

Present Perfect Progressive or Present Perfect Continuous is a tense, which is used to show an action, that has started in the past and continued until now. The focus is on the action itself not on the result.



### How to build the Present Perfect Progressive?

have/ has + been + Infinitiv + -ing



Positive: I **have been riding** for three years.  
 Negative: I **have not been riding** for three years.  
 Question: **Have you been riding** for three years?



### Watch out for signalwords

- all day
- the whole day
- since

#### ① Fill in the missing words!

She **has been driving** for two years. ( to drive)

They  today. (not to play)

How long  soccer? (to play)

My sister  since she was ten years old. ( to ride)

I  netflix the whole day. ( to watch)

#### ② Word scramble: Put the letters in the correct order to form the Present Perfect Progressive

his - been - since - Leon - girlfriend - has - for- waiting - three o'clock

---

have - started- chatting - since - they- school - been - not

---