

Ejercicios de present perfect continuous en inglés

Nivel: B1, B2

Cómo funciona el present perfect continuous

El present perfect continuous (have/has been + -ing) destaca la duración o el carácter en curso de una actividad que empezó en el pasado y continúa hasta ahora — o acaba de terminar justo antes de ahora.

Forma: have/has been + verbo-ing: I have been waiting, she has been working

Duración hasta ahora: How long...? for, since: We've been living here for ten years.

Actividad reciente, resultado visible: You're out of breath — have you been running?

Frente al perfect simple: el continuous destaca la actividad/duración; el simple destaca el resultado/la cantidad: I've been reading all day vs I've read 200 pages

Verbos de estado: know, like, believe usan el perfect simple en su lugar: I have known her for years.

Ejercicio 1: Elige la forma correcta

Selecciona la opción correcta para completar cada oración.

- I ___ for you for over an hour! Where were you?
a) have been waiting b) am waiting c) wait
- Your hands are covered in flour. ___ you ___?
a) Did / bake b) Have / been baking c) Do / bake
- She ___ ten e-mails so far this morning.
a) has been writing b) has written c) is writing
- How long ___ he ___ at this company?
a) has / been working b) does / work c) is / working
- I ___ this author since I was a teenager.
a) have been knowing b) have known c) know

Ejercicio 2: Completa el hueco

Escribe la forma del present perfect continuous del verbo entre paréntesis (have/has been + -ing).

- My neighbors ___ music all night — I couldn't sleep. (play)
- She ___ as a nurse since 2019. (work)
- You look tired. ___ you ___ well lately? (sleep — pregunta)
- It ___ all week, so the match may be cancelled. (rain)
- We ___ about moving abroad for months. (think)

Ejercicio 3: Ordena las palabras

Haz clic en las palabras en el orden correcto para construir la oración.

11. Ordena las palabras en el orden correcto: **been / she / has / all day / studying**

12. Ordena las palabras en el orden correcto: **long / how / you / been / have / waiting / ?**

13. Ordena las palabras en el orden correcto: **haven't / we / been / recently / sleeping / well**

14. Ordena las palabras en el orden correcto: **since / it / been / has / snowing / yesterday morning**

Ejercicio 4: Verdadero o falso

Decide si cada afirmación es verdadera o falsa.

15. The present perfect continuous is formed with have/has been + verb-ing. Verdadero / Falso

16. "I have been reading three books this week" is the best way to report the completed number.

Verdadero / Falso

17. The activity in the present perfect continuous can have finished very recently, if its effects are still visible. Verdadero / Falso

18. "She has been having a car for years" is correct. Verdadero / Falso

Soluciones

Ejercicio 1: Elige la forma correcta

1. a) have been waiting
2. b) Have / been baking
3. b) has written
4. a) has / been working
5. b) have known

Ejercicio 2: Completa el hueco

6. have been playing / 've been playing
7. has been working / 's been working
8. have / been sleeping / have been sleeping / haven't been sleeping
9. has been raining / 's been raining
10. have been thinking / 've been thinking

Ejercicio 3: Ordena las palabras

11. she has been studying all day
12. how long have you been waiting ?
13. we haven't been sleeping well recently
14. it has been snowing since yesterday morning

Ejercicio 4: Verdadero o falso

15. Verdadero
16. Falso
17. Verdadero
18. Falso