1a Complete each sentence with **for** or **since**.

1. I’ve been here ___________ yesterday.
2. She’s been living in London ___________ 2002.
3. I’ve been learning English ___________ three years.
4. He’s been swimming every day ___________ he was ten.
5. He’s been a professional coach ___________ ten years.
6. I’ve lived in the same town ___________ a long time.
7. I’ve admired her ___________ we first met.

1b Complete the grammar summary below with **for** or **since**.

We use ___________ to refer to a point in time.
We use ___________ to refer to a length of time.

2 Use the correct form of the words in brackets and **for** or **since** to complete the conversation.

INTERVIEWER: Ben, how long have you been swimming?
BEN: Well, I started swimming when I was eight, so I’ve been swimming (1) ___________ 14 years.

INTERVIEWER: And when (2) ___________ (do) you start swimming in competitions?
BEN: When I (8) ___________ (be) in the Athens Olympic Games in 2004.

INTERVIEWER: Yes, I remember, you won a medal …
BEN: That’s right. I won a bronze medal.

3 Each sentence has one mistake. Write the correct sentences.

1. She has won her first race five years ago.
   ____________________________________________

2. She has been running for she was twelve.
   ____________________________________________

3. When have you start your new job?
   ____________________________________________
4 She has broke lots of records.

5 I've dreamt of winning a medal since a long time.

6 I been skiing last year.

7 I started learning English for a long time ago.