

Present Perfect Continuous – Ficha 1

Nombre: _____ Clase: _____ Fecha: _____ Puntuación: / 39



Haz esta ficha en
línea y comprueba tus
respuestas al instante

Ejercicio 1: Completa las oraciones

Completa cada oración con el present perfect continuous del verbo entre paréntesis.

Ejemplo: He ___ (run) for an hour. → has been running

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

Ejercicio 2: for, since, How long...

Completa las oraciones con palabras del recuadro. Algunas palabras se pueden usar más de una vez. Sobran dos palabras.

Ejemplo: I've been living here ___ 2020. → since

BANCO DE PALABRAS

for since How long been all ago yet

- I've been waiting _____ twenty minutes.
- She has been living here _____ 2019.
- _____ have you been learning Spanish?
- They've _____ working on the project since Monday.
- It's been raining _____ day.
- He has been playing the guitar _____ he was ten.
- My phone has been making a strange noise _____ a few days.
- _____ has he been sleeping? Two hours?

Ejercicio 3: Oraciones negativas y preguntas

Reescribe cada oración según se indica entre paréntesis.

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

17. They have been watching TV. (negative)

18. She has been working late. (question)

19. You have been sleeping well. (question)

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

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

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

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

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

Ejercicio 4: Encuentra el error

Cada oración tiene un error. Escribe la oración correcta.

Ejemplo: She have been running. → She has been running.

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

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?

31. It's been raining for Monday.

32. I been reading this book for a week.

Ejercicio 5: Ordena las palabras

Ordena las palabras para formar oraciones o preguntas.

Ejemplo: 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



Soluciones – Present Perfect Continuous – Ficha 1

Ejercicio 1: Completa las oraciones

1. **have been studying**
Con I se usa have been + -ing.
2. **has been working**
Con she se usa has been + -ing.
3. **Have you been crying**
En las preguntas, have va delante del sujeto: Have you been + -ing?
4. **haven't been waiting**
La forma negativa es haven't/have not been + -ing.
5. **has been raining**
La lluvia empezó antes y el resultado (las calles mojadas) se ve ahora.
6. **have they been playing**
Después de How long se usa have + sujeto + been + -ing.
7. **hasn't been feeling**
Con he/she/it la forma negativa es hasn't/has not been + -ing.
8. **have been travelling**
Con they o sujetos en plural se usa have been + -ing.

Ejercicio 2: for, since, How long...

9. **for**
For se usa con un período de tiempo.
10. **since**
Since se usa con un punto de partida en el tiempo.
11. **How long**
How long pregunta por la duración de una acción.
12. **been**
La forma necesita been entre have y el verbo en -ing.
13. **all**
All day significa todo el día.
14. **since**
Since puede introducir un punto de partida expresado mediante una oración.
15. **for**
A few days es un período de tiempo, así que se usa for.
16. **How long**
La respuesta 'Two hours' indica que la pregunta trata sobre la duración.

Ejercicio 3: Oraciones negativas y preguntas

17. **They haven't been watching TV.**
Añade not después de have: haven't been + -ing.
18. **Has she been working late?**
Pon has delante del sujeto.
19. **Have you been sleeping well?**
Pon have delante del sujeto.
20. **He hasn't been studying for his exams.**
Añade not después de has: hasn't been + -ing.
21. **How long has Daniel been cooking?**
How long + has + sujeto + been + -ing; elimina 'for two hours'.
22. **I haven't been feeling well recently.**
Añade not después de have.
23. **Where have they been waiting?**
Where + have + sujeto + been + -ing; elimina 'at the station'.
24. **Has it been snowing all night?**
Pon has delante de it.

Ejercicio 4: Encuentra el error

25. **I have been waiting for the bus for an hour.**
Después de been se necesita la forma en -ing.
26. **She has been working here for three years.**
Three years es un período de tiempo, así que se usa for.
27. **How long have you been learning English?**
Con How long, para una acción que llega hasta el presente, se usa el present perfect continuous.
28. **They have been playing football all afternoon.**
Con they se usa have, no has.
29. **We have been trying to call you all morning.**
La forma es have been, no have being.
30. **Has he been sleeping since lunch?**
Después de been se necesita la forma en -ing.
31. **It's been raining since Monday.**
Monday es un punto de partida, así que se usa since.
32. **I have been reading this book for a week.**
Falta el verbo auxiliar have.

Ejercicio 5: Ordena las palabras

33. She has been waiting for ages.

Sujeto + has been + -ing + expresión temporal.

34. How long have you been living here?

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

35. He hasn't been sleeping well.

Sujeto + hasn't been + -ing.

36. They have been painting all day.

La expresión temporal all day va al final.

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

Since + punto de partida va al final.

38. What have you been doing?

Partícula interrogativa + have + sujeto + been + -ing.

39. It has been raining since this morning.

Since this morning indica cuándo empezó la lluvia.

Notas para el profesor: Empiece dibujando una línea temporal desde un punto del pasado hasta el presente y pida a los alumnos ejemplos como 'I've been living here since...'. Los errores típicos son omitir 'been' o 'have', usar el present continuous con How long ('How long are you learning...?') y confundir for y since. Como actividad de ampliación, pida a los alumnos que se entrevisten por parejas con preguntas del tipo How long have you been...? y que luego compartan los resultados con la clase.