

GRAMMAR · LESSON 03 · B1

How Many *Worlds* Have You Lived In?

Present Perfect Simple — ever / never · for / since · just / already / yet

Some experiences happen once and stay with you forever. Others slowly add up over years. The Present Perfect is the tense English uses for everything in your life so far — what you've done, how long, and what you've just finished.

⏱ 50 min

📄 3 uses + adverbs

📊 CEFR B1

👶 Ages 11-16

What you'll learn

- Form Present Perfect with **have/has + past participle**.
- Use it for life experience, duration (for/since), and recent past (just/already/yet).
- Avoid the trap: never use Present Perfect with *yesterday, last week, ago, in 2019*.

1

WARM-UP · 4 MIN

Quick questions before we start

Read these four questions. Each looks at your **life up to now** — not a specific past moment. The verb form is **have/has + past participle**. That's today's tense.

- | | |
|----|--|
| Q1 | Have you ever tried sushi? |
| Q2 | How long have you lived in your current home? |
| Q3 | Have you finished your homework yet? |
| Q4 | What is the most interesting place you have visited? |

2

GRAMMAR FOCUS · 16 MIN

Past + present, in one tense

The Present Perfect is a **bridge** between past and present. The action started or happened in the past — but it still matters **now**. The form is simple:

have / has + past participle

There are **three** main reasons to reach for it:

USE 1 · EXPERIENCE	USE 2 · DURATION	USE 3 · RECENT
<p>Have you ever...? <i>In your life, sometime — yes or no?</i></p> <p><i>I have visited Paris twice.</i></p>	<p>For how long? <i>Started in past, still continues.</i></p> <p><i>She has lived here for 5 years.</i></p>	<p>Just now / not yet <i>Finished recently, affects right now.</i></p> <p><i>I have just finished dinner.</i></p>

3

PAST PARTICIPLES · 4 MIN

The part you have to learn

Regular verbs use the same form as Past Simple: *walk* → *walked*, *study* → *studied*.

Irregular verbs have a special past participle. Sixteen common ones:

be → been <i>exist / go</i>	see → seen <i>perceive</i>	do → done <i>do / make</i>	have → had <i>possess</i>
go → been/gone <i>travel</i>	eat → eaten <i>eat</i>	write → written <i>write</i>	take → taken <i>take</i>
give → given <i>give</i>	drink → drunk <i>drink</i>	read → read <i>different sound!</i>	meet → met <i>meet</i>
buy → bought <i>buy</i>	win → won <i>win</i>	break → broken <i>break</i>	find → found <i>find</i>

Tiny but important: been vs gone

have/has been to = went there and came back (visited).

have/has gone to = went there and is still there.

"Mum *has been to the supermarket.*" (she's home) vs "Mum *has gone to the supermarket.*" (she's still out)

4

FOR VS SINCE · 3 MIN

Both mean "from then until now"

Both go with the Present Perfect to talk about **duration**. The difference is what comes after.

FOR + a length of time

for

for 2 hours, for 3 days, for a week, for 6 months, for 5 years, for ages, for a long time

→ *I have studied English **for** 4 years.*

SINCE + a starting point

since

since Monday, since 2018, since I was 7, since last summer, since breakfast, since we moved

→ *I have studied English **since** 2021.*

Quick test: Can you put a number / period of time? Use **for**. Can you put a date / event? Use **since**.

5

JUST · ALREADY · YET · EVER · NEVER · 4 MIN

Position rules

just	+ VERB · POSITIVE	A very short time ago.	<i>I've just woken up.</i>
already	+ VERB · POSITIVE · SURPRISE	Sooner than expected.	<i>She's already finished!</i>
yet	END OF SENTENCE · NEG / QUESTION	Up to now (still waiting).	<i>I haven't called him yet.</i>
ever	+ VERB · QUESTION	In your life, at any time?	<i>Have you ever flown?</i>
never	+ VERB · POSITIVE FORM	Not at any time in your life.	<i>I have never lied.</i>

6

THE BIG B1 TRAP · 3 MIN

Present Perfect vs Past Simple

Don't mix them — these words "kill" the Present Perfect

yesterday · last X · in [year] · ago · when I was X → Past Simple only.

~~I have visited Paris last summer.~~ **I visited Paris last summer.**

~~She has broken her leg in 2020.~~ **She broke her leg in 2020.**

But: If the time is undefined or "up to now", Present Perfect is correct.

I have visited Paris three times (in my life — no specific date).

She has broken her leg twice (sometime, life experience).

7

KEY VOCABULARY · 6 MIN

Words for life experiences

Word	POS	Meaning	Example
experience	<i>n</i>	something that has happened to you	<i>It was an amazing experience.</i>
achieve	<i>v</i>	to succeed in doing something difficult	<i>She has achieved a lot for her age.</i>
abroad	<i>adv</i>	in or to a foreign country	<i>Have you ever travelled abroad?</i>
so far	<i>phrase</i>	up to this moment in time	<i>So far, I've read 30 books this year.</i>
lately	<i>adv</i>	recently; in the recent past	<i>Have you seen any good films lately?</i>
attempt	<i>v / n</i>	to try, especially something difficult	<i>I've attempted that puzzle three times.</i>
opportunity	<i>n</i>	a chance to do something good	<i>I've had many opportunities to perform.</i>
countless	<i>adj</i>	too many to count	<i>She's watched the film countless times.</i>
journey	<i>n</i>	an experience over time, often difficult	<i>It has been a long journey to get here.</i>
challenge	<i>n</i>	something hard that tests your ability	<i>Learning Korean has been a real challenge.</i>

8

READING · 10 MIN

The List I Keep — a magazine feature

THE PULSE · ISSUE 06

LIFE SO FAR

The List I Keep

Some teens keep diaries. Others keep lists — what they have done, how long they have done it, and what they still haven't tried. We asked five young people to open theirs.

Y

Yara, 14

Casablanca · Morocco

The horse list

I **have lived** in three different cities *since* I was born. My family moves a lot for my dad's work. I **have made** friends, lost them, and made new ones — *countless* times. I **have ridden** horses six times in my life, and every time has been better. I **have just finished** my third riding course, and I **have already signed** up for the next one. There are still big things I **haven't done yet** — I **have never seen** the desert, even though I live in Morocco. My mum **has promised** me a trip next summer.

T

Tomás, 15

Porto · Portugal

Ten-year list

I **have played** football *for* ten years now — *since* I was five. My team **has just won** the regional tournament, and honestly, I **have never felt** happier. I **have scored** 47 goals this season — that's a personal record. I **have travelled** to four different countries with the team. *So far*, I **have never broken** a bone (knock on wood). My coach says I **have improved** a lot *lately*. I **haven't decided yet** if I want to play professionally.

H

Hina, 13

Tokyo · Japan

The book list

I **have kept** a list of every book I've finished *since* I was nine. *So far*, I **have read** 217 books — most in Japanese, but I **have also read** twelve in English this year. My favourite genre is fantasy. I **have just finished** a series of seven novels, and I **have already started** a new one. There are things on my reading list I **haven't tried yet** — graphic novels, plays, classic poetry. And honestly? I **have never travelled** outside Japan, which is strange for someone who reads about the whole world.

L

Lucas, 16

São Paulo · Brazil

The music list

I **have practised** capoeira *since* I was seven, so that's nine years now. It **has shaped** me — my body, my friends, even my taste in music. I **have met** three of my musical heroes at festivals (one of them **has even followed** me back online). I **have written** twenty original songs *so far*, and I **have recorded** five of them. The big thing? I **haven't performed** alone on stage *yet*. I **have just agreed** to do my first solo show next month. Now I'm terrified.

I

Ines, 12

Vienna · Austria

The piano list

I **have studied** piano *for* five years, and it **has been** the best thing in my life. My teacher **has taught** me hundreds of pieces, but I still have favourites I **have played** *countless* times. Last week, something huge happened: I **have just performed** my first proper concert. I **have never been** so nervous in my life. My hands **have shaken** before tests, but never like that. The audience clapped for two minutes. I **haven't decided** *yet* what piece to play next. Something brave, I think.

Present Perfect

*for / since**just / already / yet / ever / never*

9

PRACTICE · 8 MIN

8 quick decisions

Choose the correct option (A, B or C) for each gap. Answers on the last page.

1	I'm not hungry — I ___ already eaten. · A) have B) has C) am
2	My grandfather has worked in the same company ___ 1985. · A) for B) since C) ago
3	___ you ever broken a bone? · A) Did B) Have C) Are
4	She ___ to Italy three times in her life. · A) went B) has been C) is going
5	I'm sorry, I ___ my homework yet. · A) didn't finish B) haven't finished C) don't finish
6	They have lived in this house ___ five years. · A) since B) for C) from
7	We ___ a fantastic film last weekend. · A) have seen B) saw C) see
8	He has ___ his keys and can't get into the house. · A) lose B) losing C) lost

10

SPEAKING · 5 MIN

Open your own list

Work with a partner. Ask each question. Use Present Perfect for life experiences and *for / since* for duration. If you say **when** exactly something happened, switch to Past Simple.

- Q 1 Have you ever travelled abroad? If yes, where to and what did you do there?
- Q 2 What's the most interesting book or film you've read or seen lately?
- Q 3 How long have you studied English? Have you achieved everything you wanted so far?
- Q 4 Have you ever tried a sport that was a real challenge? Tell your partner about it.
- Q 5 What's one thing you haven't done yet but really want to do this year?

Model dialogue

Sara :	Have you ever been to a concert, Liam?
Lia m:	Yes, I <i>have been</i> to four. The best one <i>was</i> last March — Coldplay, in Berlin. I <i>haven't seen</i> them again <i>yet</i> , but I <i>have already bought</i> tickets for the summer.
Sara :	Lucky! How long <i>have you been</i> a fan?
Lia m:	I <i>have liked</i> them <i>since</i> I was about ten. So roughly six years.

11

WRITING · 10 MIN

Write your own "list"

Write a short paragraph (**80 to 100 words**) about your life so far. Mention (1) something you **have done many times** or for a long time, (2) something you **have just / already** finished, and (3) something you **have never done** or **haven't done yet** — but want to.

Include at least: 4 Present Perfect verbs *for* or *since* one of: *just / already / yet / ever / never*

Word count: _____ / 80-100

12

COMPREHENSION QUIZ · 6 MIN

10 questions — let's see what stuck

Circle the best option (A, B, C or D) for each question.

1	I ___ my grandparents this morning, and they were happy to see me. · A) have visited B) visited C) am visiting D) visit
2	How long ___ you ___ Spanish? · A) did / study B) have / studied C) are / studying D) do / study
3	She has been a teacher ___ over twenty years. · A) since B) from C) for D) ago
4	I ___ to Brazil. It's at the top of my travel list. · A) didn't go B) haven't been C) wasn't D) don't go
5	The train ___ already left when we arrived at the station. · A) has B) had C) have D) was
6	My parents ___ in this house since 2010. · A) lived B) have lived C) are living D) live
7	Have you ___ tried Korean food? · A) already B) yet C) ever D) just
8	He ___ his arm last week — he was skiing. · A) has broken B) broke C) breaks D) is breaking
9	I can't believe she ___ the marathon! That's amazing. · A) just finished B) has just finished C) just finishing D) just finish
10	We ___ that film three times — we love it! · A) saw B) have seen C) are seeing D) see



ANSWER KEYS

Check your answers

Practice · Part 9

1	A — have	With 'I' use 'have'. 'Already' signals Present Perfect.
2	B — since	'1985' is a starting point (date) → since.
3	B — Have	'Ever' + life experience → Present Perfect question.
4	B — has been	'In her life' = no specific date → Present Perfect.
5	B — haven't finished	'Yet' in a negative → Present Perfect.
6	B — for	'Five years' is a length of time → for.
7	B — saw	'Last weekend' = specific past time → must be Past Simple.
8	C — lost	After 'has' use the past participle. Lose / lost / lost.

Quiz · Part 12

1	B — visited	'This morning' (already finished) is a specific past time → Past Simple.
2	B — have / studied	'How long' + ongoing → Present Perfect.
3	C — for	'Twenty years' = length of time → for.
4	B — haven't been	Life experience (still possible) → Present Perfect. Been to = visited.
5	A — has	'Already' commonly pairs with Present Perfect.
6	B — have lived	'Since 2010' → Present Perfect.
7	C — ever	Question about life experience → ever.
8	B — broke	'Last week' = specific past time → Past Simple, NOT Present Perfect.
9	B — has just finished	'Just' for very recent action → Present Perfect.
10	B — have seen	'Three times' (in our lives, no specific date) → Present Perfect.

Great work finishing Lesson 03! You can now talk about everything in your life so far — experiences, durations, and recent achievements. In **Lesson 04**, we sharpen the most-tested B1 distinction: Present Perfect vs Past Simple.