

# Present Perfect Continuous – Worksheet 1

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_ Score: / 39



Do this worksheet  
online and check your  
answers instantly

## Exercise 1: Complete the sentences

Complete each sentence with the present perfect continuous form of the verb in brackets.

**Example:** He \_\_\_ (run) for an hour. → has been running

1. I \_\_\_\_\_ (study) English for three years.
2. She \_\_\_\_\_ (work) in the garden since breakfast.
3. Your eyes are red. \_\_\_\_\_ (you / cry)?
4. We \_\_\_\_\_ (not / wait) long. We only got here a minute ago.
5. It \_\_\_\_\_ (rain) all morning, so the streets are wet.
6. How long \_\_\_\_\_ (they / play) tennis?
7. Tom \_\_\_\_\_ (not / feel) well lately.
8. My parents \_\_\_\_\_ (travel) around Asia since June.

## Exercise 2: for, since, How long...

Complete the sentences with words from the box. You can use some words more than once. Two words are not needed.

**Example:** I've been living here \_\_\_ 2020. → since

### WORD BOX

for since How long been all ago yet

9. I've been waiting \_\_\_\_\_ twenty minutes.
10. She has been living here \_\_\_\_\_ 2019.
11. \_\_\_\_\_ have you been learning Spanish?
12. They've \_\_\_\_\_ working on the project since Monday.
13. It's been raining \_\_\_\_\_ day.
14. He has been playing the guitar \_\_\_\_\_ he was ten.
15. My phone has been making a strange noise \_\_\_\_\_ a few days.
16. \_\_\_\_\_ has he been sleeping? Two hours?

### Exercise 3: Negatives and questions

*Rewrite each sentence as instructed in brackets.*

**Example:** She has been cooking. (question) → Has she been cooking?

17. They have been watching TV. (negative)

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18. She has been working late. (question)

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19. You have been sleeping well. (question)

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20. He has been studying for his exams. (negative)

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21. Daniel has been cooking for two hours. (question with How long)

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22. I have been feeling well recently. (negative)

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23. They have been waiting at the station. (question with Where)

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24. It has been snowing all night. (question)

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### Exercise 4: Find the mistake

*Each sentence has one mistake. Write the correct sentence.*

**Example:** She have been running. → She has been running.

25. I have been wait for the bus for an hour.

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26. She has been working here since three years.

---

27. How long are you learning English?

---

28. They has been playing football all afternoon.

---

29. We have being trying to call you all morning.

---

30. Has he been sleep since lunch?

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31. It's been raining for Monday.

32. I been reading this book for a week.

### Exercise 5: Put the words in order

*Put the words in the correct order to make sentences or questions.*

**Example:** been / he / has / working → He has been working.

33. been / she / for / has / waiting / ages

34. you / have / long / how / living / been / here

35. hasn't / he / sleeping / been / well

36. all / they / have / day / been / painting

37. since / I / been / have / running / six o'clock

38. been / what / you / doing / have

39. raining / it / since / been / has / morning / this

# Answer key – Present Perfect Continuous – Worksheet 1

## Exercise 1: Complete the sentences

**1. have been studying**

With I we use have been + -ing.

**2. has been working**

With she we use has been + -ing.

**3. Have you been crying**

In questions, have comes before the subject: Have you been + -ing?

**4. haven't been waiting**

The negative is haven't/have not been + -ing.

**5. has been raining**

The rain started earlier and the result (wet streets) is visible now.

**6. have they been playing**

After How long we use have + subject + been + -ing.

**7. hasn't been feeling**

With he/she/it the negative is hasn't/has not been + -ing.

**8. have been travelling**

With they/plural subjects we use have been + -ing.

## Exercise 2: for, since, How long...

**9. for**

We use for with a period of time.

**10. since**

We use since with a starting point in time.

**11. How long**

How long asks about the duration of an action.

**12. been**

The form needs been between have and the -ing verb.

**13. all**

All day means the whole day.

**14. since**

Since can introduce a starting point given as a clause.

**15. for**

A few days is a period of time, so we use for.

**16. How long**

The answer 'Two hours' shows the question is about duration.

## Exercise 3: Negatives and questions

**17. They haven't been watching TV.**

Add not after have: haven't been + -ing.

**18. Has she been working late?**

Put has before the subject.

**19. Have you been sleeping well?**

Put have before the subject.

**20. He hasn't been studying for his exams.**

Add not after has: hasn't been + -ing.

**21. How long has Daniel been cooking?**

How long + has + subject + been + -ing; remove 'for two hours'.

**22. I haven't been feeling well recently.**

Add not after have.

**23. Where have they been waiting?**

Where + have + subject + been + -ing; remove 'at the station'.

**24. Has it been snowing all night?**

Put has before it.

## Exercise 4: Find the mistake

**25. I have been waiting for the bus for an hour.**

After been we need the -ing form.

**26. She has been working here for three years.**

Three years is a period of time, so we use for.

**27. How long have you been learning English?**

With How long for an action up to now, use the present perfect continuous.

**28. They have been playing football all afternoon.**

With they we use have, not has.

**29. We have been trying to call you all morning.**

The form is have been, not have being.

**30. Has he been sleeping since lunch?**

After been we need the -ing form.

**31. It's been raining since Monday.**

Monday is a starting point, so we use since.

**32. I have been reading this book for a week.**

The auxiliary have is missing.

### Exercise 5: Put the words in order

**33. She has been waiting for ages.**

Subject + has been + -ing + time expression.

**34. How long have you been living here?**

How long + have + subject + been + -ing.

**35. He hasn't been sleeping well.**

Subject + hasn't been + -ing.

**36. They have been painting all day.**

The time expression all day goes at the end.

**37. I have been running since six o'clock.**

Since + starting point goes at the end.

**38. What have you been doing?**

Question word + have + subject + been + -ing.

**39. It has been raining since this morning.**

Since this morning shows when the rain started.

**Notes for teachers:** Start by drawing a timeline from a past point to now and eliciting examples such as 'I've been living here since...'. Typical mistakes include leaving out 'been' or 'have', using the present continuous with How long ('How long are you learning...?') and confusing for and since. As a follow-up, ask pairs to interview each other with How long have you been...? questions and report back.