

PRESENT PERFECT CONTINUOUS

B1 | Teens / Adults | Grammar Practice | 35-45 minutes

Learn and practise | Describe ongoing activities and recent activity with a present result.

1. READ: Paint on your sleeve

Read the conversation. Notice the bold grammar and how the speakers use it.

Mia: You've got blue paint on your sleeve.

Owen: I know. I've been painting the kitchen all morning.

Mia: Have you been doing it on your own?

Owen: Mostly. My sister helped yesterday, but she's at work today.

Mia: You look exhausted. How long have you been working without a break?

Owen: About three hours. You're right - it's time for lunch.

2. GRAMMAR: Activity up to now

Use have/has been + verb-ing for an ongoing activity or recent activity with a visible result.

Use / form	Pattern	Example
Positive	have/has been + -ing	I've been painting.
Negative	haven't/hasn't been + -ing	She hasn't been sleeping well.
Question	have/has + subject + been + -ing	Have you been working?

Duration: I've been studying for two hours / since nine.

Recent result: You're wet. Have you been walking in the rain?

State verbs usually use the simple form: I've known her for years.

A. CHOOSE

Circle the correct option in each sentence.

1. I have been work / working all day.
2. She has / have been learning Spanish.
3. Have you been wait / waiting long?
4. We've been living here for / since May.
5. He's been running for / since an hour.
6. I've known / been knowing her for years.
7. They hasn't / haven't been sleeping well.
8. Why have / do you been crying?

Read each answer aloud. Explain which meaning or time clue helped you.

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Use it | Complete a context, write sentences and speak with a partner.

B. COMPLETE: Preparing for a test

Use the present perfect continuous. Write the full verb form.

1. I _____ (study) for this test all week.
2. Jo _____ (help) me since Monday.
3. We _____ (practise) the difficult questions for an hour.
4. My brother _____ (not / sleep) well recently.
5. How long _____ (he / revise) today?
6. He _____ (work) since breakfast and needs a break.

C. CHANGE THE SENTENCES

1-2: Rewrite using the present perfect continuous.

Example: I started working at nine; I'm still working. **I've been working since nine.**

1. I started learning in May. (still / since)
2. She started waiting an hour ago. (still / for)

3-4: Make questions. Example: You have been running. **Have you been running?**

3. They have been practising.
4. He has been working outside.

D. WRITE ABOUT YOU

Write three sentences about activities you have been doing recently. Include one duration.

Example: **I've been looking for a new flat. I've been studying English for six months.**

E. SPEAK WITH A PARTNER

Ask what your partner **has been doing recently**.

Follow up with **How long...?** and **Why...?** Compare your routines.

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Answer key | Keep this page separate during student practice.

1. READ: Paint on your sleeve

Sample target language from the conversation:

Owen: I know. I've been painting the kitchen all morning.

Mia: Have you been doing it on your own?

Mia: You look exhausted. How long have you been working without a break?

A. CHOOSE

- | | |
|------------|----------|
| 1. working | 2. has |
| 3. waiting | 4. since |
| 5. for | 6. known |
| 7. haven't | 8. have |

B. COMPLETE: Preparing for a test

- | | |
|-------------------------|---|
| 1. have been studying | 2. has been helping |
| 3. have been practising | 4. hasn't been sleeping / has not been sleeping |
| 5. has he been revising | 6. has been working |

C. CHANGE THE SENTENCES

1. I've been learning since May.
2. She's been waiting for an hour.
3. Have they been practising?
4. Has he been working outside?

D. WRITE ABOUT YOU / E. SPEAK

Personal answers will vary. Check the target grammar.

Sample: I've been reading a long novel. I've been helping my sister this week. I've been learning to drive for two months.

Teacher note: The activity may still be happening or may have recently stopped. Avoid continuous forms with know or own.