

Present perfect avec for et since

Exercices d'anglais - niveau 4e

For et since : exercices pour exprimer la durée sans te tromper. Tu vas trier les expressions de temps, conjuguer au present perfect, poser la question How long...? et traduire le fameux « depuis ».

Cette fiche d'exercices est à **télécharger en PDF et à imprimer gratuitement** : le bouton se trouve en bas de la page, sans inscription.



Les exercices

For et since : exercices pour dire depuis quand

Les exercices vont du simple tri jusqu'à l'interview. Relis le schéma du cours si tu hésites.

Exercice 1 : for ou since ?

Écris **for** ou **since** devant chaque expression.

1. ___ two weeks
2. ___ Tuesday
3. ___ 2019
4. ___ ten minutes

5. ___ last summer
6. ___ a long time
7. ___ my birthday
8. ___ six months
9. ___ 7 o'clock
10. ___ ages

Exercice 2 : complète la phrase

Complète avec **for** ou **since**.

1. I have lived in this town ___ 2017.
2. She has played the violin ___ eight years.
3. We have been at school ___ half past eight.
4. They have known Max ___ a long time.
5. He hasn't eaten anything ___ breakfast.
6. My grandparents have been married ___ fifty years.
7. It has snowed ___ Sunday.

For et since : partie 2

Exercice 3 : conjugue au present perfect

Mets le verbe au present perfect.

1. I (know) ___ Emma since primary school.
2. My dad (work) ___ in a hospital for ten years.
3. We (be) ___ friends for ages.
4. She (have) ___ her bike since Christmas.
5. They (live) ___ in Cork since 2020.
6. He (be) ___ ill for three days.
7. You (wait) ___ for twenty minutes.
8. The shop (be) ___ closed since Monday.

Exercice 4 : à la forme négative

Mets les phrases à la forme négative.

1. I have seen my cousin since June.
2. She has played tennis for months.
3. We have been to the cinema since the holidays.
4. He has called me for two weeks.
5. They have eaten fish since last year.

For et since : partie 3

Exercice 5 : pose la question How long...?

Pose la question qui porte sur la durée.

1. I have lived here for six years.
2. She has worked at the bakery since 2021.
3. They have had their cat for two months.
4. He has been in hospital since Friday.
5. We have known Ms Byrne for a year.
6. The museum has been open since 1950.

Exercice 6 : de since à for

Nous sommes en 2026, un lundi, à 11 heures. Réécris chaque phrase avec **for** à la place de **since**.

1. I have lived in Nantes since 2020.
2. She has been in the library since 9 o'clock.
3. We have had this sofa since 2016.
4. He has studied Spanish since 2024.
5. They have been on holiday since Saturday.

For et since : partie 4

Exercice 7 : le vieux pub de Galway

Lis la fiche du pub, puis réponds aux questions par des phrases complètes avec for ou since. Nous sommes en 2026.

The Old Harbour Pub, Galway	
Open	since 1890
Owner: the O'Brien family	since 1932
Head chef: Siobhan	for 15 years
Live music every Friday	since 1975
The cat, Paddy, lives there	for 9 years

1. How long has the pub been open?
2. How long have the O'Briens owned the pub?
3. How long has Siobhan been the head chef?
4. How long has there been live music on Fridays?
5. How long has Paddy lived in the pub?
6. Récris la réponse 1 avec for.

For et since : partie 5

Exercice 8 : remets les mots dans l'ordre

Reconstitue les phrases.

1. have / I / here / lived / for / years / five
2. has / she / since / been / Monday / absent
3. long / how / you / have / known / him / ?
4. haven't / we / since / seen / summer / them
5. has / he / the / drums / played / for / ages
6. long / how / she / has / had / her / phone / ?

Exercice 9 : corrige les erreurs

Chaque phrase contient une erreur. Recopie-la correctement.

1. I live in Paris since 2015.
2. She has been here since three hours.
3. We know each other for two years.
4. How long do you have your dog?
5. He is ill since Monday.
6. They have played football for 10 a.m.
7. How long has you lived here?

For et since : partie 6

Exercice 10 : traduis en anglais

Traduis ces phrases en anglais.

1. J'apprends l'anglais depuis trois ans.
2. Ma sœur est au lit depuis hier soir.
3. Depuis combien de temps habites-tu à Lille ?
4. Nous attendons depuis vingt minutes.
5. Il n'a pas plu depuis deux semaines.
6. Je connais Lucas depuis l'école maternelle.

Exercice 11 : traduis en français

Traduis ces phrases en français, en utilisant « depuis ».

1. I have had this jacket for a year.
2. She has been a doctor since 2010.
3. How long have you played the piano?
4. We haven't seen our cousins for months.

5. They have lived next door since last spring.

For et since : partie 7

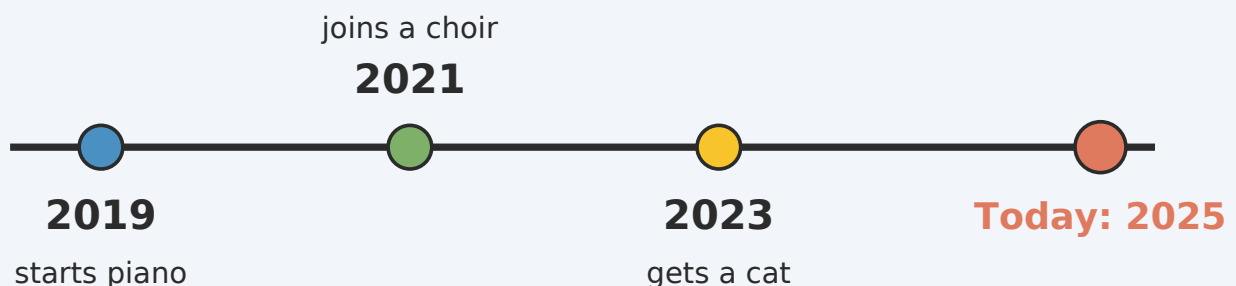
Exercice 12 : ton interview

Réponds aux questions sur toi avec des phrases complètes, puis invente deux questions pour un camarade.

1. How long have you lived in your town?
2. How long have you been at this school?
3. How long have you known your best friend?
4. How long have you learnt English?
5. Do you have a pet or a favourite object? How long have you had it?
6. Invente une question How long...? sur un loisir.
7. Invente une question How long...? sur un objet.

Exercice 13 : la frise d'Ella

Nous sommes en 2025. Observe la frise et écris une phrase au present perfect avec *for* ou *since* comme indiqué.



La vie d'Ella

1. (since) play the piano
2. (for) play the piano
3. (since) be in the choir
4. (for) be in the choir
5. (since) have a cat
6. (for) have a cat

Exercice 14 : la fiche de Kim

Lis la fiche : *Kim lives in Leeds: three years. She plays chess: since Christmas. She has a cat: since June. She knows Sara: five years. She is a member of the library: since 2022.*

Réponds aux questions par une phrase complète avec *for* ou *since*.

1. How long has Kim lived in Leeds?
2. How long has Kim played chess?
3. How long has she had a cat?
4. How long has she known Sara?
5. How long has Kim been a member of the library?

Exercice 15 : choisis la bonne forme

Choisis la forme correcte.

1. I (know / have known) Tom for three years.
2. She (lives / has lived) here since 2020.
3. We (have / have had) this car for ten years.
4. He (is / has been) ill since Monday.
5. They (are / have been) married for twenty years.
6. I (don't see / haven't seen) her since July.
7. My mother (works / has worked) in this school since 2005.
8. Mr Lee (teaches / has taught) English for thirty years.

Exercice 16 : ago, for ou since ?

Complète avec **ago**, **for** ou **since**.

1. I met Joe two years ____.
2. I have known Joe ____ two years.
3. She has lived in Oxford ____ 2018.
4. We bought this house ten years ____.
5. They have been friends ____ ages.
6. He arrived an hour ____.
7. My brother has played the violin ____ he was six.
8. We have been here ____ half an hour.

Exercice 17 : à l'arrêt de bus

Observe l'image. Complète les phrases 1 à 3, puis fais l'exercice 4 et 5.

BUS 14
due 8.45

9.15 am



I've been here
since 8.30.

Max attend

1. Max has been at the bus stop ___ 8.30.
2. He has been there ___ forty-five minutes.
3. How long has Max been at the bus stop?
4. Le bus 14 devait arriver à 8.45. Écris une phrase avec *for* pour dire depuis combien de temps il est en retard.
5. Écris la même idée avec *since*.

Exercice 18 : complète le dialogue

Complète chaque réplique avec le mot ou les mots qui manquent.

1. A: How ___ have you lived in Cardiff?
2. B: I ___ lived here ___ 2015.
3. A: So you have been here ___ ten years!
4. B: Yes. And my best friend Jo ___ lived next door ___ I arrived.
5. A: How long ___ you known her?
6. B: We ___ known each other ___ a very long time.

Exercice 19 : construis la phrase

Écris une phrase complète au present perfect avec *for* ou *since*.

1. Ben / know / Sam / 2020
2. we / live / here / five years
3. she / be / ill / Monday
4. they / have / this dog / two months
5. I / not / see / him / last summer
6. my uncle / work / in London / a long time
7. you / be / at this school / September ? (question)

Exercice 20 : présente un ami

Écris 5 phrases sur un(e) ami(e) ou un membre de ta famille. Utilise *for* dans deux phrases et *since* dans deux autres.