

EXERCISE 1

Make affirmative sentences using the **Present Perfect Continuous** of the verbs in brackets.

1. She _____ (work) here for five years.
2. I _____ (study) all day.
3. You _____ (eat) a lot recently.
4. You _____ (live) in London for six months.
5. He _____ (play) football, so he's tired.
6. They _____ (learn) English for two years.
7. I _____ (cook) so I'm really hot.
8. She _____ (go) to the cinema every weekend for years.
9. It _____ (rain) the pavement is wet.
10. You _____ (sleep) for twelve hours.

EXERCISE 2

Make negative sentences using the **Present Perfect Continuous** of the verbs in brackets.

1. I _____ (not/work) today.
2. You _____ (not/eat) well recently.
3. We _____ (not/exercise) enough.
4. She _____ (not/study).
5. They _____ (not/live) here for very long.
6. It _____ (not/snow).
7. He _____ (not/play) football for five years.
8. We _____ (not/drink) enough water - that's why we feel tired.
9. I _____ (not/sleep) I was reading.
10. They _____ (not/watch) TV much recently.

EXERCISE 1

Choose the correct answer between **Present Perfect** and **Present Perfect Continuous**.

A: This looks cool! (**Have you decorated / Have you been decorating**) the school hall all morning?

B: Yes. It's almost ready. I (**have tried / have been trying**) to blow up these balloons, but there are so many of them. This is the first break I (**have had / have been having**) since I got to school.

A: Well, you (**have done / have been doing**) a great job so far. I can see you (**have worked / have been working**) hard.

B: (**Have you seen / Have you been seen**) Leo anywhere? I (**have waited / have been waiting**) for him to come and help me.

A: He (**has just gone / has just been**) to the computer lab to make sure Leanne and Joe (**have finished / have been finishing**) the playlist for tonight.

B: I hope they (**have chosen / have been choosing**) some good dance songs.

A: Me too.

