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Present perfect simple + continuous PDF exercise 3 Present perfect simple + continuous PDF exercise 4 Present perfect simple + continuous PDF exercise 5 Present perfect simple + continuous PDF exercise 6 Present perfect simple + continuous PDF exercise 7 Compare: Present perfect vs. past simple exercises + PDF Present perfect passive exercises + PDF Mixed tenses tests PDF English grammar exercises PDF Online exercises with answers: Present perfect simple + continuous exercise 1 Complete sentences with verbs in brackets. Present perfect simple + continuous exercise 2 Choose correct answers. Present perfect simple + continuous exercise 3 Complete a job interview. Grammar rules PDF: Present perfect PDF rules The use and forms. English tenses PDF Grammar rules on all English tenses. English grammar PDF All PDF rules on e-grammar.org. Present perfect simple vs. present perfect continuous 1. In some situations we can use both tenses and there is practically no difference in meaning. It has rained for a long time. It has been raining for a long time. Verbs which can be used in this way include: learn, live, sleep, rain, sit, work, wait, stay... 2. Sometimes the simple tense can describe a permanent state, while the continuous tense a temporary activity. I have lived here for ten years. It is my permanent address. I have been living here for ten years. And now I am going to move. Some verbs cannot express this difference, because they are not normally used in the continuous tenses. Verbs of senses: feel, hear, see... Verbs expressing emotions: like, love, admire, wish... Verbs of mental state: know, remember, mean, recognize... Verbs of possession: belong, own, owe... Auxiliary verbs: can, must, be + have in some cases. Other verbs: appear, concern, seem, sound... All these verbs must be used in the simple form. We have always had a dog. I've known him since 1997. 3. Verbs that express a single action (find, start, stop, lose, break...) are not used in the continuous form. They've started the fight. I've lost my purse. 4. There is a difference between a single action in the simple and continuous. I have painted the hall. (I have completed my work.) I have been painting the hall. (That is how I have spent the day, but it does not mean that I have finished my job.) 5. A single action in the present perfect continuous comes up to the time of speaking. But it is different with the simple tense. She's been cooking dinner. (She has not finished cooking. The action is important.) She has cooked dinner. (The dinner is ready. The result is important.) 6. We can only use the present perfect continuous for uninterrupted actions. I've been visiting New York for a couple of years. She has been writing letters since she got up. In these sentences we describe one uninterrupted incomplete activity. If the action is repeated or interrupted (we describe a number of completed individual actions), we must use the simple form. (see also the past tense rules). I have visited New York three times. She has written four letters since she got up. Our tip: English grammar books PDF All PDF exercises and grammar rules from this website. top Index of contents Video: present perfect continuous PinHe _____ for two hours. (run)He _____ flute since evening. (play)The moon _____ in the sky since night. (shine)I _____ Arabian Nights for many days. (read)She _____ a very interesting topic. (discuss)Tom _____ for an hour. (walk)They _____ in this town for many years. (live)Tamara _____ as HR Manager in this firm. (work)You _____ to Rome since 2016. (travel)The farmer _____ crops since last month. (sow)AnswersHe has been running for two hours.He has been playing flute since evening.The moon has been shining in the sky since night.I have been reading Arabian Nights for many days. She has been discussing a very interesting topic.Tom has been walking for an hour.They have been living in this town for many years.Tamara has been working as HR Manager in this firm.You have been traveling to Rome since 2016.The farmer has been sowing crops since last month.PinPresent Perfect Continuous WorksheetAFFIRMATIVE SENTENCESNEGATIVE SENTENCESINTERROGATIVE SENTENCESI have been going to the library for many years.I have not been going to the library for many years.Have I been going to the library for many years?She has been living in this hostel.She has not been living in this hostel.Has she been living in this hostel?Tom has been driving for two hours.Tom has not been driving for two hours.Has Tom been driving for two hours?They have been taking exercise.They have not been taking exercise.Have they been taking exercise?She has been learning French for two weeks.She has not been learning French for two weeks.Has she been learning French for two weeks?The mechanic has been fixing my car since morning.The mechanic has not been fixing my car since morning.Has the mechanic been fixing my car since morning?You have been working hard for one year.You have not been working hard for one year.Have you been working hard for one year?I have been watching the movie for two hours.I have not been watching the movie for two hours.Have I been watching the movie for two hours?The children have been playing in the park.The children have not been playing in the park.Have the children been playing in the park?She has been shopping for two hours.She has not been shopping for two hours.Has she been shopping for two hours?PinPresent Perfect Continuous Tense WorksheetDownload Present Perfect Continuous Tense Worksheets pdfFurther Reading Looking for a quick review of the present perfect simple and continuous? Jump to the Recap.Complete the sentences by using the correct form of the verb: present perfect simple or present perfect continuous. Pay attention to the context to determine whether to focus on the action's result or its duration.The present perfect simple is used to describe actions that are completed but still have relevance to the present or their results are evident. It focuses on what happened.Form: have/has + past participle (e.g., I have finished my homework.)The present perfect continuous highlights actions that started in the past and are still ongoing or emphasize the duration or activity. It focuses on how long or the ongoing nature of the action.Form: have/has + been + verb-ing (e.g., I have been studying for three hours.)What is the Difference Between Present Perfect Simple and Continuous?AspectPresent Perfect SimplePresent Perfect ContinuousUsageActions completed or that have lasting results.Actions that started in the past and are still continuing or have a sense of ongoing duration.FormHave/has + past participle (e.g., She has finished)Have/has + been + verb-ing (e.g., She has been reading)ExamplesI have read the book. (The action is complete.)I have been reading the book for two hours. (Focus on the duration or activity.)Time MarkersAlready, yet, just, ever, never, for, since.For, since, recently, all day, all week.Tags: Exercises on English TensesExercises on Present Tenses Download full-size image from Pinterest Recent past actions (just, already, yet) To talk about past finished actions when we don't know or say when the action happened. There's often a present result. John has broken his leg, and he is in hospital. Sue has left. Mike's just called. He said that he'd call you back. Sue has just left. She was here a minute ago. We also use the present perfect simple with the words already and yet. Have you already finished your homework? She hasn't called me yet. Experiences (never, ever, before) To talk about past experiences when we don't say when something happened. He has been to the moon. He's an astronaut. I haven't been to India. We often use the words never, ever, or before to talk about experiences. I have never read this book. Have you ever seen a John Wayne film? I haven't experienced anything like this before. How much we have done of something, or how many times we have done something (none, one, two, three, etc.) up to now. He's drunk a lot of coffee and is very nervous now. I've seen this film three times. This shop has been robbed four times. You've eaten too much. The best thing I've ever done We can use the present perfect simple with the superlative and ever. This is the best meal I've ever had. It's the most amazing place we've ever travelled to. Actions from the past till now (how long, for, since, lately, all day/morning, etc.) We use the present perfect simple with stative verbs, like be, know, have, etc., to talk about situations that started in the past and still continue. We normally use expressions like how long, for, since, lately, all day, etc. We've known each other since we were kids. I haven't seen Kate for years. I've been very busy all weekend. Uses of the present perfect continuous Download full-size image from Pinterest Actions from the past till now (how long, for, since, lately, all day/morning, etc.) We use the present perfect continuous with dynamic verbs to talk about situations that started in the past and still continue or have just finished, and often have present results. Have you been crying? Sorry I am so dirty, but I've been painting. To express duration, we often use words like how long, for, since, lately, all day, etc. I haven't been feeling well lately. He's been annoying us all evening. She's been studying very hard for weeks. How long have you been playing golf? We can use the present perfect continuous for either continuous or repeated actions from the past till now. She's been studying a lot lately. She's been calling you for days. Present perfect simple or continuous? Situations that started in the past and still continue We can use either the present perfect simple or continuous for situations that started in the past and still continue. But we must use the present perfect simple with stative verbs, and we normally use the present perfect continuous with dynamic verbs (although the present perfect simple is also possible.) We've had this car for years. I haven't been sleeping well lately. We use the present perfect continuous with dynamic verbs to describe situations that started in the past and still continue when we want to emphasise how long the situation has lasted. I have been waiting for hours! (=I want to emphasise that I've been waiting for a long time). I couldn't do the dishes. I've been working all day. Finished and unfinished situations We use the present perfect simple to talk about finished actions in the past and the present perfect continuous to describe situations (happening from the past till now) that may or may not have finished. Who has eaten my cookies? (=We would say this if there are no cookies left) Who has been eating my cookies? (=We would say this if there are some cookies left) I've been watching the series you recommended. I'll tell you about it when I finish watching it. I've watched the series you recommended. I watched the last episode yesterday. Actions with present results We can use both present perfect simple or continuous for recent actions with a present result, but we use the present perfect simple when the present results come from the process of performing the action (which may or may not have finished). Look how nice my car looks. I've washed it. Sorry I'm so sweaty. I've been washing my car. Something is different in this house. Have you painted it? How come you are so dirty? Have you been painting? Page 2 Download full-size image from Pinterest Recent past actions (just, already, yet) To talk about past finished actions when we don't know or say when the action happened. There's often a present result. John has broken his leg, and he is in hospital. Sue has left. Mike's just called. He said that he'd call you back. Sue has just left. She was here a minute ago. We also use the present perfect simple with the words already and yet. Have you already finished your homework? She hasn't called me yet. 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Something is different in this house. Have you painted it? How come you are so dirty? Have you been painting? Page 3 Download full-size image from Pinterest Recent past actions (just, already, yet) To talk about past finished actions when we don't know or say when the action happened. There's often a present result. John has broken his leg, and he is in hospital. Sue has left. Mike's just called. He said that he'd call you back. Sue has just left. She was here a minute ago. We also use the present perfect simple with the words already and yet. Have you already finished your homework? She hasn't called me yet. Experiences (never, ever, before) To talk about past experiences when we don't say when something happened. He has been to the moon. He's an astronaut. I haven't been to India. We often use the words never, ever, or before to talk about experiences. I have never read this book. Have you ever seen a John Wayne film? I haven't experienced anything like this before. 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How come you are so dirty? Have you been painting? Here's a list of all the present perfect simple exercises and present perfect continuous exercises on the website. If you need to review how to make the present perfect, click here. If you need to review how to use the present perfect, click here. Click here for our complete programme to perfect your English grammar.Practice exercises about how to make the present perfect: Practice exercises about how to make the present perfect continuous: Practice exercises about how to use the present perfect and the present perfect continuous: Learning and mastering the present perfect continuous tense is essential for any ESL learner. It helps you describe such action that started in the past but are still going on. Besides, we use it to emphasize the action's duration or how long has it been going on. Moreover, it helps in adding clarity not only while you are talking but also when you writing. Therefore, we have crafted this article to help you practice present perfect continuous tense exercises with answers. So that, you can check your mistake and correct them. Put the verbs into the correct form (present perfect progressive). 1. He (work) _____ in this company since 1985.2. I (wait) _____ for you since two o'clock.3. Mary (live) _____ in Germany since 1992.4. Why is he so tired? He (play) _____ tennis for five hours.5. How long (learn / you) _____ English?6. We (look for) _____ the motorway for more than an hour.7. I (live) _____ without electricity for two weeks.8. The film (run / not) _____ for ten minutes yet, but there's a commercial break already.9. How long (work / she) _____ in the garden?10. She (not / be) _____ in the garden for more than an hour. Posted on by in Worksheet This exercise is to practise making the English present perfect continuous tense. You need to make either the positive form or the negative form. It's really important to make sure you are confident making the forms of the tenses, so then you can focus on when to use them, which is a bit more difficult. Even some of my advanced students aren't really 100% sure about the forms, and this really shows if you need to speak English in a hurry or during exams when you are stressed. Click here to review how to make the present perfect continuous (just in case you've forgotten!) Click here to download this exercise in PDF (with answers) Click here for our complete programme to perfect your English grammar. Present perfect simple and present perfect continuous Do you know if Peter has called?My manager won't be pleased because I still haven't finished the report.Have you sent that email yet?We're really tired. We've been driving since 4 o'clock this morning.How long have you been studying English?The bus hasn't come. I've been waiting here for ages.We form the present perfect simple with have + past participle.I've never been to Africa.For more information on forms of the present perfect (simple), see Present perfect simple: positive.We form the present perfect continuous with have + been + -ing form.It's been raining since ten o'clock this morning.For more information on forms of the present perfect continuous, see Present perfect continuous.We use the present perfect to connect the past and the present.The cafe has just opened. (= It is open now.)People have been arriving in large numbers. (= They are still arriving now.)We can often use either the present perfect simple or the present perfect continuous with since or for when something started in the past and continues now, or is repeated up to now.We've lived/ve been living here for about a year now.I've listened/been listening to the new album a lot since I downloaded it.Present perfect simple vs present perfect continuousWe use the present perfect simple to focus on the result of an action, and we use the present perfect continuous to focus on the doing of the action itself.I've been practising this piece for weeks but still haven't learned it.We use the present perfect simple to talk about how much or how many. When we focus on how long something has taken, we use the present perfect continuous.I've done three tests this term.We've seen that show three times.I've been working on this project for a month now. I need to finish it by the end of the week.We use the present perfect simple to talk about how many times something has happened. But we use the present perfect continuous for repeated actions when we don't say specifically how many times they have happened. We often use phrases such as all day and recently in these sentences.We've seen that show three times.I've been trying to contact him all morning.We usually use the present perfect simple, not the present perfect continuous, to talk about states rather than actions with verbs like be, have, know, seem.We've known each other since university.We've been knowing each other since university.She's had that laptop for over ten years!She's been having that laptop for over ten years!We often use the present perfect simple, not the present perfect continuous, to announce news for the first time.Have you heard? Tom's lost his job.The Prime Minister has resigned. Choose the correct answers to complete the article. Use the present perfect continuous where possible. Message in bottle arrives after 101 yearsGerman sailors have found have been finding a bottle containing a message on a postcard which was thrown into the Baltic Sea 101 years ago. It is believed that this is the oldest message in a bottle that the world has ever seen has ever been seeing. The bottle has not suffered has not been suffering any damage, despite floating in the sea for 101 years, although some of the writing on the postcard inside has become has been becoming impossible to read. Experts who have tried have been trying to work out what the complete message says say they have not succeeded have not been succeeding yet, but hope to in the near future. By looking at the address on the postcard, they have identified have been identifying its author as Richard Platz, the 20-year-old son of a baker. A handwriting comparison with letters written by Platz has confirmed has been confirming that he is the author. The researchers have also found have also been finding his granddaughter, Angela Erdmann, who has lived has been living in Berlin for 40 years. They have presented have been presenting her with the bottle, which will be displayed in a museum. She says that since the discovery, she has looked has been looking through family papers to find out more about her grandfather, who she never met. Grammar contentsView all Present perfect and past perfectPresent perfect continuousQuantifiers, possessives and demonstratives Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made. 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