Present Perfect Simple vs Continuous — Worksheet

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

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. Lucy _____ six job applications this week, but nobody has replied yet.
   a) has been sending b) has send c) has sent d) have sent
2. Dad _____ the car for two hours, and it still won't start.
   a) has been fixing b) has fixed c) has been fix d) have been fixing
3. This is the most beautiful beach I _____ ever _____.
   a) have … been seeing b) have … saw c) has … seen d) have … seen
4. How many kilometres _____ you _____ in total? You must be really fit.
   a) have … been running b) have … ran c) have … run d) has … run
5. I _____ a single page of my essay yet — I keep getting distracted.
   a) haven't been writing b) haven't wrote c) hasn't written d) haven't written
6. How long _____ they _____ that new bridge? It still isn't finished.
   a) have … built b) has … been building c) have … been building d) have … building
7. My parents _____ this house since before I was born.
   a) have owned b) have been owning c) own d) are owning
8. My grandmother _____ a scarf for me since October, and it's nearly finished.
   a) has knitted b) is knitting c) has been knitting d) have been knitting
9. I _____ already _____ the tickets, so we can go straight in.
   a) have … been buying b) have … buyed c) has … bought d) have … bought
10. Your face is so red! _____ you _____ in the sun all day?
    a) Has … been sitting b) Have … been sitting c) Have … been sit d) Are … been sitting
11. I _____ to call Tom four times since lunch, but his phone is off.
    a) have tried b) have been trying c) am trying d) have try
12. I've been tidying the garage _____, and it still looks terrible.
    a) three times b) all afternoon c) yesterday d) since two hours
13. Your voice sounds really hoarse. _____ you _____ at the match?
    a) Has … been shouting b) Have … been shout c) Have … being shouting d) Have … been shouting
14. How long _____ you and Sara _____ each other?
    a) have … been knowing b) have … known c) do … know d) are … knowing
15. My sister _____ ill since the weekend, so she's staying at home.
    a) has been being b) is c) is being d) has been

16. Hurry up! The taxi _____ outside for ten minutes already.

a) is waiting b) waits c) has been waiting d) has been wait

17. How much of the film _____ you _____? Can I still join you?

a) have … watched b) have … been watching c) has … watched d) have … watch

18. How long _____ you _____ this puzzle? You've only done the edges!

a) have … done b) has … been doing c) have … doing d) have … been doing

19. I _____ never _____ a whole day without my phone, so this camping trip will be hard.

a) have … spent b) have … been spending c) have … spend d) has … spent

20. My aunt _____ ten kilos since January, and she feels great.

a) has been losing b) have lost c) has lost d) has losed

21. We _____ the house all day, and we _____ four rooms so far.

a) have painted … have been painting b) have been painting … have painted c) have been painting … have been painting d) have painted … have painted

22. Tom _____ his phone for two years, and he _____ it three times.

a) has had … has dropped b) has been having … has dropped c) has had … has been dropping d) has been having … has been dropping

23. I _____ this novel for a week, but I'm only halfway through.

a) have read b) have been reading c) has been reading d) have reading

24. I _____ tennis for three hours yesterday, and now my arm hurts.

a) played b) have been playing c) have played d) am playing

25. Please be quiet — the baby _____. She _____ since two o'clock.

a) has been sleeping … is sleeping b) is sleeping … has been sleeping c) is sleeping … is sleeping d) sleeps … has been sleeping

26. Which sentence is correct?

a) She's been taking over two hundred photos today.
b) She's taken over two hundred photos today.
c) She's took over two hundred photos today.
d) She have taken over two hundred photos today.

27. Which sentence is correct?

a) This ring is belonging to our family for generations.
b) This ring has been belonging to our family for generations.
c) This ring belongs to our family for generations.
d) This ring has belonged to our family for generations.

28. Which question is correct?

a) Your hands are freezing! Have you been waiting outside?
b) Your hands are freezing! Has you been waiting outside?
c) Your hands are freezing! Have you being waiting outside?
d) Your hands are freezing! Are you been waiting outside?

29. Which question is correct?

a) How long have you been having this car?
b) How long you have had this car?
c) How long have you had this car?
d) How long have you have this car?

30. Which sentence is correct?

a) I've written emails all morning, and I've been sending twenty.
b) I've been writing emails all morning, and I've sent twenty.
c) I've been writing emails all morning, and I've been sending twenty.
d) I've been write emails all morning, and I've sent twenty.

Answer Key

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

1. c) has sent
Six job applications counts finished results, so the simple: has sent.

2. a) has been fixing
The car still won't start, so the job isn't finished: the continuous…

3. d) have … seen
The most beautiful … ever is about experience up to now, and experience…

4. c) have … run
How many … in total asks about a finished amount, so the simple: have…

5. d) haven't written
A single page … yet is about the result — how much is done so far — so…

6. c) have … been building
The bridge still isn't finished, and How long asks about an activity up…

7. a) have owned
Own is a state verb, so it takes the simple even with since: have owned.

8. c) has been knitting
Nearly finished shows the scarf isn't done yet, so the activity is…

9. d) have … bought
The job is done and the result matters now — we can go straight in — so…

10. b) Have … been sitting
A red face now is the sign of a recent activity, so the continuous…

11. a) have tried
Four times counts finished attempts, so the simple have tried, even…

12. b) all afternoon
Have been tidying looks at how long the activity has lasted, so it…

13. d) Have … been shouting
A hoarse voice now is the sign of a recent activity, so the continuous:…

14. b) have … known
Know is a state verb, so How long takes the simple here: have you ……

15. d) has been
Be ill is a state, so the present perfect simple has been, with been as…

16. c) has been waiting
The waiting started ten minutes ago and is still going on, so has been…

17. a) have … watched
How much of the film asks about the part that is finished, so the…

18. d) have … been doing
The puzzle isn't finished — only the edges are done — and How long asks…

19. a) have … spent
Never is about experience in your life up to now, so the simple: have…

20. c) has lost
Ten kilos is a finished result, so the simple has lost, even with since…

21. b) have been painting … have painted
All day is about how long, and the house isn't finished: have been…

22. a) has had … has dropped
Have meaning own is a state, so it stays simple with for two years: has…

23. b) have been reading
Only halfway through shows the book isn't finished, so the continuous…

24. a) played
Yesterday is a finished time, so the past simple played, even though…

25. b) is sleeping … has been sleeping
Please be quiet is about this moment, so the present continuous is…

26. b) She's taken over two hundred photos today.
Over two hundred photos counts finished results, so the simple: She's…

27. d) This ring has belonged to our family for generations.
Belong is a state verb, so it stays simple even with for generations:…

28. a) Your hands are freezing! Have you been waiting outside?
Freezing hands now are the sign of a recent activity, so the continuous…

29. c) How long have you had this car?
Have meaning own is a state verb, so How long takes the simple: have…

30. b) I've been writing emails all morning, and I've sent twenty.
All morning is about how long, so I've been writing; twenty counts…