

PRESENT PERFECT: SIMPLE & CONTINUOUS

B2 | Teens / Adults | Grammar Practice | 35-45 minutes

Learn and practise | Distinguish completed results from ongoing activity and duration.

1. READ: A room that is nearly ready

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

Liv: The spare room looks different. What **have** you **done**?

Theo: I've **moved** the desk, and I've **been sorting** the boxes all morning.

Liv: **Have you finished** with them? There's still quite a pile.

Theo: Not yet. I've **thrown away** three bags of old papers, though.

Liv: You look worn out. **Have you been doing** all this on your own?

Theo: Yes. I've **had** this stuff for years. I didn't realise how much there was.

2. GRAMMAR: Result, quantity and activity

Simple emphasises results or completed quantity; continuous emphasises activity or duration.

Use / form	Pattern	Example
Result / quantity	have/has + past participle	I've sorted three boxes.
Activity / duration	have/has been + -ing	I've been sorting all morning.
State	usually simple	I've had these books for years.

Compare: I've read the book. (finished) / I've been reading it. (activity)

Overlap: I've lived / been living here for years. Both can describe duration.

A recent activity may have stopped: You're dusty. Have you been cleaning?

A. CHOOSE

Circle the correct option in each sentence.

1. I've painted / been painting two rooms so far.

2. She has known / been knowing Jo for years.

3. You're muddy. Have you played / been playing football?

4. I've fixed / been fixing it; it works again.

5. We've waited / been waiting for ages; we're still here.

6. How many pages have you written / been writing?

7. He's had / been having this car since 2020.

8. I've finished / been finishing the report. Here it is.

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: Clearing a spare room

Use the present perfect simple or continuous. Focus on the result, quantity, state or activity.

1. I _____ (clear) the spare room since breakfast; it still isn't ready.
2. So far, I _____ (fill) three bags with old papers.
3. I _____ (own) this desk for ten years.
4. Look - I _____ (repair) the chair, and it's usable again.
5. How many boxes _____ (you / empty) so far?
6. You look exhausted. _____ (you / move) furniture all morning?

C. CHANGE THE SENTENCES

1-2: Rewrite using the word in brackets.

Example: I finished the book. (read) **I've read the book.**

1. I started at nine. I'm still writing. (since) _____
2. I finished all six emails. (written) _____

3-4: Correct the aspect to match the meaning. Example: I've been owning it for years. **I've owned it for years.**

3. I've been knowing Jo for years. _____
4. She's been writing emails. (three finished) _____

D. WRITE ABOUT YOU

Write an ongoing activity, a completed result and a continuing state. Make the intended meaning clear.

Example: **I've been organising my photos. I've deleted 200. I've had this laptop for years.**

E. SPEAK WITH A PARTNER

Discuss a project or task you have worked on recently.

Ask **How long have you been...?** and **How much / how many have you...?**

Explain what is finished and what still needs doing.

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Answer key | Keep this page separate during student practice.

1. READ: A room that is nearly ready

Sample target language from the conversation:

Liv: The spare room looks different. What **have** you **done**?

Theo: I've **moved** the desk, and I've **been sorting** the boxes all morning.

Liv: **Have you finished** with them? There's still quite a pile.

Theo: Not yet. I've **thrown away** three bags of old papers, though.

Liv: You look worn out. **Have you been doing** all this on your own?

Theo: Yes. I've **had** this stuff for years. I didn't realise how much there was.

A. CHOOSE

- | | |
|--|-------------|
| 1. painted | 2. known |
| 3. been playing (activity focus; played is possible) | 4. fixed |
| 5. been waiting (duration focus; waited is possible) | 6. written |
| 7. had | 8. finished |

B. COMPLETE: Clearing a spare room

- | | |
|-----------------------|-------------------------|
| 1. have been clearing | 2. have filled |
| 3. have owned | 4. have repaired |
| 5. have you emptied | 6. Have you been moving |

C. CHANGE THE SENTENCES

1. I've been writing since nine.
2. I've written all six emails.
3. I've known Jo for years.
4. She's written three emails.

D. WRITE ABOUT YOU / E. SPEAK

Personal answers will vary. Check the target grammar.

Sample: I've been learning Italian for a year. I've completed two courses. I've known my teacher since September.

Teacher note: For A3 and A5, the continuous is the target focus, but the simple can be grammatical. Ask students to explain the emphasis. State verbs and completed quantities give firmer contrasts.