



Past Perfect Simple vs Past Perfect Continuous – Practice Exercises

Exercise 1 – Choose the correct form

Choose the correct tense: past perfect simple or past perfect continuous.

1. She was exhausted because she _____ (work) all day.
2. By the time we arrived, the film _____ (already / start).
3. He _____ (try) to fix the computer for hours before he gave up.
4. They _____ (finish) dinner before the guests arrived.
5. I was angry because I _____ (wait) for over an hour.
6. She _____ (never / see) snow before she moved to Canada.
7. He was out of breath because he _____ (run).
8. By the time the teacher entered the classroom, the students _____ (stop) talking.
9. She _____ (write) three emails before lunchtime.
10. They were tired because they _____ (travel) all night.

Exercise 2 – Put the verbs in brackets into the correct tense

Use past perfect simple or past perfect continuous.

1. When we arrived at the station, the train _____ (leave).
2. She felt confident because she _____ (prepare) very well.
3. He _____ (look) for his keys for 20 minutes before he found them.
4. The ground was wet because it _____ (rain).
5. They _____ (already / complete) the project before the deadline.
6. I was annoyed because I _____ (clean) the kitchen and nobody helped me.
7. She _____ (live) in London for five years before she moved to Paris.
8. He was proud because he _____ (pass) the exam.

Exercise 3 – Choose the best option (A or B)

1. He was tired because:

A) he had worked all day.

B) he had been working all day.

2. She was happy because she:



A) had finished the report.

B) had been finishing the report.

3. The room smelled of paint because they:

A) had painted it.

B) had been painting it.

4. He knew the city well because he:

A) had lived there for years.

B) had been living there for years.

5. She had red eyes because she:

A) had cried.

B) had been crying.

Exercise 4 – Correct the mistakes

Each sentence contains a mistake. Find it and correct it.

1. She had been known him for years.
2. By the time we arrived, they had been finished the meeting.
3. He was tired because he had worked since 5 a.m.
4. She had been written five emails before lunch.
5. They had waited for two hours when the bus finally arrived.



Answer Key

Exercise 1

1. had been working
2. had already started
3. had been trying
4. had finished
5. had been waiting
6. had never seen
7. had been running
8. had stopped
9. had written
10. had been travelling

Exercise 2

1. had left
2. had prepared
3. had been looking
4. had been raining
5. had already completed
6. had been cleaning
7. had lived
8. had passed

Exercise 3

1. B
2. A
3. B
4. A
5. B

Exercise 4

☐ She had been known him for years.

☒ She had known him for years.



✗ they had been finished the meeting

✓ they had finished the meeting

✗ because he had worked since 5 a.m.

✓ because he had been working since 5 a.m.

✗ She had been written five emails

✓ She had written five emails

✗ They had waited for two hours when the bus arrived.

✓ They had been waiting for two hours when the bus arrived.