Present Perfect Continuous — Worksheet

30 exercises · Level B1–B2 · Answer key on the last page Free for classroom use

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Name _____ Class _____ Date _____

Choose the correct option (a–d) for each gap or question. Check yourself with the answer key on the last page.

1. My brother _____ for his exams all week, so he's very tired.
   a) have been studying b) has been study c) has been studying d) has studying
2. We _____ the kitchen since ten o'clock, and we still haven't finished.
   a) has been painting b) have been painting c) have been paint d) have painting
3. Sam _____ in the sea every morning since the start of June.
   a) has been swiming b) have been swimming c) has been swim d) has been swimming
4. Sorry I'm late! _____ you _____ long?
   a) Has … been waiting b) Have … been waiting c) Are … been waiting d) Have … being waiting
5. Anna and Joe _____ to each other since the argument.
   a) hasn't been talking b) haven't been talk c) haven't been talking d) don't been talking
6. How long _____ she _____ the violin? She plays beautifully.
   a) has … been playing b) have … been playing c) has … being playing d) has … been play
7. Tom _____ well lately — he's tired all the time.
   a) haven't been sleeping b) hasn't been sleep c) isn't been sleeping d) hasn't been sleeping
8. It _____ since this morning, and some roads are flooded.
   a) has been raining b) have been raining c) is been raining d) has been rain
9. Our neighbours _____ their roof for the past three weeks, and the noise never stops.
   a) has been fixing b) have been fix c) have been fixing d) have being fixing
10. Your eyes are red. _____ you _____?
    a) Has … been crying b) Have … been crying c) Are … been crying d) Have … been cry
11. I've been learning Japanese _____ three years, but I still find it hard.
    a) for b) since c) during d) ago
12. She's been working on her thesis _____ last September.
    a) for b) since c) during d) ago
13. _____ have you been waiting for the bus?
    a) How long b) How much c) How many d) When
14. I _____ on hold for over an hour, and nobody has answered yet.
    a) am waiting b) wait c) have been wait d) have been waiting
15. We _____ in traffic since half past nine. Will we ever get home?
    a) are sitting b) have been sitting c) sit d) have been sit

16. I'm exhausted. I _____ heavy boxes all day, and I've only just sat down.
a) am carrying b) have been carry c) have been carrying d) has been carrying

17. You're back! Your hands are covered in paint — what _____ you _____?
a) has … been doing b) have … being doing c) did … been doing d) have … been doing

18. The kitchen smells wonderful. Someone _____ bread!
a) has been baking b) have been baking c) has being baking d) bakes

19. We _____ for nearly two hours now. Let's stop for a coffee.
a) are driving b) has been driving c) have been driving d) have been drive

20. Ben has been playing football _____ he was six.
a) for b) from c) during d) since

21. She _____ four cups of coffee since breakfast!
a) has drunk b) has been drinking c) has drank d) have drunk

22. She _____ the same book for weeks, but she still hasn't finished it.
a) has read b) is reading c) has been reading d) have been reading

23. I _____ my essay all afternoon, and I _____ only two pages.
a) have been writing … have written b) have written … have been writing c) have been writing … have been writing d) have written … have written

24. My grandparents _____ each other for over sixty years.
a) have been knowing b) have known c) know d) are knowing

25. I _____ this car since 2016, and it has never broken down.
a) have been having b) have c) am having d) have had

26. Which sentence is correct?
a) She is studying Spanish since 2021.
b) She has been study Spanish since 2021.
c) She has been studying Spanish since 2021.
d) She studies Spanish since 2021.

27. Which question is correct?
a) How long have you known your best friend?
b) How long have you been knowing your best friend?
c) How long are you knowing your best friend?
d) How long do you know your best friend?

28. Which sentence is correct?
a) I've been calling her five times today, but there's no answer.
b) I'm calling her five times today, but there's no answer.
c) I've call her five times today, but there's no answer.
d) I've called her five times today, but there's no answer.

29. Which question is correct?
a) Your shoes are muddy. Have you been walk in the park?
b) Your shoes are muddy. Have you been walking in the park?
c) Your shoes are muddy. Are you been walking in the park?
d) Your shoes are muddy. Has you been walking in the park?

30. Which sentence is correct?
a) She's been talking on the phone since forty minutes.
b) She's talking on the phone for forty minutes already.
c) She's been talking on the phone for forty minutes.
d) She's been talked on the phone for forty minutes.

Answer Key

Present Perfect Continuous · Explanations are shortened — the full interactive version is at gramvoy.com/exercises/present-perfect-continuous/

1. c) has been studying
My brother is he, so has been + the -ing form: has been studying.

2. b) have been painting
The painting started at ten and is still going on, so have been…

3. d) has been swimming
Swim ends in one short vowel + one consonant, so the consonant doubles:…

4. b) Have … been waiting
A question puts have before the subject: Have you been waiting…?

5. c) haven't been talking
Since the argument runs up to now, so the negative haven't been talking.

6. a) has … been playing
How long asks about an activity from its start until now: How long has…

7. d) hasn't been sleeping
Lately covers the recent period up to now, so the negative hasn't been…

8. a) has been raining
The rain started this morning and continues, so has been raining.

9. c) have been fixing
For the past three weeks measures an activity up to now: have been…

10. b) Have … been crying
Red eyes are the sign of a recent activity, so the question Have you…

11. a) for
Three years is a length of time, so for.

12. b) since
Last September is the point when the work started, so since.

13. a) How long
Have been waiting asks about duration up to now, so How long.

14. d) have been waiting
For over an hour measures an activity from the past up to now, so have…

15. b) have been sitting
Since half past nine gives the start of a period that runs up to now,…

16. c) have been carrying
The tiredness now comes from an activity that has just stopped, so have…

17. d) have … been doing
The paint is the sign of a recent activity, so the question have you…

18. a) has been baking
The smell now comes from a recent activity, so has been baking.

19. c) have been driving
For nearly two hours now measures the drive from its start up to now,…

20. d) since
He was six is the starting point of the activity, so since.

21. a) has drunk
Four cups counts finished results, so the present perfect simple has…

22. c) has been reading
The book isn't finished, so the activity is still going on: has been…

23. a) have been writing … have written
All afternoon is about how long the activity has lasted, so have been…

24. b) have known
Know is a state verb, so it doesn't take -ing, even with for: have…

25. d) have had
Have meaning own is a state, so it stays simple: have had since 2016.

26. c) She has been studying Spanish since 2021.
Since 2021 starts a period that runs up to now, so the perfect: has…

27. a) How long have you known your best friend?
Know is a state verb, so How long takes the present perfect simple:…

28. d) I've called her five times today, but there's no answer.
Five times counts finished calls, so the present perfect simple: I've…

29. b) Your shoes are muddy. Have you been walking in the park?
Muddy shoes are the sign of a recent activity: Have you been walking…?

30. c) She's been talking on the phone for forty minutes.
An activity up to now takes has been + -ing, and a length of time takes…