Present Perfect vs Present Perfect Continuous

- What have you been doing today?
  How long have you been studying English?

📘 Grammar Focus

Present Perfect Simple (have/has + past participle)
→ *completed actions, results, experiences*

- I have finished my homework.
- She has visited Rome three times.

Present Perfect Continuous (have/has been + -ing)
→ *duration, ongoing/recent activity*

- I have been studying for two hours.
- They have been working all day.

🖊️ Exercise 1 – Choose the best answer (A or B)



1. I'm exhausted because I…
   A) have run 5 km
   B) have been running
2. She… three books this month.
   A) has read
   B) has been reading
3. He… his keys, so he can't open the door.
   A) has lost
   B) has been losing
4. We… for you for over an hour!
   A) have waited
   B) have been waiting
5. They… in that company since January.
   A) have worked
   B) have been working

🖊️ Exercise 2 – Choose the correct form

(Present Perfect Simple or Continuous)

1. I _____ (read) this book for two hours.
2. She _____ (finish) her project already.
3. We _____ (wait) for the bus since 9 a.m.
4. He _____ (break) his leg.
5. They _____ (play) football all afternoon.
6. I _____ (clean) the house, so I'm tired.
7. She _____ (write) three emails today.
8. We _____ (live) here since 2020.
9. It _____ (rain) for hours.
10. He _____ (just / arrive).

🖊️ Exercise 3 – Sentence transformation

1. I started studying at 6 p.m. and I'm still studying.
   → I have _____ since 6 p.m.

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2. She started working here in 2021.
   → She has _____ here since 2021.
3. I painted the room. It's finished now.
   → I have _____ the room.
4. They started playing two hours ago and they are still playing.
   → They have _____ for two hours.

Exercise 4 – Correct the mistake



1. I have been seen that film before.
2. She has been finished her homework.
3. We have waited since two hours.
4. He has been break his phone.
5. They have played all day and they're very tired.
6. I have been known him for years.
7. She has been write five pages.
8. We have been live here since 2018.

Exercise 5 – Gap-fill story 1

Use Present Perfect Simple or Continuous

I'm really tired today because I _____ (work) all morning.

I _____ (try) to finish an important report, but it's not easy.

My boss _____ (ask) me for updates three times already!

I _____ (not finish) it yet, but I'm close.

Also, I _____ (drink) too much coffee, so now I feel a bit nervous.

How about you? What _____ you _____ (do) today?

Exercise – Gap-fill Story 2

The Mysterious Car Problem

I _____ (have) a really strange week with my car.
It _____ (make) a weird noise for the past few days, and I don't know why.

I _____ (take) it to the mechanic twice already, but he _____ (not find) the problem yet.
He _____ (check) everything very carefully, and he looks a bit confused now.

Meanwhile, I _____ (try) to get to work on time this week, but it's been difficult.
I _____ (be) late three times this week!

Some of my colleagues _____ (joke) that my car is haunted.
Honestly, I _____ (start) to believe them…

What about you?
_____ you ever _____ (have) a problem like this?

Discussion

1. What have you done today? What have you been doing?
2. What is something you have done recently that made you tired?

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✅ Answer Key

Ex 1:
1 B 2 A 3 B 4 A 5 B

Ex 2:
1 have been reading 2 has finished 3 have been waiting 4 has broken 5 have been playing 6 have been cleaning 7 has written 8 have lived / have been living 9 has been raining 10 has just arrived

Ex 3:
1 been studying 2 worked / been working 3 painted / finished 4 been playing

Ex 4:
1 have seen 2 has finished 3 have been waiting / have waited for two hours 4 has broken 5 have been playing 6 have known 7 has written 8 have lived / have been living

Ex 5:
have been working/ have been trying/ has asked/ haven't finished/ have drunk/ have you been doing

Ex 6:
have had/has been making/ have taken/ hasn't found/ has checked / has been checking/ have been trying/have been/ have joked /have started /Have you ever had

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