

1 Study the table. Complete the sentences with *for* or *since*. Look at the article on page 85 (Pulse 2 Student's Book) to check your answers.

1. Superstitions have been part of sport _____ it began.
2. Some footballers have worn the same pair of socks _____ many weeks.

Present perfect + for and since

- We use *for* and *since* with the present perfect to talk about **a period of time up to the present**.
- We use *for* when we are talking about the **length of time** up to the present.
*I've been in the team **for** three years.*
- We use *since* when we state the **starting point** of the period of time up to the present.
*I've been in the team **since** 2012.*
*I've been in the team **since** I was 13.*

2 Complete the table below with the time expressions in the box.

two hours	yesterday	five minutes	last week
a few days	10 th june	many years	1995
my birthday	she was a student		a long time

Time expression with since	Time expressions with for



Look at the sentence and answer the questions

Anna and Jack have been friends since they were four.

Q: When did Anna and Jack first become friends?

A: _____

Q: Are they still friends now?

A: _____

3 Complete the sentences with *for* or *since*.

- 1 The modern Olympic Games have existed _____ 1896
- 2 England hasn't won the World Cup _____ a long time.
- 3 Table tennis has been an Olympic sport _____ 1988.
- 4 Our town has had a sports stadium _____ last year.
- 5 Juan has been a Málaga supporter _____ seven year.

4 Write questions using <i>How long ...?</i> and the present perfect.	LOOK! <i>How long ...?</i> with the present perfect How long has Jo been a swimming teacher? She's been a swimming teacher for ten years. She's been a swimming teacher since she was 18.
Example. you / be at this school?	<i>How long have you been at this school?</i>
1. you / have a mobile phone?	
2. you / live in your town?	
3. your parents / know each other?	
4. computers / exist?	

5 Complete the answers to the questions in exercise 4. (Give your own answers.)	
1. I've been at this school since _____.	
2. I've had a mobile phone for _____.	
3. I've lived in this town for _____.	
4. My parents have known each other for _____.	
5. Computers have existed since _____.	

6 Choose the correct answers.

- Lucy: You look happy. What (1) **'s** / **'ve** happened?
- Nina: I've (2) **won** / **win** a game of chess against Adam Green!
- Lucy: Who's Adam Green?
- Nina: He's (3) **been** / **was** the school champion (4) **since** / **for** two years.
- Lucy: How long (5) **you've** / **have you** been in the chess team?
- Nina: Only (6) **for** / **since** January.
- Lucy: Well done!
- Nina: Oh look ... he's (7) **send** / **sent** me a message.
- Lucy: What does it say?
- Nina: Congratulations! You (8) **got** / **'ve got** better since we last (9) **have played** / **played** !

