Activity Sheet

Present Perfect Continuous



Present Perfect Continuous Structure:

subject + **have/has been** + **verb** + **-ing**

Example: I **have been studying** Japanese for three years.

Positive: She has been playing the guitar all morning.

Negative: She hasn't been playing the guitar all morning.

Question: Has she been playing the guitar all morning?



Disclaimer: This resource has been made for the purpose of teaching English language learners. We know that students can be learning English in many different places, in many different ways and at any age, so we try to keep these resources as general as possible.

There are many acronyms associated with English language teaching. These include (but are not limited to) ELT, TEFL, EFL, ELL, EAL and ESOL. While the term ESL may not fully represent the linguistic backgrounds of all students, it is the most widely recognised term for English language teaching globally. Therefore, we use the term 'ESL' in the names of our resources to make them easy to find but they are suitable for any student learning to speak English.

LIVEWORKSHEETS

Activity 1

Choose the correct verb from the box. Complete the sentences using the present perfect continuous tense.

not study	work	not sleep	spend	play
do	practise	train	not clean	not talk

1. He _____ to me since our argument last week.
2. We _____ really hard for the basketball game next week.
3. You _____ your room recently, it's a mess!
4. Why _____ they _____ so much time at the library this week?
5. I _____ new songs on my guitar all evening after school.
6. How long _____ you _____ that video game?
7. Jackie _____ for the exam so she's a bit worried.
8. She _____ well recently because of all her schoolwork.
9. Tom _____ at the café for three months now.
10. They _____ their homework since they got home from school.

LIVEWORKSHEETS

Activity 2

Find the mistakes in these sentences and correct them. In some cases, the sentences are correct.

1. He haven't been studying much for his exams.

   _____

2. They not has been practising rugby regularly.

   _____

3. Have they been waiting for the bus for a long time?

   _____

4. We has been working on this project all night.

   _____

5. She be learning French for two months.

   _____

6. Jack have been playing the guitar since five years.

   _____

7. Alice has been travelling all day. She's exhausted!

   _____

8. Have she helping you with your homework?

   _____

LIVEWORKSHEETS

Activity 3

Read the conversation and circle the correct option.

Lily: Hi, Zac! Long time no see. What 1 **have you done / have you been doing** lately?

Zac: Hey, Lily! I 2 **have been / have been being** super busy with work. I 3 **have just finished / just been finishing** a big project, and it took forever.

Lily: Wow, that sounds really tiring! 4 **I have worked / have been working** on a similar project for the last few weeks too. It's been a bit crazy.

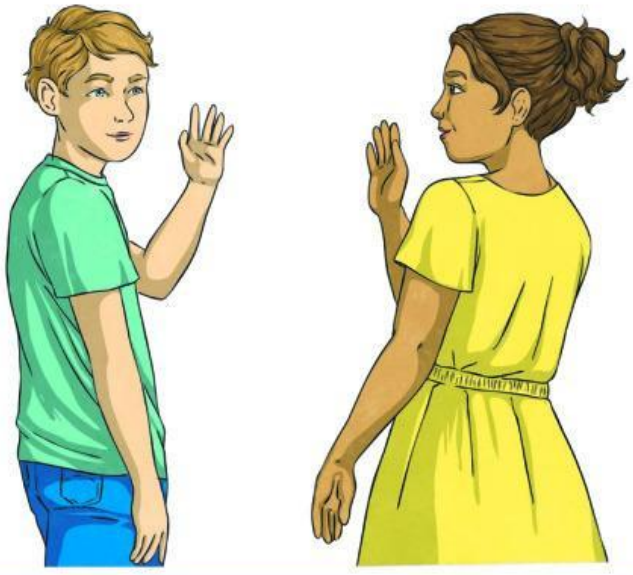
Zac: I bet! 5 **Have you had / Have you been having** any time for yourself?

Lily: Not really. I 6 **have tried / have been trying** to make time for some hobbies, but it's been hard. What about you? 7 **Have you gone / Have you been going** to the gym regularly?

Zac: I 8 **haven't gone / haven't been going** to the gym in ages! I 9 **have focused / have been focusing** on other things lately. Actually, I 10 **have looked / have been looking** for a new hobby. Any ideas?

Lily: Hmm, you should try painting! I 11 **have painted / have been painting** for a few months now and it's really relaxing.

Zac: That's a great idea! I 12 **have always wanted / have always been wanting** to learn how to paint. Maybe I'll give it a try.



LIVEWORKSHEETS

Activity 4

Work in pairs. Each student should write 5 questions in the present perfect continuous. Then take turns to ask and answer the questions.

Example: Have you been watching TV recently?

Yes! **I have been watching** a great series.

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

5. _____

_____

Activity 5

Write a paragraph about your month. Use the present perfect continuous to talk about all the things you have been doing recently.

_____

_____

_____

_____

_____

_____

_____

LIVEWORKSHEETS