**Present perfect simple and present perfect continuous**

**Grammar explanation**

We use both the **present perfect simple** (*have* or *has* + past participle) and the **present perfect continuous** (*have* or *has* + *been* + *-ing* form) to talk about past actions or states which are still connected to the present.

**Focusing on result or activity**

**The present perfect simple** usually focuses **on the result** of the activity in some way, and **the present perfect continuous** usually focuses **on the activity itself** in some way.

| Present perfect simple | Present perfect continuous |
| --- | --- |
| **Focuses on the result** | **Focuses on the activity** |
| *You've cleaned the bathroom! It looks lovely!* | *I've been gardening. It's so nice out there.* |
| **Says 'how many'** | **Says 'how long'** |
| *She's read ten books this summer.* | *She's been reading that book all day.* |
| **Describes a completed action** | **Describes an activity which may continue** |
| *I've written you an email.* | *I've been writing emails.* |
|  | **When we can see evidence of recent activity** |
|  | *The grass looks wet. Has it been raining?* *I know, I'm really red. I've been running!* |

**Ongoing states and actions**

We often use ***for*, *since* and *how long*** with the present perfect simple to talk about ongoing states.

*How long have you known each other?  
We've known each other since we were at school.*

We often use ***for*, *since* and *how long*** with the present perfect continuous to talk about ongoing single or repeated actions.

*How long have they been playing tennis?  
They've been playing tennis for an hour.  
They've been playing tennis every Sunday for years.*

**Present perfect simple form**

**I, You, they, we + have + past participle (3.stĺpec)**

**He, she, it + has + past participle**

**I have written 3 books. Pýtame sa koľko kníh som napísal? ( How many?)**

**Present perfect continuous form**

**I, You, they, we + have been + ing form**

**He, she, it + has been+ ing form**

**I have been writing these books for a year. Pýtame sa ako dlho? (How long?)**

**Najčastejšie používame slová: for, since, how long**

**Negative: have not been/ has not been**

**Haven´t been / hasn´t been**

**Najčastejšie používame slová: so far, already, yet**