3.2 Grammar

Present Perfect Continuous

GRAMMAR Present Perfect Continuous

I've been seeing a lot more posts from influencers.
I haven't been working for money.
How long have you been working for this company?

Time expressions

recently, lately, all day/night
Recently they've been sharing video reviews.

since last Friday/October/Saturday/I woke up
I've been using a new social media platform since last summer.

for two hours/three years/a long time/ages
Nina has been helping me for a few days.

1 ● Complete the sentences with the Present Perfect Continuous form of the verbs in brackets.

1 Josy should relax this evening. She's been revising (revise) for her test all day.
2 Julia _____ (not write) her fashion blog much.
3 We _____ (read) the product reviews on her channel for years.
4 How long _____ (they/collect) vintage fashion magazines?
5 Kevin _____ (listen) to the same playlist for three days!

2 ● Write the phrases below in the correct column.

~~a long time~~ afternoon ages four months I got home last Tuesday morning night two o'clock

for	*since*	*all*
a long time		

3 ●● Complete the sentences with the Present Perfect Continuous form of the verbs below. There is one extra verb.

look make not practise save tidy ~~wear~~

1 I've been wearing glasses for four months.
2 Tara _____ the piano much recently.
3 How long _____ (Lucy) for a job as an influencer?
4 I'm tired! We _____ the garden for hours now!
5 How long _____ (you) your own clothes?

4 ●● Complete the second sentence with the word in bold so that it means the same as the first one. Use no more than five words.

1 We started writing this review at 4 p.m. and it's 7 p.m. now.
We've been writing this review for three hours. FOR
2 Sara moved here in January and she lives here now.
Sara _____ January. LIVING
3 What did you do from 9 a.m. until now?
What _____ all morning? DOING
4 Tom didn't post on his channel last week or this week.
Tom _____ on his channel recently. BEEN
5 They started trying on clothes at 10 a.m. and it's 3 p.m. now.
They've been _____. AGES

5 ●●● Complete the text with one word in each gap.

I never used to be interested in fashion, but recently I've been [1] *wearing* much more fashionable clothes. It all started a few months ago, when my friend Jana saw me at school and said, 'Kate, have you been to the second-hand shop in town? It's been there [2] _____ a while now! Let's go there together.' I agreed: 'You're right – I do need some new clothes and I [3] _____ been putting off getting some [4] _____ last year.'

We had a great day. When we got home, we were exhausted and there were bags everywhere. My mum said 'What have you [5] _____ doing? What is all this mess?'

Now I'm really into fashion and I [6] _____ been experimenting with a fashion vlog [7] _____ the last three months. My followers tell me they've [8] _____ enjoying it. One person asked me, 'How [9] _____ have you been making fashion videos?' and couldn't believe it when I told her it had only been three months. She thinks I've been studying fashion [10] _____ my life!

I can use the Present Perfect Continuous to talk about things that started in the past and have continued until now.

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