old school \_\_\_\_\_ you left?**

- ☐ for  
☐ since

?

**I have been babysitting her \_\_\_\_\_ a long time.**

- ☐ for  
☐ since

?

**\_\_\_\_\_ how long have you been home?**

- ☐ Since  
☐ For

?

**I have played the piano \_\_\_\_\_ I was small.**

- ☐ since  
☐ for

?

**Have you been friends \_\_\_\_\_ long?**

- ☐ since  
☐ for

?

**I have tried to phone you \_\_\_\_\_ ten minutes already!**

- ☐ since  
☐ for

?

**We haven't had any PE classes \_\_\_\_\_ last year when Mrs Small fell ill.**

- ☐ for  
☐ since