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Worksheet: Present Perfect vs. Present Perfect Continuous

Name _____ Date _____

This worksheet will help you practice and distinguish between the present perfect and present perfect continuous tenses. Read the explanations and examples below, then complete the exercises.

1. The Present Perfect Tense

The present perfect tense is used to talk about actions that happened at an unspecified time in the past or actions that started in the past and continue into the present. The structure is has/have + past participle (V3).

Key Uses:

- Experience: Have you ever traveled to Japan?
- Change over time: The city has grown so much since I was a child.
- Unfinished time period: I haven't seen my friends this week.
- Completed actions with a result in the present: I have lost my keys, so I can't open the door now.

Signal Words: *ever, never, for, since, already, yet, just, lately, recently.*

2. The Present Perfect Continuous Tense

The present perfect continuous tense is used to talk about actions that started in the past and are still continuing now, or have just stopped, with a visible result. The structure is has/have + been + verb-ing (V-ing).

Key Uses:

- Duration of an action: We have been studying for three hours. (The action is still in progress).
- Temporary habits or situations: She has been working a lot lately.
- Recently finished action with a result: His eyes are red because he has been crying.

Signal Words: *for, since, all day, all week, recently, lately.*

3. The Difference

The present perfect focuses on the result or completion of an action, while the present perfect continuous focuses on the duration or process of an action.

- Present Perfect: I have read the book. (I finished it).
- Present Perfect Continuous: I have been reading the book. (I'm still in the process of reading it).

Part A: Choose the Correct Tense

Instructions: Circle or highlight the correct form of the verb in each sentence.

1. I have lived / have been living here for five years.
2. She has already finished / has already been finishing her homework.
3. How long have you been waiting / have you waited for me?
4. He's tired because he has run / has been running for an hour.
5. They have seen / have been seeing this movie twice already.
6. The children have played / have been playing video games all morning.
7. We have never visited / have never been visiting Australia.
8. I have worked / have been working on this project since 9 a.m.
9. He has broken / has been breaking his arm, so he can't play tennis.
10. How many books have you read / have you been reading this year?

Part B: Fill in the Blanks

Instructions: Complete the sentences using either the present perfect or present perfect continuous form of the verb in parentheses.

1. He is out of breath because he _____ (run).
2. I _____ (not eat) any chocolate since last month.
3. They _____ (build) that new house for over a year.
4. How many times _____ you _____ (be) to Paris?
5. She _____ (work) at this company for ten years.
6. I _____ (just, finish) my report.
7. We _____ (study) English since 2020.
8. He _____ (lose) his wallet.
9. You _____ (be) on your phone all morning!
10. I _____ (drink) three cups of coffee so far today.

Part C: Create Sentences

Instructions: Use the given words to create a complete sentence using either the present perfect or present perfect continuous tense.

1. (he / teach / for / five years)
 2. (I / not / see / you / lately)
 3. (she / write / a novel / since last year)
 4. (they / buy / a new car)
 5. (we / wait / for the bus / for thirty minutes)
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Answer Key

Part A: Choose the Correct Tense

1. have been living
2. has already finished
3. have you been waiting
4. has been running
5. have seen
6. have been playing
7. have never visited
8. have been working
9. has broken
10. have you read

Part B: Fill in the Blanks

1. has been running
2. haven't eaten
3. have been building
4. have been
5. has worked / has been working (Both are often acceptable, with "has worked" emphasizing the tenure and "has been working" the ongoing nature)
6. have just finished
7. have been studying
8. has lost
9. have been
10. have drunk

Part C: Create Sentences

1. He has been teaching for five years.
2. I haven't seen you lately.
3. She has been writing a novel since last year.
4. They have bought a new car.
5. We have been waiting for the bus for thirty minutes.