PRESENT PERFECT CONTINUOUS

Actions that started in the past and continue in the present.

FORMULA

have / has + been + verb-ing

- I have been studying.
- She has been working.
- They have been waiting.

TIME EXPRESSIONS

FOR

+ a period of time

- for two hours
- for three days
- for a week
- for a long time

SINCE

+ a starting point

- since Monday
- since 8 o'clock
- since January

EXAMPLES

I have been studying all morning.

She has been working here since March.

They have been practicing English for two hours.

He has been playing the guitar since he was a child.

PRACTICE!

Complete the sentences with the Present Perfect Continuous.

1. I _____ (study) English for two hours.
2. She _____ (work) here since May.
3. They _____ (wait) for the bus for 20 minutes.
4. He _____ (play) soccer all afternoon.
5. We _____ (live) in this city since 2021.

REMEMBER!

We use the Present Perfect Continuous to focus on the action and how long it has been happening.

LIVEWORKSHEETS