



Present Perfect vs Present Perfect Continuous –Practice Worksheet (B2–C1)

Exercise 1: Choose the Correct Form

1. I _____ (work) all day, so I'm exhausted.
2. She _____ (finish) her homework, so she can relax.
3. They _____ (live) here for ten years.
4. We _____ (wait) for over an hour.
5. He _____ (write) three emails this morning.
6. It _____ (rain), and the ground is still wet.
7. I _____ (read) that book you recommended.
8. She _____ (study) since 8 a.m.
9. How long _____ you _____ (know) her?
10. My eyes are tired because I _____ (look) at the screen all day.

Exercise 2: Identify the Reason

Write PP (Present Perfect) or PPC (Present Perfect Continuous) and explain why.

1. I have painted the kitchen. _____
2. I have been painting the kitchen. _____

3. She has broken her leg. _____
4. She has been running. _____
5. They have travelled to Italy three times. _____
6. They have been travelling all summer. _____

Exercise 3: Correct the Mistakes

1. I have been knowing him for years.
2. She has worked here since three hours.
3. We have been finish the project.
4. He has been reading three books this week.
5. They have waited for two hours and they are still waiting.

Exercise 4: Complete the Sentences

1. I'm tired because I _____.
2. She's happy because she _____.
3. We've already _____.
4. They've been _____.
5. He has never _____.
6. How long have you _____?

Exercise 5: Multiple Choice

1. I (have cleaned / have been cleaning) the house, and now it looks great.
2. She (has written / has been writing) five reports today.
3. We (have waited / have been waiting) for 30 minutes and they still haven't arrived.
4. He (has played / has been playing) the piano since he was a child.
5. They (have built / have been building) a new bridge this year.

Exercise 6: Time Expressions

Choose the correct tense using the time expressions.

1. She _____ (work) here since 2015.
2. I _____ (try) to call you all morning.
3. We _____ (visit) Paris twice.
4. He _____ (exercise) for two hours.
5. They _____ (complete) the task already.

Exercise 7: Writing Task

Write a short paragraph (8–10 sentences) about your recent activities.

Use at least:

- 3 examples of Present Perfect
- 3 examples of Present Perfect Continuous

ANSWER KEY

Exercise 1 Answers

1. have been working
2. has finished
3. have lived / have been living (both possible depending on emphasis)
4. have been waiting
5. has written
6. has been raining
7. have read
8. has been studying
9. have you known
10. have been looking

Exercise 5 Answers

1. have cleaned
2. has written
3. have been waiting
4. has played
5. have been building (focus on process)