

Relationships

Simple Present Perfect Vs Present Perfect Progressive

Present Perfect Simple Have/ has + past participle	Present Perfect Progressive Have/has + been + verb + ing
A finished action that happened some time in the past. You don't exactly know/ say when it happened. She has run several marathons. Have you ever swum in the ocean?	 She has been running all morning. (have not / has not)
An unfinished state that started in the past and continues now. I have known Tim for ages. She's been here since yesterday. How long have you had that car?	An (repeated-unfinished) action that started in the past and continues now. It has been raining all day. I've been learning English since 2008. Have you been waiting long?
<p style="text-align: center;">For and since</p> <p>For + a period of time = for a few years / for three months / for ages</p> <p>Since + a point in time = since Sunday / since I graduated / since 2005</p> <p>He's been to the gym = he went and came back He's gone to the gym = he went and is at the gym now.</p>	

1) Put the verbs in parenthesis into the present perfect progressive.

Carol is single, but she (1) **'s been looking** for a boyfriend. She (2) _____ (go) to online dating sites and she (3) _____ (write) to one guy for a few months. She (4) _____ (dream) of finding the ideal guy and she (5) _____ (hope) she'll find him soon. Her friends (6) _____ (tell) her to be more realistic. They (7) _____ (try) to stop her from being so romantic, but she (8) _____ (not listen).

2) Choose the present perfect simple or present perfect continuous for each gap below.

I _____ the book you lent me and it's great. I'll give it back to you when I finish it.

- a) 've read b) was read c) 've been reading

Bruce _____ tennis since he was a child. He _____ many trophies.

- a) has been playing / has won b) is playing / has won c) has played / has been winning

You _____ too much time playing that stupid game!

- a) 've spent b) 've spending c) 've been spending

You _____ tennis since 10 o'clock. How many sets _____ ?

- a) have played / have you been playing
b) have been playing / have you played
c) are playing / have you played

He _____ since he was a little boy. **Choose TWO correct options**

- a) is fishing b) has fished c) has been fishing

He _____ to me since we met last summer. He _____ over 100 emails.

- a) 's been writing / 's sent b) 's written / 's been sending c) is writing / 's sent



_____ any fish today?

- a) Have you caught b) Have you been catching c) Have you catching

A: He _____ hundreds of job applications, but he's got no answers yet. B: How long _____ for a job?

- a)'s been sending / has he been looking
b)'s sent / has he looked
c)'s sent / has he been looking

Now that I _____ tidying the house, I'm going to clean it.

- a) have finished b) have been finishing c) am finishing

We _____ this TV for ages. I think it's time to buy a new one.

- a) have b) 've had c) 've been having

3) Make questions using the simple or progressive form of the present perfect.

- a. Ever / cry / at the movies? **Have you ever cried at the movies?** _____.
- b. How many times / travel / by plane? _____.
- c. Ever / read / the same book twice? _____.
- d. How long / have / your watch? _____.
- e. How many times / go / to the USA? _____.
- f. How long / go / to the same dentist? _____.
- g. Ever / own / a pet? _____.

4) Put the verbs in parenthesis into the simple or progressive form of the present perfect. Then answer the questions.

- a. How long **have you been sitting** _____ (you sit) in the same chair?
- b. How long _____ (you know) your best friend?
- c. How long _____ (you learn) English?
- d. How long _____ (you have) your smartphone?
- e. How long _____ (you be) with your boyfriend/girlfriend?
- f. How long _____ (you like) your favorite singer or band?
- g. How long _____ (you wear) the shoes that you have on?
- h. How long _____ (you do) this exercise?

5) Work in pairs and take turns to ask and answer the questions from the previous exercises (2-3).

- 6) **Take the quiz at** <https://test-english.com/grammar-points/b1/present-perfect-simple-present-perfect-continuous/3/>

