

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 18th.

6. Mark smokes. He started smoking five years ago.
