

Present perfect tense and “for” and “since”.

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Exercise 1: Fill in the Blanks with “for” and “since”

1. I have lived here ___ three years.
2. She has worked at the company ___ 2015.
3. They have studied French ___ two months.
4. We have known each other ___ we were children.
5. He has played guitar ___ ten years.
6. The restaurant has been open ___ last summer.
7. I have been a teacher ___ five years.
8. She has had her dog ___ 2020.
9. They have visited Paris ___ a long time.
10. He has been sick ___ last week.

Exercise 2: Correct the Sentences

Find and correct the mistakes in the use of "for" and "since."

1. I have known him since five years.
2. She has lived here for 2019.
3. They have been friends since a long time.
4. He has worked here since two years.
5. We have studied Spanish since three months.
6. I have waited for you since an hour.
7. They have travelled a lot for last summer.
8. She has practiced piano since she was a child.
9. He has been in London for 2020.
10. We have played soccer for last week.

Exercise 3: Match the Columns

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Match the sentences in Column A with the correct phrases in Column B.

Column A

1. I have visited my grandparents ____
2. She has worked at the bank ____
3. They have known each other ____
4. He has been learning Spanish ____
5. We have had our car ____
6. I have played basketball ____
7. She has been in the club ____
8. They have waited for the bus ____
9. He has studied math ____
10. We have been friends ____

Column B

- a. since 2022
- b. for ten years
- c. for two weeks
- d. since last year
- e. for a long time
- f. since he was ten
- g. since I bought it
- h. for three months
- i. since my birthday
- j. for five years

Exercise 4: Sentence Transformation

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Change the sentences from "for" to "since" or vice versa.

1. I have lived here for 2020.
2. She has worked at the school since a year.
3. They have studied English for three years.
4. He has been in Paris since last summer.
5. We have had this cat since four years.
6. She has practiced yoga for she was a teenager.
7. I have known them since two years.

Exercise 5: Create Your Own Sentences using the present perfect tense with "for" or "since" based on the prompts.

1. (live in your city) *Example: I have lived in London since 2020.*
2. (study English)
3. (know your best friend)
4. (have a pet)
5. (work at your job)
6. (play a sport)
7. (have a phone)
8. (travel to another country)
9. (be in your current school)
10. (read a particular book)

Exercise 6: Multiple Choice

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Choose the correct option (A or B) for each sentence.

1. I have lived here ____ five years.
A) for
B) since
2. She has worked at the company ____ 2017.
A) for
B) since
3. They have been friends ____ we met in college.
A) for
B) since
4. He has played football ____ he was a child.
A) for
B) since
5. We have waited ____ two hours.
A) for
B) since
6. I have known her ____ last summer.
A) for
B) since
7. She has lived in Paris ____ five months.
A) for
B) since

8. They have studied French ____ 2018.

A) for

B) since

9. He has had that bike ____ he was ten.

A) for

B) since

10. We have enjoyed this class ____ a long time.

A) for

B) since

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Exercise 7: Short Answer Questions

Answer the following questions using "for" or "since."

1. How long have you studied English?
2. When did you start living in your current home?
3. How long have you known your best friend?
4. When did you start your current job?
5. How long have you had your favourite book?
6. When did you last visit your hometown?
7. How long have you played your favourite sport?
8. When did you start learning a musical instrument?
9. How long have you had your pet?

Exercise 8: Complete the Dialogue

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Complete the dialogue with "for" or "since."

A: How long have you been working here?

B: I have been working here ____ two years.

A: Oh, I thought you started ____ 2021.

B: Yes, I did! I've loved it here ____ then.

Exercise 9: True or False

Determine if the sentence is true or false based on the use of "for" and "since."

1. I have known her for 2010. (True/False)
2. He has played basketball since five years. (True/False)
3. They have been friends for a long time. (True/False)
4. She has worked here since last year. (True/False)
5. We have lived in this house since two years. (True/False)
6. I have studied Italian for three months. (True/False)
7. He has traveled to Japan since last summer. (True/False)
8. She has had her job for 2022. (True/False)
9. They have played video games for last week. (True/False)
10. I have been interested in art since I was a child. (True/False)

Exercise 10: Writing Practice

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Write a short paragraph (4-5 sentences) about your experiences using "for" and "since."



Answers

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Exercise 1

1. for
2. since
3. for
4. since
5. for
6. since
7. for
8. since
9. for
10. since

Exercise 2

1. since → for
2. for → since
3. since → for
4. since → for
5. for → since
6. for → since
7. for → since
8. (correct as is)
9. for → since
10. for → since

Exercise 3

1 - b, 2 - a, 3 - e, 4 - h, 5 - g, 6 - i, 7 - d, 8 - c, 9 - j, 10 - f

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Exercise 4

1. I have lived here since 2020.
2. She has worked at the school for a year./She has worked at the school since 2023. (A year will change depending on when you are doing this exercise).
3. They have studied English for three years.
4. He has been in Paris since last summer.
5. We have had this cat for four years.
6. She has practiced yoga since she was a teenager.
7. I have known them for two years./I have known them **since two years ago**. (two years ago – is a specific point in time, so we use 'since').

Exercise 5

(Varies by student response; should include correct use of "for" and "since.")

Exercise 6

1 - A, 2 - B, 3 - B, 4 - B, 5 - A, 6 - B, 7 - A, 8 - B, 9 - B, 10 - A

Exercise 7

(Varies by student response; should include correct use of "for" and "since.")

Exercise 8

A: How long have you been working here?

B: I have been working here **for** two years.

A: Oh, I thought you started **since** 2021.

B: Yes, I did! I've loved it here **since** then.

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Exercise 9

1. False
2. False
3. True
4. True
5. False
6. True
7. True
8. False
9. False
10. True

Exercise 10

(Varies by student response; should include correct use of "for" and "since.")