

Present Perfect Continuous

Name:

Date:



How to use present perfect continuous?

The present perfect progressive, also present perfect continuous, is the tense used for actions that began in the past and last until a present or almost present moment. The timing of this action is not specified, instead, the result or process of the action is emphasised.

Here are the three main uses of the present perfect continuous:

to express an action in the recent past with emphasis on the action itself and not the result

Example: Aaron has been changing tyres all morning.

to express a single continuing action that started in the past and is incomplete at the present moment

Example: He has been working in this garage for ten years.

to express repeated actions that started in the past and continue now.

Example: Aaron has been repairing cars since he was sixteen years old.

The signal words for the present perfect progressive are: all day, the whole week, for 4 years, since 1993, lately etc.

To conjugate the present perfect progressive we follow the rule: **have/has + been + verb in the -ing form.**

Mark the verbs in present perfect progressive.

My mom has been cooking dinner since 6 PM.

Tom has been doing his homework for two hours.

We have been watching TV all morning.

How long have you been playing video games?

The students have been studying for the exam since last week.

I have been listening to music for the past hour.

Sally has been practicing the piano for three years.

The baby has been crying for twenty minutes.

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Choose the correct verb form.

I _ for my math test since yesterday.

- ☐ studied ☐ was studying ☐ have been studying

My sister _ for two hours straight.

- ☐ was dancing ☐ danced ☐ has been dancing

How long _ your guitar?

- ☐ were practicing ☐ practiced ☐ have you been practicing

We _ the movie for an hour and a half.

- ☐ watched ☐ have been watching ☐ were watching

The dog _ since the mailman arrived.

- ☐ was barking ☐ has been barking ☐ barked

He _ the living room all day.

- ☐ has been painting ☐ painted ☐ was painting

She _ her book for the past hour.

- ☐ has been reading ☐ was reading ☐ read

The children _ outside since morning.

- ☐ were playing ☐ have been playing ☐ played

Drag the right verb form into the panels.

1. The children _____ (to play) outside for three hours.
2. She _____ (to study) for her math test since yesterday.
3. He _____ (to cook) dinner for the family for an hour.
4. How long _____ (to watch) TV today?
5. The students _____ (to work) on their project for a week.
6. They _____ (to hike) in the mountains all day.
7. We _____ (to wait) for the bus for 30 minutes.
8. The cat _____ (to sleep) on the couch all afternoon.

has been studying, have you been watching, have been waiting, have been playing, has been sleeping,
has been cooking, have been hiking, have been working

Write the correct verb form into the panels.

1. Sarah _____ (to practice) her piano skills for two hours.
2. The children _____ (to watch) cartoons since morning.
3. I _____ (to cook) dinner for my family for the past hour.
4. The dog _____ (to bark) loudly since the postman arrived.
5. My sister _____ (to study) for her exams all day today.
6. They _____ (to travel) to different countries for the past year.
7. The flowers _____ (to bloom) beautifully in the garden this season.
8. We _____ (to wait) for the bus since half an hour.

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Bring the words into the right order.

days., that, has, book, for, She, three, been, reading

has, games, He, been, video, since, morning., playing

They, hours., studying, two, for, math, have, been

all, been, have, long., TV, day, I, watching

cooking, 4pm., mom, has, since, My, dinner, been

hour., has, The, barking, for, an, dog, been

since, to, been, listening, We, party., the, music, have

She, days., been, for, the, two, wall, painting, has