



# PRESENT PERFECT CONTINUOUS



## PRESENT PERFECT SIMPLE

We want to focus on the **RESULT**  
You've painted the bedroom, it's lovely!

When we want to say **HOW MANY**  
Frank has been to 12 different countries

When we talk about **COMPLETED ACTIONS**  
I've sent you the report.

## PRESENT PERFECT CONTINUOUS

We want to focus on the **ACTIVITY**  
I've been looking for a new house. It's not easy.

When we want to say **HOW LONG**  
You've been looking for a new house for a year.

When we talk about activities that **MAY CONTINUE**  
Maria's been gardening all morning

With evidence of **RECENT ACTIVITIES** with duration  
He's all sweaty because he's been running



## ONGOING STATES / ACTIONS

**For / Since / How long**

We use 'how long', 'for' and 'since' to ask and talk about the ongoing states/actions.

**How long** have you been working there?  
We've know each other **for** 20 years.  
I've been playing the piano **since** I was 10.

***For + period of time***  
***Since + start date***



## ONGOING SINGLE OR REPEATED ACTIONS

**For / Since / How long**

We use 'how long', 'for' and 'since' to ask and talk about ongoing single or repeated actions.

**How long** have you been playing golf?  
I've been playing golf **for** 2 hours  
I've been playing golf once a week **since** I was a child.



# EXERCISES!!

## PRESENT PERFECT OR PAST SIMPLE?

1. She ..... ten emails today. (write)
2. She ..... emails for two hours. (write)
3. You ..... . You can't drive now. (drink)
4. I ..... each of these cars and this one is the best. (drive)
5. Ann ..... her homework since she came back from school. It's time she had a break. (do)
6. I ..... my keys. I can't find them anywhere. (lose)
7. I ..... hundreds of students but I (never) ..... such a difficult class.  
(teach / meet)
8. What (you) ..... so long in the attic? - I ..... for my old photos. (do / look)
9. My hometown ..... since I was a child. (change)
10. He ..... to persuade me to accept his offer for a week now, but I ..... up my mind yet. (try / not make)
11. You ..... enough lately. That's why you feel so weak. (not eat)
12. The lift ..... down again - we have to use the stairs. (break)
13. We ..... the Barrets for over ten years. (know)
14. I'm out of breath. I ..... . (run)
15. My mum ..... shirts all morning. (iron)
16. My mum ..... five shirts. (iron)
17. John feels very stiff because he ..... all day. (drive)
18. My father ..... the computer. You can check you email box. (fix)

USE ABBREVIATIONS WITH  
THE PRESENT PERFECT!  
I'VE, SHE'S, THEY'VE ETC.