



## PRESENT PERFECT CONTINUOUS

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### 1. What's the difference?

We often use the **Present Perfect Simple** when we are interested in a **completed result or number**.

- I have written three emails.

We often use the **Present Perfect Continuous** when we are interested in the **activity or duration**.

- I have been writing emails all morning.

**Compare:**

She has **Painted the room**.

- The result is important.

She has **been painting the room**.

- The activity is important.

**Another example:**

I have read three books this month.

- Number/result.

I have been reading all afternoon.

- Activity/time.

### 3. Which meaning?

Choose **A** or **B**.

1. "I've been cooking for two hours."  
**A** The activity and time are important.  
**B** The number of meals is important.
2. "I've cooked three meals today."  
**A** The result/number is important.  
**B** The activity and time are important.
3. "She has been studying all evening."  
**A** The activity/time is important.  
**B** The number of things she studied is important.
4. "She has studied five chapters."  
**A** The activity/time is important.  
**B** The result/number is important.

### 2. Choose the best answer

1. I have \_\_\_ five emails today.  
a) written  
b) been writing
2. She has \_\_\_ for three hours.  
a) studied  
b) been studying
3. We have \_\_\_ this film three times.  
a) watched  
b) been watching
4. They have \_\_\_ football since 4:00.  
a) played  
b) been playing
5. He has \_\_\_ ten kilometres today.  
a) run  
b) been running
6. I have \_\_\_ all morning, and I'm tired.  
a) cleaned  
b) been cleaning

#### 4. Complete the sentences

Use either the Present Perfect Simple or Present Perfect Continuous.

1. I \_\_\_\_\_ (work) here since 8:00.
2. She \_\_\_\_\_ (finish) her homework.
3. We \_\_\_\_\_ (wait) for an hour.
4. He \_\_\_\_\_ (visit) five countries this year.
5. They \_\_\_\_\_ (play) tennis for two hours.
6. I \_\_\_\_\_ (read) three books this month.
7. You \_\_\_\_\_ (use) my computer all afternoon!
8. She \_\_\_\_\_ (write) ten messages today.

#### REAL ENGLISH BOX

In everyday conversation, these are very natural:

"I've been working all day."

"I've been trying to call you."

"I've been looking for my keys."

"I've been thinking about it."

"I've been waiting for you!"

Notice how the continuous form focuses on the **activity**.

#### 5. Fix the mistakes

Each sentence has **one mistake**.

1. I have been study English for two years.  
\_\_\_\_\_
2. She has been work all morning.  
\_\_\_\_\_
3. They have been waited for an hour.  
\_\_\_\_\_
4. He has been playing football since three hours.  
\_\_\_\_\_
5. We have been living here for 2022.  
\_\_\_\_\_
6. I have been writing five emails today.  
\_\_\_\_\_

## Teacher's Key

### 2. Choose the best answer

1. a
2. b
3. a
4. b
5. a
6. b

### 3. Which meaning?

1. A
2. A
3. A
4. B

### 4. Complete the sentences

1. have been working
2. has finished
3. have been waiting
4. has visited
5. have been playing
6. have read
7. have been using
8. has written

### 5. Fix the mistakes

1. I have been **studying** English for two years.
2. She has been **working** all morning.
3. They have been **waiting** for an hour.
4. He has been playing football **for** three hours.
5. We have been living here **since** 2022.
6. I have **written** five emails today.