

1 Tick (✓) the correct boxes.

- Splodge started running ...
a short time ago.
a long time ago.
- Look at the picture.
Is Splodge still running?
Yes No



GRAMMAR

A

You can use the present perfect continuous to say that you started doing something in the past and you're still doing it now. Look:

*It's ten o'clock. He's **been running** round the garden since five o'clock.*

= He started running at five, it's ten now and he's still running.

*I've **been writing** letters for half an hour.*

= I started writing letters half an hour ago and I'm still writing them now.

2 Read what Splodge has been doing. **Underline the verbs that are in the present perfect continuous.**

Splodge has been lifting weights for a week. He's been running and he's been jumping since the beginning of last week. He's been practising throwing the javelin for over an hour. He's been standing on his head and he's been swimming.

B

Use **for** with the present perfect continuous to talk about *a length of time*, e.g. **five years, two months, a week, three days, an hour**.

He's been running for a month.

= One month is the length of time he's been running, and he's still running.

Use **since** with the present perfect continuous to say *when something started*, e.g. **1999, last year, last month, September, Monday, ten o'clock**.

He's been swimming since ten o'clock.

= He started swimming at ten o'clock, and he's still swimming.

3 Answer the questions.

- Splodge has been running for an hour.

How long has he been running?

An hour.

- 1 Tumble has been watching Splodge for ten minutes.

How long has he been watching him?

.....

- 2 He's been throwing the javelin since yesterday evening.

When did he start throwing the javelin?

.....

**C**

You can also use the present perfect continuous to say that you started doing something in the past and you've just stopped. Look:

Why does Splodge look so tired? Because he's been running.

= He looks tired because he's just stopped running.

Why are you wet? Because I've been swimming.

= I was swimming a short time ago but now I've stopped.

4 Match the questions and answers.

- Why are you smiling?

I've been lying in the sun.

- 1 Why are you tired?

I've been standing in the snow.

- 2 Why are you hot?

I've been watching a funny film.

- 3 Why are you cold?

I've been swimming.

- 4 Why are you wet?

I've been working hard.

D

This is how you make the present perfect continuous:

Positive or negative of **have** or **has** + **been** + base verb + **ing**

Positive +

I've been working
 you've been working
 he's been working
 she's been working
 it's been working
 we've been working
 you've been working
 they've been working

Negative –

I haven't been working
 you haven't been working
 he hasn't been working
 she hasn't been working
 it hasn't been working
 we haven't been working
 you haven't been working
 they haven't been working

5 Fill in the gaps with the correct form of the verbs.

- He *hasn't been running* (not / run) all day, has he?
 1 We (swim).
 2 She (read) all morning.
 3 I (not / watch) television.
 4 You (eat) sweets, haven't you?

E

Question

Short answer

Have I been working?	Yes, I have .	OR	No, I haven't .
Have you been working?	Yes, you have .	OR	No, you haven't .
Has he been working?	Yes, he has .	OR	No, he hasn't .
Has she been working?	Yes, she has .	OR	No, she hasn't .
Has it been working?	Yes, it has .	OR	No, it hasn't .
Have we been working?	Yes, we have .	OR	No, we haven't .
Have you been working?	Yes, you have .	OR	No, you haven't .
Have they been working?	Yes, they have .	OR	No, they haven't .

6 Fill in the gaps.

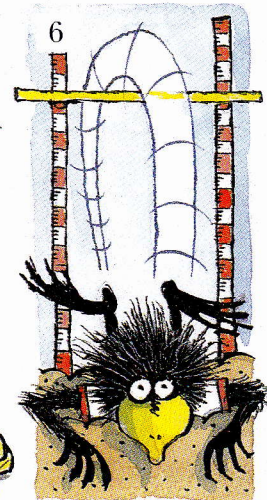
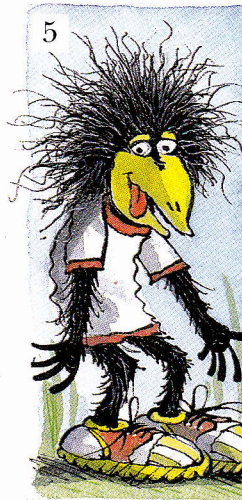
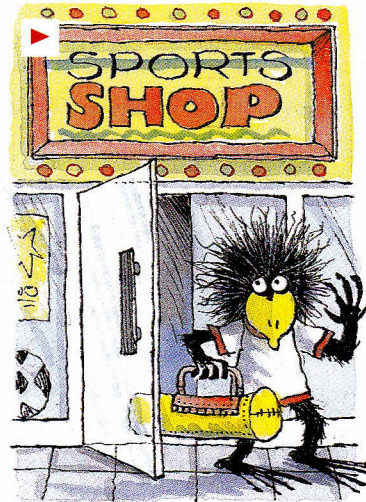
- *Have* you *been doing* (do) your exercises?
 1 he (run)?
 2 they (dance)?
 3 she (swim)?
 4 you (practise)?



PRACTICE

7 Splodge started training for the Olympic Games two months ago. Read all the things he's been doing since then. Make sentences. Use the present perfect continuous with **for** or **since**.

- ▶ two months ago → started jogging
He *'s been jogging for* ... two months.
- 1 a month ago → started lifting weights
He weights
a month.
- 2 last Saturday → started drinking milk
He milk last Saturday.
- 3 two weeks ago → started practising the high jump
He the high jump
two weeks.
- 4 ten o'clock today → started throwing the discus
He the discus
ten o'clock.
- 5 three hours ago → swimming in Wibble pool
He in Wibble pool
three hours.



8 Look at the pictures. What do you think Splodge has been doing? Write whole sentences in the present perfect continuous. Use the words below if you need help.

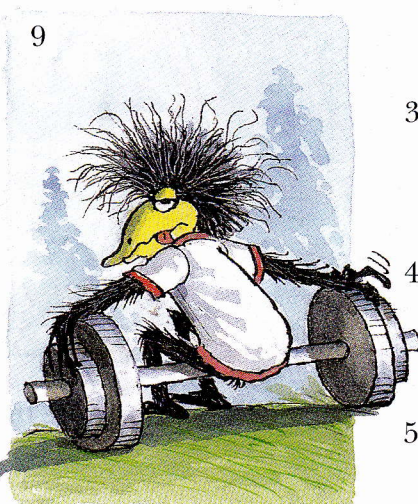
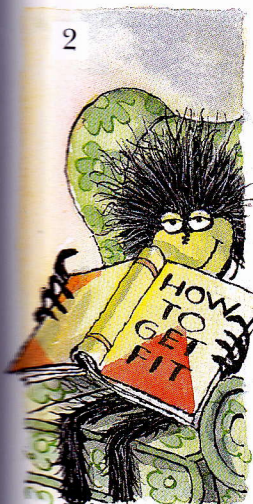
- have / a shower
- skip
- swim
- talking / on the telephone
- run
- lift / weights
- buy / clothes ✓
- do / the high jump
- read
- drinking / fruit juice

▶ *He's been buying clothes.*

1

2

3



9 Work with a partner. Think of two reasons for each of the facts about Splodge. Use the present perfect continuous.

- ▶ Splodge is hot.
He's been running.
He's been sitting in the sun.

1 Splodge is dirty.

2 Splodge is getting thinner.

3 Splodge is getting big muscles in his arms.

4 Splodge is wet.

5 Splodge's feet hurt.

10 Play a class game. Pupil A says a sentence, the other pupils try to guess what he or she has been doing. The pupil who guesses correctly continues the game. Play the game like this:

- ▶ Pupil A *I've got butter and sugar on my hands.
 What have I been doing?*
- Pupil B *Have you been eating a sandwich?*
- Pupil A *No, I haven't.*
- Pupil C *Have you been making a cake?*
- Pupil A *Yes, I have.*
- Pupil C *My hair is wet.*
- Pupil D *Have you been washing your hair?*
- Pupil C *No, I haven't.*
- Pupil E *Have you been standing in the rain?*
- Pupil C *Yes, I have.*

4

5

6

7

8

9