

# Present Perfect Continuous 1

Study carefully the form and using of present perfect continuous.

have / has + been + -ing

1. We use the present perfect continuous when we talk about an action that began in the past, has recently stopped or just stopped and **we can see some consequences** of the action

Examples:

- *You're out of breath. Have you **been running**? (You can see the consequence → a person can't breathe.)*
- *Why are your clothes so dirty? What **have you been doing**? (You can see the consequence → dirty clothes)*
- *My clothes are covered with paint. I've **been painting** the kitchen. (You can see the consequence → clothes covered with paint.)*

2. We also use the present perfect continuous to ask **how long something has been happening** or to say (to emphasise) that something has been happening for some time and **the time is important**.

Examples:

- ***How long have you been studying** English?*
- ***They've been waiting** here for over an hour.*
- ***I've been watching** television since 2:00.*
- *George **hasn't been feeling** very well lately.*
- ***Have you been working** hard today?*

You can also use the present perfect continuous (with **how long, for, and since**) for actions repeated over a period of time:

Examples:

- ***She has been playing** tennis since she was eight.*
- ***How long have you been smoking**?*

## Exercise 1

Read the situation and then write a sentence with the present perfect continuous.

1. Carlos is out of breath. (he / run) He has been running.
2. Jane is very tired. (she / work / hard) \_\_\_\_\_
3. Bob has a black eye, and Bill has a cut lip  
(Bob and Bill / fight) \_\_\_\_\_
4. George has just come back from the beach.  
He is very red. (he / lie / in the sun) \_\_\_\_\_
5. Janet is hot and tired. (she / play / tennis) \_\_\_\_\_

## Exercise 2

**Ask a question for each situation.**

1. Your friend's hands are covered with grease. (you / work / on the car?)  
Have you been working on the car?
2. You see a little boy. His eyes are red and watery. (you / cry?)  
\_\_\_\_\_
3. You have just arrived to meet your friend, who is waiting for you. (you / wait / long?)  
\_\_\_\_\_
4. Your friend comes in. Her face and hands are very dirty. (what / you / do?)  
\_\_\_\_\_

## Exercise 3

**Say how long something has been happening.**

1. It is raining now. It began raining two hours ago.  
It has been raining for two hours.
2. Kevin is studying. He began studying three hours ago.  
\_\_\_\_\_
3. I'm learning Spanish. I started learning Spanish in December.  
\_\_\_\_\_
4. Ann is looking for a job. She began looking six months ago.  
\_\_\_\_\_
5. Mary is working in Toronto. She started working there on January 18<sup>th</sup>.  
\_\_\_\_\_
6. Mark smokes. He started smoking five years ago.  
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