

GRAMMAR

The present perfect continuous

LEVEL

Upper-Intermediate
(B2)

NUMBER

EN_B2_1022G

LANGUAGE

English

Learning outcomes

- I can distinguish between the present perfect simple and present perfect continuous.
- I can accurately use the present perfect continuous in a range of different sentences.



Warm-up

Write the **past participles** of these 9 verbs as quickly as you can. **3, 2, 1... go!**

forget

become

drink

bring

choose

give

put

take

spend



Review: present perfect simple

Review how to form the present perfect simple.

Affirmative	Negative	Interrogative
Subject + have + past participle e.g. <i>I have been to France.</i>	Subject + haven't + past participle e.g. <i>I haven't been to France.</i>	Have + subject + past participle...? e.g. <i>Have I been to France?</i>
Subject + has + past participle e.g. <i>He has been to France.</i>	Subject + hasn't + past participle e.g. <i>He hasn't been to France.</i>	Has + subject + past participle...? e.g. <i>Has he been to France?</i>

Review: present perfect simple

- We use the **present perfect simple** to connect **the past** with **the present**.
- It does **not** tell us **exactly** when an action or event happened in the past.
- It emphasises the **result** of an action.
- It is often used with ***already, ever, just, never*** or ***yet***.

Example

***I've broken** my leg!*

Meaning

I had an accident and now my leg is broken.

***He's** never **lived** in France.*

He hasn't lived in France at any point in time up to now. He is still alive.



Fill in the blanks

Put the verbs in the **present perfect simple**.

1. I (not / work) _____ today.
2. We (buy) _____ a new settee.
3. They (not / plan) _____ their summer holiday yet.
4. Where (you / be) _____?
5. He (write) _____ twenty letters to the president.
6. My class (not / start) _____ yet.
7. (speak / she) _____ to her assistant?
8. I (not / have) _____ the time to finish my project.





Review: the present perfect continuous

Review how to form the present perfect continuous.

Affirmative	Negative	Interrogative
Subject + have + been + -ing form of verb e.g. <i>I have been cooking all day.</i>	Subject + haven't + been + -ing form of verb e.g. <i>I haven't been cooking all day.</i>	Have + subject + been + -ing form of verb? e.g. <i>Have I been cooking all day?</i>
Subject + has + been + -ing form of verb e.g. <i>He has been cooking all day.</i>	Subject + hasn't + been + -ing form of verb e.g. <i>He hasn't been cooking all day.</i>	Has + subject + been + -ing form of verb? e.g. <i>Has he been cooking all day?</i>

Fill in the blanks

Put the verbs in the **present perfect continuous**.

1. I _____ (revise) my cover letter for the new job application.
2. It _____ (snow) for the last week. I'm tired of being cold.
3. Long time no see! What _____ you _____ (do) lately?
4. She _____ (wait) for you all day at the airport. Just let her get some rest.
5. We _____ (work) on this project since last night.
6. They _____ (speak) on the phone a lot lately.



Uses of the present perfect continuous

- The **present perfect continuous** tells us **how long** something has been happening.
- It emphasises the **activity** over that **period of time**.
- It suggests the activity is likely to **continue** into the future.

Example

*I've **been learning** English
for over 10 years.*

Meaning

I started learning English and
I'm still studying the language.

*He's **been coming** to this bar
since he was 18 years old.*

He first came to the bar when he was 18, he
still comes and is likely to continue to do so.

More uses of the present perfect continuous

- Certain verbs in the **present perfect continuous** suggest a **repeated activity**.
- Other verbs suggest an **incomplete** action in the present perfect continuous.
- In the present perfect simple, these same verbs suggest a **completed action**.

Present perfect continuous

*I've **been losing** my keys a lot!*
(= I've lost them a few times, not just once)

*I've **been putting on** weight.*
(= incomplete).

Present perfect simple

*I've **lost** my keys!*
(= emphasis only on result)

*I've **put on** weight.*
(= complete)



Discuss

In **breakout rooms** or **together as a class**.

What has been going on in the news in your country?



What have you been doing in your free time?



More on the present perfect continuous

- We often use the **present perfect continuous** with ***lately*** and ***recently***.
- They suggest a **new** or **temporary habit**.

Examples

*He **has been eating** very healthily **recently**.*

***Lately**, I've **been logging on** before 8 a.m.*



Stative verbs

- Remember we **don't** normally use continuous forms with **stative verbs**.
- With these verbs, we use the **present perfect simple** instead.

Types of verbs	Examples
Abstract	<i>be, want, need, exist</i>
Possession	<i>own, belong, have, possess</i>
Emotion	<i>like, love, hate, fear</i>
Others	<i>know, understand</i>





Correct the mistakes

1 I have been knowing Jim since we were five.



I've **known** Jim since we were five.

2 Have you been understanding me?



3 He has been loving you since day one.



4 I've been having a new car for two years.



5 He's been being a real idiot lately.



6 The house has been belonging to that family for generations.





Read this interview

Who is Gareth Jones and **what** has he been doing?

So, Gareth. If I've understood you correctly, you've decided to travel the globe on foot and share it on social media.



That's right! I've been walking for 2 months and it's been great. Over 200,000 people online have been following me, too.

Wow! So what made you want to travel this way?



Well, I've always loved walking and wanted to find a way to travel more slowly. It's been an amazing experience so far, I've...



Continue the interview

1. **Write** the rest of the interview with Gareth Jones. **Use** the box to help you.
2. **Share** your interview with the rest of the group.

- How have others been helping him?
 - Where has he been sleeping?
- What has he been thinking about?
- What have people been saying on social media about him?





End of the lesson

Idiom

to walk a mile in someone's shoes

Meaning: to spend time considering another person's perspective before judging them.

Example: Try **walking a mile in my shoes** before assuming I know nothing!



Additional practice



Choose the correct column

Present perfect
simple

Present perfect
continuous

Have you been
sleeping?

He's seen

I've paid

Have you
eaten?

We've been
taking...

I've been
playing

What's
happened?

What's been
happening?

He's been
travelling

You've left





Fill in the gaps

Use the **present perfect simple** or **present perfect continuous** of the verb in parentheses.

- 1 How long _____ you _____ (*be*) an artist?
- 2 I _____ (*paint*) since I was 5 years old.
- 3 Which artists _____ (*have*) the biggest influence on your work?
- 4 I would say both Monet and Picasso _____ (*shape*) me most as an artist.
- 5 Lately, I _____ (*take*) more inspiration from avant-garde art, though.



Discuss

**Who's a famous person
you've always found
inspiring?**



**Have they been doing
anything interesting
recently?**





Answer key

- P. 3:** 1. forgotten, 2. become, 3. drunk, 4. brought, 5. chosen, 6. given, 7. put, 8. taken, 9. spent
- P. 6:** 1. haven't worked, 2. have bought, 3. have not planned, 4. have you been
5. has written, 6. hasn't started, 7. has she spoken, 8. haven't had
- P. 8:** 1. have been revising, 2. has been snowing, 3. have (you) been doing
4. has been waiting, 5. have been working, 6. have been speaking
- P. 14:** 2. have you understood, 3. he has loved you, 4. I've had, 5. he's been,
6. the house has belonged
- P. 20:** **Simple:** he's seen, I've paid, have you eaten, what's happened, you've left
Continuous: have you been sleeping?, we've been talking, I've been playing,
What's been happening? He's been travelling



Answer key

P.21:

1. How long **have** you **been** an artist?
2. I've **been painting** since I was around 5 years old.
3. Which artists **have had** the biggest influence on you?
4. I would say both Money and Picasso **have shaped** me most as an artist.
5. Lately, I've **been taking** a lot inspiration from more avant-garde art, too.



Summary

Reviewing the present perfect simple

- We use the **present perfect simple** to connect the **past** with the **present**. It doesn't tell us when an action or event happened in the past. It is often used with ***already, ever, just, never*** or ***yet***.
- It emphasises the **result** of an action.
- *Have you ever been to France?; I have just finished breakfast.; They haven't seen it yet.*

The present perfect continuous

- The **present perfect continuous** tells us **how long** something has been happening.
- It emphasises the activity over that **period of time**. It suggests the activity is likely to **continue into the future**. Structure: **Subject + *have + been + -ing form* of the verb**.
- *I **have been learning** English for five years.; He **has been coming** to this bar since he was 18 years old.*

Comparing present perfect continuous with present perfect simple

- Certain verbs in the present perfect continuous suggest a **repeated** activity. Other verbs suggest an **incomplete** action. In the present perfect simple, the same verbs suggest a **completed action**.
- *I've been losing my keys a lot. vs. I have lost my keys*

Lately and recently

- We often use the present perfect continuous with ***lately*** and ***recently***.
- They suggest a **new** or **temporary** habit. e.g. *I have been eating healthily recently.*



Vocabulary

settee

to revise

Long time no see!

to put on weight

to go on



Notes

