Past perfect continuous tense - Grammar

Instructions: Watch the video and complete the following exercises using the correct form of the Past Perfect Continuous.

- **Complete the sentences using the verbs in parentheses.**

1. She _____ (study) for four hours before the exam started.
2. They _____ (not / sleep) well before their trip.
3. _____ you _____ (work) on the project all afternoon?
4. He was tired because he _____ (run) for an hour.
5. We _____ (wait) for the bus for thirty minutes before it arrived.
6. My parents _____ (travel) around Europe for a month before they returned home.
7. The children _____ (play) outside before it started raining.

LIVEWORKSHEETS

- **Choose the correct grammatical option to complete each sentence.**

1. By the time the teacher arrived, the students _____ for thirty minutes.

a) had been waiting
b) have been waiting
c) were wait

2. By the time the teacher arrived, the students ____ for thirty minutes.

a) had been waiting
b) have been waiting
c) were wait

3. How long ____ before you decided to take a break

a) had you been studying
b) have you been studying
c) did you been studying

4. They ____ attention during the explanation, so they didn't understand the activity.

a) hadn't been paying
b) haven't paying
c) weren't been paying

5. He ____ English for six months before he took the B2 examination.

a) had been learning
b) has been learning
c) had learning

6. The ground was wet because it ____ for several hours.

a) had been raining
b) has been raining
c) was rain

7. ____ she been working there before she received the promotion?

a) Has
b) Had
c) Did

8. They were tired because they ____ their presentation all night.

a) had been preparing
b) have been prepared
c) had prepare

LIVEWORKSHEETS

Past perfect continuous tense - Reading BBC NEWS

Instructions: Read the BBC News article carefully. Then complete the following activities.

CYCLIST RECREATING DAD'S RIDE TO AUSTRALIA 40 YEARS ON



A cyclist is attempting to replicate a huge challenge his dad embarked on 40 years ago – by riding across the world from the UK to Australia on the same bike.
Jamie Hargreaves set off on the solo challenge from Derby, England, to Derby in Australia, in May.
The 22-year-old has been taking on the huge trip along the same route as his dad, Phil, who completed it at the same age in 1984.
Jamie, from Poynton in Cheshire, said the trip could take him about a year, and has been travelling about 100km a day.

He has been chronicling his journey on social media, recreating the photos his dad Phil, 62, took, and even meeting some of the same people.
Jamie said he had been planning for the challenge since he was a child.
"I've wanted to do this for a long time because I was raised on my dad's stories," Jamie told the BBC during a lunch stop in Croatia.



"He used to tell us the extent of his travels, and it always inspired me to want to do something similar and have those experiences he did.
"I've technically been planning the trip since I was in Year Two. It's come so far now and here we are in Croatia."

LIVEWORKSHEETS



Since setting off from Derby, where his parents grew up, Jamie has travelled through France, Belgium, Germany, Austria, Italy, Slovenia and Croatia.
Next, he will go through Bosnia and Herzegovina, Montenegro, Kosovo, into Serbia before heading towards Turkey via Bulgaria.
In an effort to keep the cost of the trip as low as possible, he said he had been living "dirtbag style" – by wild camping, sleeping in supermarket car parks, and staying in bus shelters.

Jamie added: "I'm doing what I can to do the trip as cheap as possible. It's been really fun – the good and the bad, I've enjoyed it alike.
"There's been quite a few problems with the bike – from broken wheels to all sorts of broken parts – which you'd expect given it's 45 years old.
"I've had a couple of crashes, and a mishap where I thought my hand was broken, but I've loved it so far.
"Dad is so happy that I'm doing this and he's really keen to see how the countries have changed over the past 40 years."





The total distance for the trip will be about 30,000km, but while he intends to follow his dad's route as closely as possible, Jamie said it would vary along the way.
The product design graduate said he hoped to complete the trip without flying and without spending more than £5,000.
Mr Hargreaves added: "My body is completely fine, although my legs are a bit sore if I've had a long day, and at the end of some days I have an achy knee.
"My bum was hurting a bit being sat on a bike for hours a day - but it's getting used to it."

Referencia en formato APA 7.ª edición:
Oakley, T. (2024, 30 de junio). Un ciclista recrea el viaje de su padre a Australia 40 años después. BBC News. https://www.bbc.com/news/articles/c877nkyddl5o
Cita dentro del texto: (Oakley, 2024).

LIVEWORKSHEETS



- **Choose the correct answer.**

1. What inspired Jamie to recreate the cycling journey?
a) A professional cycling competition.
b) His father's journey 40 years earlier.
c) A charity event.

2. What was Jamie's main destination?
a) Australia.
b) Canada.
c) South Africa.

3. What made the journey particularly meaningful to Jamie?
a) He wanted to become famous.
b) He wanted to break a world record.
c) He wanted to connect with his father's experience.

4. What does recreating the journey demonstrate?
a) The importance of determination and family connections.
b) The advantages of travelling by plane.
c) The difficulties of professional sports.

- **Write TRUE or FALSE according to the article.**

1. Jamie was recreating a journey his father had completed decades earlier. _____
2. Jamie's father had completed the journey in 2024. _____
3. Jamie was travelling by bicycle. _____
4. The journey had a connection with his family's history. _____



LIVEWORKSHEETS

Past perfect continuous tense - Vocabulary BBC NEWS

Instructions: Read each activity carefully and choose or write the correct answer.

- **Match each word with its correct definition.**

1. Journey	a. The ability to continue despite difficulties
2. Challenge	b. A trip from one place to another
3. Determination	c. Something difficult that requires effort
4. Achievement	d. Something successfully completed
5. Destination	e. The place someone is travelling to

- **Complete the sentences. Use the words from the box.**

endurance	overcome	adventure
route	exhausted	

1. The cyclist followed a difficult _____ across several countries.
2. Completing a long-distance journey requires physical and mental _____ .
3. After cycling for ten hours, he felt completely _____ .
4. Travelling alone can be an exciting _____ .
5. She managed to _____ all the difficulties during her trip.

LIVEWORKSHEETS

Past perfect continuous tense - Listening

Instructions: Listen to the audio and choose the correct answer.

- **Choose the correct answer.**

1. How long had Emily been working as a volunteer?

a) Six months.
b) Almost two years.
c) Three years.

2. What had Emily been doing at the organization?

a) Organizing events and helping volunteers.
b) Teaching mathematics.
c) Selling products.

3. Why had Emily been taking English classes?

a) To travel abroad.
b) To become a teacher.
c) To improve her communication skills.

4. What had Emily been struggling with?

a) Time management.
b) Public speaking.
c) Writing reports.

5. How did Emily improve her confidence?

a) By practicing every week.
b) By changing jobs.
c) By studying alone.

- **Write TRUE or FALSE according to the audio.**

1. Emily had been volunteering for almost two years. __
2. She had been taking English classes for two years. __
3. She had been communicating with international visitors. __
4. She had never experienced difficulties with public speaking. __
5. She became more confident after practicing. __

LIVEWORKSHEETS

Past perfect continuous tense - Speaking

Instructions: Imagine you are in a job interview. Answer the following questions orally. Record your anwers using your phone on the recording option available on the platform.

- **Answer the questions.**

1. What had you been doing before you started studying English?
2. How long had you been preparing for your last important examination.
3. What skills had you been developing before applying for a new opportunity?
4. Had you been working on any important project recently? Explain.
5. What had you been doing before you achieved one of your most important goals?

Speaking challenge: Speak for approximately 1–2 minutes. Use complete sentences and appropriate examples of the Past Perfect Continuous.

LIVEWORKSHEETS

Past perfect continuous tense - Writing

Instructions: Write about a challenging experience.

Instructions: Imagine you are applying for an important academic or professional opportunity. Write a paragraph of 150–180 words describing what you had been doing before that opportunity.

Include the following information:
What you had been preparing for.
How long you had been preparing.
What skills you had been developing.
What difficulties you had been experiencing.
What you had not been doing during that period.
How your preparation helped you.

Grammar requirements:
Use at least five examples of Past Perfect Continuous.
Include two negative sentences.
Use at least three time expressions.
Use appropriate connectors.

LIVEWORKSHEETS

MY WRITING:

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