



# Worksheet: Past Perfect vs. Past Perfect Continuous Tense

Name \_\_\_\_\_ Date \_\_\_\_\_

## Section 1: Review of Tenses

### The Past Perfect Tense

The past perfect tense describes an action that happened before another action in the past. We form it with **had + past participle**.

- Example: She **had finished** her homework before she went to the park.

### The Past Perfect Continuous Tense

The past perfect continuous tense describes an ongoing action in the past that was in progress up until another moment or action in the past. We form it with **had been + verb-ing**.

- Example: He **had been waiting** for an hour when the bus finally arrived.

---

## Section 2: Choose the Correct Tense

Instructions: Read each sentence carefully and choose the correct tense (past perfect or past perfect continuous) to complete the sentence.

1. Before they went to the cinema, they (had eaten / had been eating) dinner.
2. I was tired because I (had run / had been running) all morning.
3. She was excited because she (had seen / had been seeing) her favorite band before.
4. The ground was wet because it (had rained / had been raining) all night.
5. He was late for the meeting because he (had lost / had been losing) his car keys.
6. By the time we arrived, the movie (had started / had been starting).
7. The streets were quiet because everyone (had gone / had been going) home.
8. I finally understood the instructions because the teacher (had explained / had been explaining) them twice.
9. He was out of breath because he (had chased / had been chasing) the dog.
10. The company was successful because they (had worked / had been working) together for years.
11. By the time I turned on the TV, the show (had ended / had been ending).
12. She was happy because she (had found / had been finding) her lost wallet.
13. He (had studied / had been studying) for three hours when his friend called.
14. They (had built / had been building) the house for six months before they finished it.

15. I couldn't believe it because I (had never flown / had never been flying) in a plane before.
  16. The students were ready because they (had prepared / had been preparing) for the test all week.
  17. I knew the answer because I (had read / had been reading) the book.
  18. The garden looked beautiful because she (had planted / had been planting) new flowers.
  19. We were hungry because we (hadn't eaten / hadn't been eating) all day.
  20. He was soaked because he (had been walking / had walked) in the rain for an hour.
  21. My hands were dirty because I (had repaired / had been repairing) the car.
  22. She (had lived / had been living) in London for five years when she met him.
  23. The concert was amazing; I (had never heard / had never been hearing) such a voice before.
  24. He was an expert because he (had practiced / had been practicing) the violin since childhood.
  25. We were tired because we (had hiked / had been hiking) all morning.
-

## **Answer Key**

1. had eaten
2. had been running
3. had seen
4. had been raining
5. had lost
6. had started
7. had gone
8. had explained
9. had been chasing
10. had been working
11. had ended
12. had found
13. had been studying
14. had been building
15. had never flown
16. had been preparing
17. had read
18. had planted
19. hadn't eaten
20. had been walking
21. had been repairing
22. had been living
23. had never heard
24. had been practicing
25. had been hiking