Present perfect simple and continuous

1. The present perfect simple emphasises that an action is complete while the present perfect continuous can emphasise an action is ongoing and may continue in the future.

- *My chocolates have been eaten. There are none left!* (present perfect simple)
- *Someone's been eating my chocolates. There's only a few left!* (present perfect continuous)

2. The present perfect simple is used to focus on the result of an action. The present perfect continuous is used to focus on doing the action.

- *I've chopped the onions. What can I do next?* (present perfect simple)
- *I'm not crying. I've just been chopping onions.* (present perfect continuous)

3. Use the present perfect continuous when you can see evidence of a recent action that is now finished.

- *I've been cooking all day, so the kitchen's a mess.* (present perfect continuous)

4. Use the present perfect simple to talk about *how many* or *how often*. Use the present perfect continuous to talk about *how long* – this is often used with phrases like *all morning, all day, for ages* etc. But we don't use the present perfect continuous with state verbs e.g. *know, believe, need* etc.

- *It's rained every day this week.* (present perfect simple)
- *It's been raining all day!* (present perfect continuous)

5. Use the present perfect continuous to emphasise that a situation is temporary.

- *I've broken my leg, so I've been working from home recently.* (present perfect continuous)

LIVEWORKSHEETS

1) Lucy _____ about it. (to speak)

2) The students _____ the test since eight o'clock. (to write)

3) Look! There are so many biscuits! Mark and Alice _____ all morning. (to bake)

4) He _____ a house recently. (to buy)

5) The builders _____ twenty houses since last year. (to build)

6) How long _____ here? (you, to wait)

7) Ugh! Jack _____ my private messages! (to go through)

8) It's Mary's birthday tomorrow. She _____ her birthday party for weeks. (to plan)

9) They _____ the walls in the nursery. (to paint)

10) Emma _____ her hair red. (to dye)

11) He _____ the dishes and hasn't done anything else since morning. (only, to wash)

12) Who _____ my sweets? (to eat)

13) Wow. The flat is spotless! The kids _____ all morning. (to clean)

14) The artist _____ the painting. (to finish)

15) These people _____ here since 2001. (to live)

LIVEWORKSHEETS

Present perfect vs. Present perfect continuous

			
Parvati (read) .... the book all afternoon.	They (telephone) ..... for hours.	Jenny, how many apples you (pick) .....?	He is very tired now. He (run) .....
			
Molly (study) .... hard. She'll take an exam next week.	Dinner's ready. My mother (cook) .....a good meal for the family.	What you (do) ...., Sirius? You are covered in paint.	They (run) .... 4,000 meters.

			
How long Peter (wait) .... for the bus?	My grandparents (live) ..... in this house all their life.	My grandpa (visit) .... many different countries.	They (decorate) .... the house for Christmas. It looks nice.
			
These boys (fight) ..... for 15 minutes. They (have) ..... 3 fights this week.	They (just/arrive) .... home from Spain. They look sunburned. I think they (lie) ..... in the sun.	He (not/do) .....anything to help his wife this evening because he (watch) ..... TV for the last 2 hours.	Kate has to stay at home because it (rain) .... heavily for hours.
			
He (cough) .... a lot recently. He should give up smoking.	I can smell something sweet. You (cook) ...., dear?	He (drive) ....397 miles, from London to Aberdeen.	Someone (break) .... the window.

LIVEWORKSHEETS

a)Using the words in parentheses, complete the text below with the appropriate tenses.

Robin: I think the waiter (forget)_____ us. We (wait)_____ here for over half an hour and nobody (take) our order yet.

Michele: I think you're right. He (walk)_____ by us at least twenty times. He probably thinks we (order, already)_____ .

Robin: Look at that couple over there, they (be, only)_____ here for five or ten minutes and they already have their food.

Michele: He must realize we (order, not)_____ yet! We (sit)_____ here for over half an hour staring at him.

Robin: I don't know if he (notice, even)_____ us. He (run)_____ from table to table taking orders and serving food.

Michele: That's true, and he (look, not) _____ in our direction once.

b) 1. Judy: How long (be_____) in Canada?Claude: I (study)_____ here for more than three years.

2. I (have) the same car for more than ten years. I'm thinking about buying a new one.

LIVEWORKSHEETS

3. I (love)_____ chocolate since I was a child. You might even call me a "chocoholic."

4. Matt and Sarah (have)_____ some difficulties in their relationship lately, so they (go)_____ to a marriage counselor. I hope they work everything out.

5. John (work)_____ for the government since he graduated from Harvard University. Until recently, he (enjoy)_____ his work, but now he is talking about retiring.

6. Lately, I (think)_____ about changing my career because I (become)_____ dissatisfied with the conditions at my company.

7. I (see) _____ Judy for more than five years and during that time I (see)_____ many changes in her personality.

c) It (rain)____ all week. I hope it stops by Saturday because I want to go to the beach.

2. Sid: Where is Gary? Sarah: He (study, at the library)_____ for his German test on Wednesday. In fact, he (review) for the test every day for the last week.

3. You look really great! (You, exercise)_____ at the fitness center ?

4. Frank, where have you been? We (wait)____ for you since 1 PM.

5. Tim: What is that sound? Nancy: A car alarm (ring)_____ somewhere down the street. It (drive) me crazy - I wish it would stop! It (ring)_____ for more than twenty minutes.

LIVEWORKSHEETS

6. Joseph's English (improve, really)_____ , isn't it? He (watch)_____ American television programs and (study)_____ his grammar every day since he first arrived in San Diego. Soon he will be totally fluent.

7. Dan: You look a little tired. (You, get)_____ enough sleep lately?

Michelle: Yes, I (sleep)_____ relatively well. I just look tired because I (feel)_____ a little sick for the last week.

Dan: I hope you feel better soon.

Michelle: Thanks. I (take, currently) some medicine, so I should feel better in a couple of days.

LIVEWORKSHEETS