Exercise 1 State vs Action

Use the Present Perfect of Present Perfect Continuous to fill in the correct answer
1. She (read) that book for two hours.
2. She (run) for an hour.
3.1 (know) him since they were kids.
4. They (be) tired all day.
5. He (have) a lot of experience dealing with this problem.
6. They (work) on the project since this morning.
7.1 (always believe) in you.
8. We (swim) in the pool for two hours.
9.1 (never really understand) his motivation.
10.They (belong) to the same club for years.
Exercise 2
Quantity vs Length
Use the Present Perfect of Present Perfect Continuous to fill in the correct answer.
1.The phone (ring) all morning.
2. The phone (ring) 3 times this morning.
3. She (read) ten books this month.
4. They (talk) on the phone for an hour.
5. He (visit) six different countries in the last two years.
6. We (study) for the test all day.
7.1 (eat) five slices of pizza.
8. She (dance) at the party for hours.
9.1 (study) English for several hours every weekend.
10.They (travel) to three new cities this year.



Exercise 3 Finished vs unfinished

Use the Present Perfect of Present	Perfect Continuous to fill in the correct answer.
1.She	(read) two novels this week.
2.She	(read) for hours.
3.They	(work) on the project for hours.
4.He	(already write) five pages of his essay.
5.1	(phone) all day.
6.We	(study) for the exam all morning.
7.1	_ (eat) three slices of pizza.
8.They	(repair) the car for hours.
9.She	(swim) in the pool for the past hour.
10.He	(visit) several countries in his lifetime.
	Exercise 4 r longer actions vs short Perfect Continuous to fill in the correct answer.
	(rain) all morning.
	e (score) a goal.
3. He looks exhausted because	he (work) on the project for hours.
4.I need a plaster because I	(cut) my finger
5. The kids are laughing becaus	e they (watch) a funny video.
6. The floor is dirty because the	kids (play) outside.
7.The cake is gone because sor	meone (eat) it all.
8. She's out of breath because s	she (run) for an hour.
9. She has a headache because	(not have) enough sleep.
10.They are dancing because the	ey (just hear) their favourite song



Exercise 5 Mixed

Use the Present Perfect of Present Perfect Continuous to fill in the correct answer.		
1.She	(read) that book several times.	
2.They	(wait) for you for half an hour.	
3.I can go out now because I_	(finished) my work.	
4.I need a break, I	(drive) all morning.	
5.He	(learn) Spanish to go on his trip to South America	
6.She	(work) on this project for hours.	
7.They	(paint) the house for days now.	
8.1	_ (watch) two episodes of the series.	
9. She	(live) in this city for ten years.	
10.l	_ (always love) spicy food.	

Answer Key Exercise 1

- 1. She has been reading/'s been reading (reading) that book for two hours.
- 2. She has been running/'s been running (run) for an hour.
- 3. I have known/'ve known (know) him since they were kids.
- 4. They have been/'ve been (be) tired all day.
- 5. He has had/'s had (have) a lot of experience dealing with this problem.
- 6. They have been working/ve been working (work) on the project since this morning.
- 7.1 have always believed/'ve always believed (always/ believer) in you.
- 8. We have been swimming/'ve been swimming (swim) in the pool for two hours.
- 9.1 have never really understood/ 've never really understood (never/ really/ understand) his motivation.
- 10. They have belonged/'ve belonged (belong) to the same club for years.

Exercise 2

- 1. The phone has been ringing/'s been ringing (ring) all morning.
- 2. The phone **has rung/'s rung** (ring) 3 times this morning.
- 3. She has read/'s read (read) ten books this month.
- 4. They have been talking/ 've been talking (talk) on the phone for an hour.
- 5. He has visited/'ve visited (visit) six different countries in the last two years.
- 6. We have been studying/'ve been studying (study) for the test all day.
- 7.1 have eaten/'ve eaten (eat) five slices of pizza.
- 8. She has been dancing/'s been dancing (dance) at the party for hours.
- 9.1 **have been studying/'ve been studyin**g (study) English for several hours every weekend.
- 10. They have travelled/'ve travelled (travel) to three new cities this year.



Answer Key Exercise 3

- 1. She has read/'s read (read) two novels this week.
- 2. She has been reading/'s been reading (read) for hours.
- 3. They have been working/'ve been working (work) on the project for hours.
- 4. He has already written/'s already written (already/write) five pages of his essay.
- 5.1 have been phoning/'ve been phoning (phone) all day.
- 6. We have been studying/'ve been studying (study) for the exam all morning.
- 7.1 have eaten/'ve eaten (eat) three slices of pizza.
- 8. They have been repairing/'ve been repairing (repair) the car for hours.
- 9. She has been swimming/'s been swimming (swim) in the pool for the past hour.
- 10.He has visited/ve visited (visit) several countries in his lifetime.

Exercise 4

- 1. The garden is wet because it **has been raining/'s been raining** (rain) all morning.
- 2. They are cheering because he **has scored/'s scored** (score) a goal.
- 3. He looks exhausted because he **has been working/'s been working** (work) on the project for hours.
- 4.I need a plaster because I have cut/'ve cut (cut) my finger
- 5. The kids are laughing because they **have been watching/ have watched/ 've been watching/'ve watched** (watch) a funny video.
- 6. The floor is dirty because the kids have been playing/ve been playing (play) outside.
- 7. The cake is gone because someone **has eaten/'s eaten** (eat) it all.
- 8. She's out of breath because she has been running/'s been running (run) for an hour.
- 9. She has a headache because **she hasn't had/ has not had** (not have) enough sleep.
- 10. They are dancing because they **have just heard/'ve just heard** (hear) their favourite song.



Answer Key Exercise 5

- 1. She has read/'s read (read) that book several times.
- 2. They have been waiting/'ve been waiting (wait) for you for half an hour.
- 3. I can go out now because I **have finished/'ve finished** (finish) my work.
- 4. I need a break, I have been driving/ I've been driving (drive) all morning.
- 5. He has been learning/'s been learning (learn) Spanish to go on his trip to South America
- 6. She has been working/'s been working (work) on this project for hours.
- 7. They have been painting/'ve been painting (paint) the house for days now.
- 8. I have watched/'ve watched (watch) two episodes of the series.
- 9. She has been living/ has lived/ 's been living/'s lived (live) in this city for ten years.
- 10.I have always loved/'ve always loved (always/love) spicy food.