E **Write the verb in brackets in the correct form, past continuous or present perfect continuous, in each gap.**

1 'Why are you out of breath?'
'Because I ..... for the last hour.' (**exercise**)

2 'Your light was on when I walked past last night.'
'Yes, I ..... online to my cousin in Australia.' (**chat**)

3 'You've really improved on the flute.'
'Well, I hope so because I ..... a lot lately.' (**practise**)

4 'You're not jealous of my other friends, are you?'
'No, but you ..... quite a lot of them recently.' (**see**)

5 'I didn't wake you up, did I?'
'No, I ..... .' (**sleep**)

6 'Did you quit your job in the end?'
'I ..... of doing so for a long time, but then I decided not to.' (**think**)

7 'Why is your street such a mess?'
'Oh, the council ..... up the roads, but they should finish this weekend.' (**dig**)

LIVEWORKSHEETS