Present Perfect Continuous Tense

+ S + have/has + been + V-ing
They have been learning English for 2 years.

− S + have/has + not + been + V-ing
They have not been learning English for 2 years.

? Have/has + S + been + V-ing
Have they been learning English for 2 years?

Usage	Example
Express long actions that started in the past and continue until now	I've been living in Ireland for almost 4 years.
Express recent actions that have clear evidence or results now	Her eyes are red because she's been crying all evening.
Typically used for shorter, more temporary situations	Have they been learning English this week?

We use it to **emphasize duration or repetition**, the amount of time that an action has been taking place.

Time Expressions: lately, recently, for, since, how long, all day / morning / week

Sadie has been learning Chinese for three months.

How long have you been standing there?

We don't usually use stative verbs in the continuous form.

I have known Jessica since high school.

1. Put the verbs in brackets into the present perfect continuous tense

1. I (make) cakes. That is why my hands are all covered with flour.
2. Her phone (ring) for ten minutes. I wonder why she doesn't answer it.
3. He (overwork). That is why he looks so tired.
4. Have you seen my bag anywhere? I (look) for it for ages.
5. What (you / do)? I (work) in the laboratory.
6. He (study) Russian for two years and doesn't even know the alphabet yet.
7. How long (you / wait) for me? I (wait) about half an hour.
8. It (rain) for two days now. There'll be a flood soon.
9. (Mary/cry)? No, she (not cry), she (peel) onions.
10. You (drive) all day. Let me drive now.



2. Rewrite the sentences using present perfect continuous. Use the words in brackets.

1. I'm quite good at English now . (learn 3 years) I
2. There's green paint in your hair. (do)? What
3. They're very tired. (work/all day) They
4. Your little sister's brilliant at football. (play)? How long
5. This is such a long car journey! (drive/ 3 hours) We
6. He's shivering. The water in the pool was very cold. (swim) He
7. She's talking to Max on the phone. (for hours) They
8. We've been in the library. (read / all afternoon) We
9. The baby doesn't stop crying. (all day) The baby
10. I don't like this new school. (not have / a good time) I



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3. Listen and complete

Martin: Hi, Jodie.

Jodie: Hi, Martin, at last! You on the phone for ages.

Martin: Oh sorry. How long ?

Jodie: Since five o'clock. to the States?

Martin: Yes, I have, but I to the same person for three hours! The last one was Sophie.

Jodie: Who is Sophie? Your girlfriend?

Martin: Let's just say she's a friend. She in Hawaii for a week. It's not fair! Anyway, what's up?

Jodie: It's about that concert at the Brixton Academy next month. Luke and I online for tickets since lunchtime and ...

Martin: Don't tell me you've got some!

Jodie: Yes, we have but they are 30 pounds each. What do you think?

Martin: for a bike since I arrived, but that can wait. I'm in!

Jodie: Great. We're on it!

4. The students are getting ready for their school party. Choose the correct answer.

A. This looks cool! Have you decorated / Have you been decorating the school hall all morning?

B. Yes, it's almost ready. I have tried / have been trying to blow up these balloons, but there are so many of them! This is the first break I have had / have been having since I got to school.

A: Well, you have done / have been doing a great job so far. I can see you have worked / have been working hard.

B: Have you seen / Have you been seeing Leo anywhere? I have waited / have been waiting for him to come and help me.

A: He has just gone / has just been to the computer lab to make sure Leanne and Joe have finished / have been finishing the playlist for tonight.

B: I hope they have chosen / have been choosing some good dance songs.

A: Me too!



5. Complete with present perfect or present perfect continuous

Ex-teacher, Adam James (make) a successful career as an extra and (appear) in more than 40 feature films and TV shows. "I (work) as an extra for over five years now, and I (never be) bored. I (make) my living since I left the teaching job. I For the last two days, (do) a commercial for a bank that finishes tomorrow. After that, I don't know, something will turn up. I (just change) my agency, and the new agency (work) really hard to find me jobs. They (show) my picture to lots of directors and, as a result, I (have) plenty of offers. So you can see that I (not sit) around at home watching daytime TV, even if I am in some of the programs!"

LIVEWORKSHEETS