

Name: \_\_\_\_\_. Section: \_\_\_\_\_

## Unit 4

### How to get healthy

### worksheet five

#### Learning outcomes:

Dear Students,

By the end of this worksheet you will have:

- use the present perfect continuous to express actions that started in the past and still going on.

عزيزي التلميذ ،  
في نهاية هذه الوحدة ستكون قد تعرفت على أننا نستخدم الزمن المضارع التام المستمر للحديث عن حدث بدأ في الماضي وما زال مستمراً حتي الآن.

Remember that: تذكر أن

## الزمن المضارع التام المستمر Present perfect continuous tense

نستخدم هذا الزمن للحديث عن حدث بدأ في الماضي وما زال مستمرا حتى الآن.

ويتكون هذا الزمن من : have/ has + been + v + ing

- She **has been working** for 10 hours so she's very tired.
- We **have been learning** English since 1999.

كلمات تستخدم مع هذا الزمن ( since – for )

Consider the following examples:

- They have been playing **for two hours**.
- Ali has been sleeping **since six o'clock**.

و الآن اعتقد انه بإمكانك حل التمارين الآتية.

### 1. Fill with since or for.

1. I have been working here ..... **last October**.
2. We have been learning in this school ..... **three months**.
3. Sally has been learning technology ..... **1996**.
4. Ayman has been living in Ramallah ..... **a long time**.
5. They have been watching T.V. .... **seven o'clock**.
- 6- Samir has been sleeping ..... **two hours**.

Since

For

### 2. What have they been doing?

1. Sally ..... (run).
2. Mother ..... (cook) the food.
3. We ..... (learn) English for 7 years.
4. My family ..... (live) in Nablus for 100 years.
5. The children ..... (play) football.
6. It ..... (rain) since six o'clock.



### 3. Correct the underlined words :

1. I have **be** praying for 5 years. (.....)
2. Tamara **have wearing** Al Hijab for two months . (.....)
3. Mrs. Susan has been **teach** English since 1995. (.....)
4. Dr. Said has been **work** in Rafidia hospital for 10 years. (.....)