

1 Choose the correct alternative: A or B.

- 1 I've ____ to give up my Saturday job – I don't enjoy it.
A been deciding B decided
- 2 She's really hot because she's ____ tennis all afternoon.
A been playing B played
- 3 Sorry I'm late – have you ____ long?
A been waiting B waited



- 4 I can't put this novel down – I've ____ it all day!
A been reading B read
- 5 'How long have you ____ the piano?' 'About three years.'
A been learning B learned
- 6 I feel bad – I haven't ____ with Lena since she moved away.
A been keeping in touch B kept in touch

2 Tick (✓) the sentences that are correct and correct the ones that are wrong.

- 1 Pablo has missed the bus, so he'll be late for football training. ☐
- 2 I've tried to call Megan all afternoon, but there is no reply. ☐
- 3 They're really tired because they've been working hard all day. ☐
- 4 I've seen that film already, but I don't mind going to see it again. ☐
- 5 Lucy met Eva on their first day at school, so she's been knowing her for ten years. ☐
- 6 Something smells good – have you cooked? ☐
- 7 Leyla hasn't had her new phone long, and she's still getting used to it. ☐
- 8 Where is Jan? I haven't been seeing him all day. ☐

3 Complete the dialogues with the present perfect simple or present perfect continuous form of the verbs in brackets.

- 1 A Has Liam been in touch with you?
B No, and I ____ (try) to contact him all afternoon.
A I hope he remembers to come to band practice tonight.
B I ____ (remind) him three times this week already.
- 2 A Did you decide on the subject of your project?
B Yes, and I ____ (write) it all week.
A And have you finished it?
B Yes, but I ____ (not send) it to my teacher yet.
- 3 A Are you enjoying the film?
B To be honest, I ____ (not watch) it.
A Why not?
B Because I ____ (see) it before. I realised that after two minutes.

4 Write complete sentences using the present perfect simple or present perfect continuous.

I / come / to this gym / for over a year.
I've been coming to this gym for over a year.

1 I / catch up / with my friends online / all evening.

2 How long / you / know / Sami and Milo?

3 My dad / not see / any of the *Star Wars* movies.

4 Where have you been? I / try / to call you / for ages.

5 I / not be / in touch with Leila / since the weekend.

6 I / meet / her brother. / He's really nice.

5 Complete the blog post with the present perfect simple or present perfect continuous form of the verbs below.

already take be (x2) explore get go training
join just move look for not do not keep
not make pass rain spend try

New post

Hi everyone,

So, it ¹ _____ two months since we moved to Scotland. I know I ² _____ in touch with everyone. Sorry about that – I ³ _____ so busy over the last few weeks.

We ⁴ _____ into our new house. It's really nice. I ⁵ _____ not to fall out with my sister over who's got the best room!

School started last week and I ⁶ _____ my first exam. It was OK – I think I ⁷ _____ it. We get a lot of homework, so I ⁸ _____ a lot of time in the evenings studying. Socially, I ⁹ _____ to know a few people, but I ¹⁰ _____ any close friends yet.

I ¹¹ _____ much running recently – the weather isn't so good. It's cold, and I think it ¹² _____ every day since we got here. But I ¹³ _____ a local football club and I ¹⁴ _____ with them a couple of nights a week since the beginning of the year.

At the weekends, I ¹⁵ _____ the city. It's really interesting, with some great shops. Also, I'm saving up to buy a new guitar, so I ¹⁶ _____ for a Saturday job, but I haven't found one yet. I really want to hear your news, so please leave a comment.

6 Complete the sentences so they are true for you. Write two sentences in the present perfect simple and two sentences in the present perfect continuous.

- 1 In the past year I have _____
- 2 Recently I have _____
- 3 Since I started school I have _____
- 4 I have just _____