



PRESENT PERFECT CONTINUOUS

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1. What is the Present Perfect Continuous?

We use the **Present Perfect Continuous** to talk about an activity that:

- started in the past and is still happening, or
- happened recently and has a result we can see or feel now.

Form

have / has + been + verb-ing

Subject	Form	Example
I / You / We / They	have been + -ing	I have been working.
He / She / It	has been + -ing	She has been studying.

Examples

I **have been learning** English for three years.

She has been working all morning.

They have been waiting for 30 minutes.

He is tired because he **has been running**.

2. For and Since

We often use **for** and **since** with the Present Perfect Continuous.

FOR = a period of time	SINCE = the time something started
• for two hours • for three weeks • for a long time • for five years I have been studying for two hours.	• since Monday • since 9 o'clock • since January • since 2022 She has been working here since January.

3. Complete the sentences

Use the Present Perfect Continuous form of the verb.

1. I _____ English for five years. (study)
2. She _____ all morning. (work)
3. They _____ for the bus for 20 minutes. (wait)
4. He _____ football since he was a child. (play)
5. We _____ about this problem for hours. (talk)
6. You _____ very hard recently. (work)

4. For or Since?

Choose **for** or **since**.

1. I have been living here _____ 2023.
2. She has been studying _____ three hours.
3. We have been waiting _____ 8:00.
4. He has been working there _____ six months.
5. They have been married _____ ten years.
6. I have been learning English _____ I was a teenager.

REAL ENGLISH BOX

The Present Perfect Continuous is very common when we explain **what we've been doing recently**.

- "What have you been doing?"
- "I've been working."
- "I've been studying."
- "I've been travelling."
- "I've been trying to learn Spanish."

Try it:

A: What have you been doing recently?

B: I've been _____.

5. About you

Complete the sentences.

1. I've been learning _____ for _____.
2. I've been working _____ since _____.
3. I've been trying to _____.
4. I've been thinking about _____.
5. Recently, I've been spending a lot of time _____.

Compare your answers with a partner.

Teacher's Key

3. Complete the sentences

1. have been studying
2. has been working
3. have been waiting
4. has been playing
5. have been talking
6. have been working

4. For or Since?

1. since
2. for
3. since
4. for
5. for
6. since