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| 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.

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

### 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.

### Bring the words into the right order.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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