

Free B1-B2 Grammar Worksheet PDF

Present Perfect Continuous

Name: _____ Date: _____

1. Grammar focus

Use	Form	Examples
Main form	subject + have/has been + verb-ing	I have been working. She has been studying.
Actions continuing until now	have/has been + -ing + for/since	We have been waiting for an hour. He has been learning English since January.
Recent activity with a result now	have/has been + -ing	Your hands are dirty because you have been fixing your bike.
Repeated activity recently	have/has been + -ing	She has been calling all morning. They have been practising every day.
Negative form	have not / has not been + -ing	I have not been sleeping well. He has not been working today.
Questions	Have/Has + subject + been + -ing?	Have you been exercising? How long has she been waiting?
Spelling reminders	make -> making; run -> running; study -> studying	I have been making notes. They have been running.
Important	Use with action verbs. Do not normally use it with state verbs.	I have known her for years. Not: I have been knowing her.

2. Choose the correct form

Choose the correct present perfect continuous form.

1. I have been waiting / have waiting for the bus for 20 minutes.
2. She has been working / has working from home this week.
3. We have been learning / have learning Spanish since January.
4. Have you been walking / Have you been walk in the rain?
5. He has not been sleeping / has not sleeping well recently.
6. Have you been using / Have you using the new app?
7. The children have been playing / has been playing outside all morning.
8. It has been raining / has raining for hours.

3. Match the sentence to the grammar reason

Write the correct letter A-J. Two reasons are not used.

No.	Sentence	Ans
1	I have been waiting for the doctor since nine.	
2	She has been practising the guitar all morning.	
3	Have you been using my laptop?	
4	They have not been sleeping well recently.	
5	His hands are dirty because he has been fixing his bike.	
6	We have been living in this flat for two months.	
7	The price has been rising this year.	
8	How long has he been learning English?	

A-J	Reason options
A	Negative present perfect continuous.
B	Recent activity with visible evidence.
C	Activity continuing from a past point to now with since.
D	Question with have/has + subject + been + -ing.
E	Ongoing change around now.
F	Incorrect use with a state verb.
G	Question asking about duration with how long.
H	Temporary situation continuing until now with for.
I	Present perfect simple for a finished result.
J	Continuous activity over a recent period.

4. Correct the mistakes

Each sentence has one present perfect continuous mistake. Write the corrected sentence.

1. I have been wait here for ten minutes.

2. She has been work in the centre this week.

3. Have you using the new software?

4. They have not been sleep well recently.

5. He has been lived here since April.

6. We has been trying to call you.

7. It has raining all morning.

8. How long you have been learning English?

5. Complete the mini-dialogues

Use the present perfect continuous form of the verb in brackets.

1. A: Why are your hands dirty?
B: I _____ the bike. (fix)
2. A: How long _____ in this flat? (you / live)
B: For three months.
3. A: You look tired.
B: I _____ well recently. (not / sleep)
4. A: Is the pavement wet?
B: Yes, it _____ all morning. (rain)
5. A: Why is she annoyed?
B: She _____ for the manager since nine. (wait)
6. A: Why do you know so much about the topic?
B: I _____ it all week for my course. (study)
7. A: Are they still at the airport?
B: Yes, they _____ there for hours. (sit)
8. A: Your English sounds better.
B: I _____ every day. (practise)

6. Rewrite using the present perfect continuous

Rewrite each idea as one sentence with the present perfect continuous.

1. I started waiting at 8.00. I am still waiting.

2. She started working here in May. She still works here.

3. It started raining two hours ago. It is still raining.

4. They started learning Italian last year. They are still learning it.

5. He started looking for his keys ten minutes ago. He is still looking.

6. We started staying with friends on Monday and we are still there.

7. I started coughing this morning and I am still coughing.

8. The price started going up in January and it is still rising.

7. Meaning and use task

Match each sentence to the correct meaning or form rule.

No.	Sentence	Ans
1	I have been working in the garden, so my clothes are dirty.	
2	We have been waiting for over an hour.	
3	She has been studying since 6 o'clock.	
4	They have not been answering their emails.	
5	Have you been exercising recently?	
6	The company has been growing quickly.	
7	He has been calling me all morning.	
8	How long have you been living here?	

A-H	Meaning / rule options
A	Negative present perfect continuous.
B	Repeated activity over a recent period.
C	Question about duration.
D	Activity with visible result now.
E	Activity continuing with for + period.
F	Yes/no question about recent activity.
G	Changing situation around now.
H	Activity continuing with since + start time.

8. Speaking practice

1. What have you been doing this week?
2. How long have you been learning English?
3. Have you been watching any good series recently?
4. Have you been exercising more or less than usual?
5. What skills have you been trying to improve?
6. Has anything been changing in your town or city recently?
7. Have you been spending more time online recently?
8. What have you been thinking about for your future plans?

9. Write your own sentences

Write complete sentences using the present perfect continuous.

1. something you have been learning

2. something you have been doing today

3. something that has been changing recently

4. someone you have been helping

5. something you have not been doing recently

6. a question with How long

7. a recent activity with a visible result

8. something people in your area have been doing recently

10. Vocabulary and grammar sentence practice

Write one present perfect continuous sentence for each verb.

Verb	-ing form	Your sentence
practise	practising	_____
improve	improving	_____
wait	waiting	_____
look for	looking for	_____
rain	raining	_____
work	working	_____
save	saving	_____
study	studying	_____

11. Error-checking challenge

Find and correct exactly seven present perfect continuous mistakes in the paragraph.

This month, I have been try to build a better routine. I has been waking up earlier and I have been walk to the beach most mornings. My friend has been helping me too, but he have been working late this week. We have not been eat much junk food, and I have been cooked more at home. It has raining a lot, so we have been staying inside in the evenings.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

12. Useful reminders

Remember	Example
Use have/has been + -ing for activities continuing until now.	I have been working for three hours.
Use for with a length of time.	for ten minutes, for two weeks, for a long time
Use since with the starting point.	since Monday, since 2021, since I moved here
Use it for recent activity when there is evidence now.	Your hair is wet because you have been swimming.
Do not normally use it with state verbs.	I have known her for years. Not: I have been knowing her.

Answer Key

2. Choose the correct form

1. have been waiting
2. has been working
3. have been learning
4. Have you been walking
5. has not been sleeping
6. Have you been using
7. have been playing
8. has been raining

3. Match the sentence to the grammar reason

1. C
2. J
3. D
4. A
5. B
6. H
7. E
8. G

Unused: F, I.

Answer Key continued

4. Correct the mistakes

1. I have been waiting here for ten minutes.
2. She has been working in the centre this week.
3. Have you been using the new software?
4. They have not been sleeping well recently.
5. He has been living here since April.
6. We have been trying to call you.
7. It has been raining all morning.
8. How long have you been learning English?

Teacher note: accept any grammatical correction that preserves the meaning.

5. Complete the mini-dialogues

1. have been fixing
2. have you been living
3. have not been sleeping
4. has been raining
5. has been waiting
6. have been studying
7. have been sitting
8. have been practising

6. Rewrite using the present perfect continuous

1. I have been waiting since 8.00.
 2. She has been working here since May.
 3. It has been raining for two hours.
 4. They have been learning Italian since last year.
 5. He has been looking for his keys for ten minutes.
 6. We have been staying with friends since Monday.
 7. I have been coughing since this morning.
 8. The price has been going up since January.
- Accept contractions and other suitable answers.

Answer Key continued

7. Meaning and use task

1. D
2. E
3. H
4. A
5. F
6. G
7. B
8. C

9. Write your own sentences

Teacher note: accept any grammatical sentence that uses the present perfect continuous and follows the prompt.

10. Vocabulary and grammar sentence practice

practise - practising

improve - improving

wait - waiting

look for - looking for

rain - raining

work - working

save - saving

study - studying

Teacher note: accept any grammatical present perfect continuous sentence.

11. Error-checking challenge

1. have been try -> have been trying
2. I has been waking -> I have been waking
3. have been walk -> have been walking
4. he have been working -> he has been working
5. have not been eat -> have not been eating
6. have been cooked -> have been cooking
7. It has raining -> It has been raining

12. Useful reminders

No answers required.