



PRESENT PERFECT CONTINUOUS

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1. Ask and answer

Work with a partner.

Ask:

1. What have you been doing today?
2. What have you been doing recently?
3. What have you been learning?
4. What have you been working on?
5. What have you been watching recently?
6. What have you been trying to improve?

Try to give a longer answer.

Example

A: What have you been learning recently?

B: I've been learning English. I've been studying for about six months.

A: Why have you been learning English?

B: Because I want to travel more.

3. The mystery person

Choose one person from the list.

a chef • a student • a football player

an office worker • a musician • a traveller

Don't tell your partner.

Give your partner **three clues** using the Present Perfect Continuous.

Example:

I've been practising every day.

I've been travelling a lot.

I've been meeting lots of people.

Your partner guesses the person.

You: Who am I?

Partner: Are you a musician?

2. What's been happening?

Read each situation and explain what has been happening.

A

Your friend looks tired.

You know they started a new job last week.

You: Why are you tired?

Your friend:

_____.

Use:

I've been

_____.

B

Your friend is wet.

It is raining outside.

You: Why are you wet?

Your friend:

_____.

C

Your friend's kitchen is full of food.

They are preparing a big dinner.

You: What have you been doing?

Your friend:

_____.

D

Your friend has paint on their clothes.

You: What have you been doing?

Your friend:

_____.

4. Recently...

Complete these sentences with your own ideas.

1. Recently, I've been _____.
2. This week, I've been _____.
3. I've been trying to _____.
4. I've been thinking about _____.
5. I've been spending a lot of time _____.
6. I've been looking for _____.

Now ask your partner two follow-up questions.

Useful questions:

- Why?
- How long?
- How often?
- Is it difficult?
- Are you enjoying it?

REAL ENGLISH BOX

When someone asks:

“What have you been up to?”

You can answer:

“I've been working.”

“I've been studying.”

“I've been relaxing.”

“I've been trying to find a new job.”

“I've been keeping busy.”

What have you been up to? is a very natural way to ask someone what they have been doing recently.

5. Two-minute conversation

You and your partner haven't seen each other for several weeks.

Have a conversation.

Talk about:

- work or school
- free time
- family
- hobbies
- something new in your life
- something you've been trying to do

Try to use the Present Perfect Continuous **at least five times**.