

# PRESENT PERFECT CONTINUOUS

**Choose the correct word for each sentence: FOR or SINCE.**

**Write affirmative and negative sentences using the Present Perfect Continuous.**

1. **she / work here for five years**

---

2. **I / study all day**

---

3. **you / eat a lot recently**

---

4. **we / live in London for six months**

---

5. **he / play football so he's tired**

---

6. **I / cook so I'm really hot**

---

7. **she / go to the cinema every weekend for years**

---

8. **it / rain, the pavement is wet**

---

9. **you / sleep for twelve hours**

---

10. **he / not / play football for five years**

---

11. **we / not / drink enough water – that's why we feel tired**

---

## Write questions using the Present Perfect Continuous.

1. she / work here for five years

---

2. she / run much recently?

---

3. it / rain?

---

4. he / work today?

---

5. I / talk a lot?

---

6. we / eat too much?

---

7. how long / you / study Japanese?

---

8. where / she work?

---

9. how long / she / play tennis?

---

10. how long / you / live here?

---

11. what / the child / eat?

---