

The Present Perfect Continuous Tense

Part A

Complete the sentences with the given verbs in the present perfect continuous tense.

1. The bear _____ (sleep) all winter.
2. They are all tan now. They _____ (sunbathe) for hours.
3. Valerie looked tired after the party. _____ she _____ (dance) all night?
4. It's now 10 o'clock. The children _____ (swim) since 8 o'clock.
5. Leo _____ (practise) squash recently for a competition.
6. The citizens _____ (queue) outside the bank for buying the Olympic memorial banknotes since last night.
7. Claire _____ (write) short stories since she was in primary school.
8. The cars _____ (move) for an hour because of the traffic jam.

Part B

Write sentences about what the following people have been doing with the present perfect continuous tense. Use the given sentences as hints about the people's activities.

1. Fred did not go to work last month. He went to the beach every day last month.

He has been having a holiday.

2. The boys are hot and tired. One of them is holding a basketball.
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3. Bonnie is walking out of the kitchen. All the dishes are clean now.
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4. Julia is closing her suitcase. Half of the clothes in her closet have gone.
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5. Ronald overslept this morning. He is yawning now.
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Part C

Kelly Lee, a famous writer, is writing a preface for the autobiography of Miss HK City Joanna Wong. Joanna's assistant has given Kelly some notes about Joanna's life as a beauty queen. Read the notes and help Kelly complete the preface using the present perfect continuous tense.

Notes

- ◇ Dreamt of winning a beauty contest when she was very small
- ◇ Worked very hard to make her dream come true
- ◇ Do yoga every day to keep fit (started learning yoga at 18)
- ◇ Not eating anything fat and oily for years
- ◇ Take dancing and singing classes (over 10 years)
- ◇ Read every day (from secondary school onwards)
- ◇ Sponsor children in mainland China, Thailand and Africa
- ◇ Keep herself beautiful from the inside out

The Secret of Becoming Miss HK City

Joanna Wong is Miss HK City of the year. Joanna 1. has been dreaming
to win the beauty contest since she was a little girl. She 2. _____
_____ to make her dream come true. This book will tell you all about her secrets of
becoming the champion of the beauty contest.

As Joanna mentioned, there are no short-cuts to success. No matter how busy she is,
she 3. _____ every day to keep fit since she was 18 when she first
learnt yoga. Also, to stay healthy, she 4. _____
for years. In order to prepare for her stardom, Joanna 5. _____
_____ for over ten years. Moreover, from secondary school onwards, she
6. _____ every day to enrich herself. To make contributions to the society,
she 7. _____ several children in mainland China, Thailand and
Africa. She has also visited these children and brought them books and stationery.

In this book, you can see how a beauty contest champion 8. _____
_____!