

PAST PERFECT CONTINUOUS

Grammar Summary

Form	Subject + had been + verb-ing	Use: action ongoing up to a point in the past
Affirmative	<i>She had been training for years.</i>	Time markers: for, since, all day, when, before, until
Negative	<i>He had not been sleeping well.</i>	Emphasizes DURATION of an action before another past event
Question	<i>Had they been working all night?</i>	

Activity G5 — Complete the Sentence

Use the Past Perfect Continuous form of the verb in brackets.

1. She _____ (walk) into the wall for 15 minutes when she had a great idea.
2. They _____ (talk) about superheroes for an hour before Anna left.
3. Anna _____ (try) to fly all morning when she finally gave up.
4. He _____ (search) for his superpower for months before he discovered it.
5. The team _____ (work) on the project for weeks when the storm hit.
6. I _____ (watch) superhero movies all afternoon before the convention.
7. She _____ (not sleep) well for days when she finally went to the doctor.
8. How long _____ they _____ (wait) before the show started?
9. The children _____ (play) in the park all day when it suddenly rained.
10. Anna _____ (train) to use her powers when she met the young man.

Activity G6 — Combine the Sentences

Join the two sentences into ONE using the Past Perfect Continuous. Use when or before.

1. Anna tried to become invisible. Then she had an idea.

2. The superhero ran for miles. Then she stopped to rest.

3. They discussed the plan all night. Then they made a decision.

4. He practiced the same move for months. Then he finally succeeded.

5. She read about superhero conventions. Then she decided to go.

6. The announcer explained the grammar. Then the video continued.

7. Anna's friend trained with her. Then he left for another city.

8. The children waited for the lightning bolt lady. Then she arrived.

9. He used his superpower to help others. Then he felt exhausted.

10. She searched for the right costume. Then she finally found it.

Activity G7 — Error Correction

Find and correct the mistake in each sentence.

1. She have been walking for hours when the storm started.

→ _____

2. They had been talk about this for days before the meeting.

→ _____

3. Had he been work on this project all week?

→ _____

4. Anna had been trying became invisible since morning.

→ _____

5. We had been waited for an hour when they finally arrived.

→ _____

6. She had been not sleeping well for weeks.

→ _____

7. He had been ran every day before the competition.

→ _____

8. They had be playing music all evening before the guests arrived.

→ _____

9. Had she been trains for the championships?

→ _____

10. The team had been work on the solution since three months.

→ _____