



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.

**i**  
**I haven't played basketball \_\_\_\_\_ my injury.**

- for
- since

**i**  
**My parents have run a bakery \_\_\_\_\_ four years.**

- since
- for

**i**  
**I haven't seen him \_\_\_\_\_ my birthday.**

- since
- for

**i**  
**\_\_\_\_\_ I have broken my arm I can't do any sports.**

- Since
- For

**i**  
**She has practised her performance \_\_\_\_\_ two years.**

- for
- since

**i**  
**Mum has been on the work trip \_\_\_\_\_ two days.**

- since
- for

**i**  
**I haven't seen her \_\_\_\_\_ yesterday.**

- since
- for





?

**I have attended drama club \_\_\_\_\_ September.**

- for
- since

?

**We haven't used our mobile phones \_\_\_\_\_ two days.**

- for
- since

?

**I have been in the swimming team \_\_\_\_\_ two years.**

- since
- for

?

**It hasn't rained \_\_\_\_\_ Monday.**

- since
- for

?

**I haven't had a job \_\_\_\_\_ ages!**

- since
- for

?

**She has lived in her own flat \_\_\_\_\_ two years.**

- for
- since

?

**She has lived in Paris \_\_\_\_\_ 1999.**

- for
- since

?

**I haven't been home \_\_\_\_\_ last week.**

- for
- since