

Continuous and Perfect Tenses

(1) Continuous Tenses

Tense Name	Tense Form شكل / تركيبية	Examples أمثلة	Use الاستخدام	Key Words الدلائل
Present Continuous	is, are, am + V+ing	<p>Ali is having a shower right now.</p> <p>I'm playing a lot of football.</p> <p>We're becoming tired of the boy's lies.</p> <p><i>She's always disturbing me when I'm on the phone.</i></p>	<p>actions in progress at the time of speaking.</p> <p>temporary situations in progress now</p> <p>changes and developments</p>	<p>Now, at the moment, today, this week, cuurently</p> <p>أفعال أمر تنبيهية Look, listen, be careful, hurry up, silent, watch out.</p> <p>with <i>always</i> or <i>continually</i> when something unexpected happens very often.</p>
Past Continuous	was, were + V+ing	<p>This time last year I was painting my bedroom.</p> <p>She was doing an online personality quiz when her boss walked into the room.</p>	<p>actions or activities in progress at a specific time in the past</p> <p>longer actions interrupted by a shorter past action</p>	<p>This time last year When While As</p>
Future Continuous	will be + ing	<p>Six months from now we'll be studying in different cities.</p> <p>You'll all be coming back here in one year's time.</p> <p>Will you be coming to the meeting after the show?</p>	<p>to predict something in progress at a point in the future</p> <p>to talk about something that is expected to happen</p> <p>to ask politely about someone's plans</p>	<p>Six months from now In one year's time. This time next week Tomorrow at 9 pm</p>

(2) Perfect Tenses

Tense Name	Tense Form شكل / تركيبة	Examples أمثلة	Use الاستخدام	Key Words الدلائل
Present Perfect	have , has + V3	<p>I've visited many European cities in my life.</p> <p>We've recently discovered a fabulous new restaurant. Let's go there tomorrow.</p> <p>She's been a translator for a few years.</p> <p>Adnan's published a book about horses.</p>	<p>completed past actions that happened at an unspecified time</p> <p>recent actions with a present relevance/ result</p> <p>states or actions that began in the past and continue up to now</p> <p>recent actions where we focus on the result, not the activity</p>	<p>since / for + time</p> <p>already / recently / lately</p> <p>so far, till now, until now.</p> <p>never / just</p> <p>before (the last word)</p> <p>ever</p>
Past Perfect	had + V3	<p>It was strange because she'd bought lots of apples the night before and when she entered the kitchen there was only one.</p> <p>As soon as I had heard the news, I went round to their house.</p>	<p>actions or states that happened before a specific past time</p> <p>a clear sequence of events</p>	<p>After</p> <p>As soon as</p> <p>Because</p> <p>By 2022</p> <p>By the time he called,</p> <p>Before</p> <p>And then (already, lately → past situations)</p>
Future Perfect	will have + V3	<p>Next time I see you, you will have completely changed your eating habits!</p>	<p>to talk about an action that will be completed before a particular time in the future</p>	<p>This time next week.</p> <p>By 2035</p> <p>By the end of this class</p>
Present Perfect Continuous	have/ has + been + ing	<p>They've been running for more than an hour</p> <p>I've been sending off job applications.</p>	<p>continuity of actions that began in the past and continue to the present</p> <p>recent actions where we focus on the activity, not the result</p>	<p>since / for + time (with continuous verbs)</p> <p>since / for + time + now</p> <p>all + time how long</p>

Past Perfect Continuous	Had + been +ing	I had been keeping quiet about my running, and then I won the race.	to talk about continuous actions or situations which happened before a specific time in the past	since / for + time + before / when + V2 when and then all + time (+ v2)
Future Perfect Continuous	Will have been + ing	By the end of this month, we'll have been writing this book <i>for</i> two years. Next week, I will have been running every day <i>for</i> two weeks.	to talk about something continuing up to a certain point in the future	Future time + for +time

TRAP

will = must (to make deduction)

Example

A: Why isn't she back yet?

B: Don't worry. *She'll have been working late. (She must have been working late)*

She'll have got stuck in traffic. (She must have got stuck in traffic)

She'll be sitting in a traffic jam. (She must be sitting in a traffic jam)

4 Match the sentences with meanings a or b. (SB 8)

<p>1 <input type="checkbox"/> I've been reading a book about habits. <input type="checkbox"/> I've read a book about habits. a I've finished the book. b I'm still reading the book.</p>	<p>2 <input type="checkbox"/> I will be working. <input type="checkbox"/> I will have been working. a I will be in the middle of my work. b I will have finished my work.</p>
<p>3 <input type="checkbox"/> I had been eating all day. <input type="checkbox"/> I had eaten that day. a I ate. b I was eating continuously or very often.</p>	<p>4 <input type="checkbox"/> I've come up with a great idea. <input type="checkbox"/> I had a great idea. a I have a great idea now. b I came up with a great idea at some point in the past.</p>
<p>5 <input type="checkbox"/> I'm playing a lot of football. <input type="checkbox"/> I play a lot of football. a This is something I always do. b This is something I've been doing recently or temporarily.</p>	

5 Complete the sentences with the correct continuous or perfect forms of the verbs in bold. Use a different form in each sentence. (SB 9)

RUN

1. Recently, I _____ five kilometres every day.
2. When I finish the marathon, I _____ 42 kilometres.
3. I _____ for the bus when I tripped and fell flat on my face.
4. Before I trained for the marathon, I _____ (never) in a race before.

READ

5. I'm a real bookworm. So far this month I _____ six books.
6. I _____ a fantastic book before I went to sleep last night.
7. I _____ my book all evening.
8. I _____ for two hours now.

LIVE

9. While I _____ here, I want to go for a walk every day.
10. By the time you come and visit, I _____ here for six months.
11. I _____ in several different countries.
12. I ate too much fast food when I _____ in Dubai.

Answers →

RUN

1. Recently, I **have been running** five kilometres every day. (*Present Perfect Continuous*)
2. When I finish the marathon, I **will have run** 42 kilometres. (*Future Perfect*)
3. I **was running** for the bus when I tripped and fell flat on my face. (*Past Continuous*)
4. Before I trained for the marathon, I **had never run** in a race before. (*Past Perfect*)

READ

5. I'm a real bookworm. So far this month I **have read** six books. (*Present Perfect*)
6. I **was reading** a fantastic book before I went to sleep last night. (*Past Continuous*)
7. I **had been reading** my book all evening. (*Past Perfect Continuous*)
8. I **have been reading** for two hours now. (*Present Perfect Continuous*)

LIVE

9. While I **am living** here, I want to go for a walk every day. (*Present Continuous*)
10. By the time you come and visit, I **will have been living** here for six months. (*Future Perfect Continuous*)
11. I **have lived** in several different countries. (*Present Perfect*)
12. I ate too much fast food when I **was living** in Dubai. (*Past Continuous*)

6 Complete the texts with the correct continuous or perfect forms of the verbs from the box. (SB 9)

find / get / go / off / leave

I was almost late for school, and I 1 _____ up later and later. I would set my alarm, but fall asleep again straight after it 2 _____. I'm not exactly strongwilled. But now I 3 _____ it much easier to get up. Want to know my secret? The only way to turn off my alarm is to scan a QR code I keep in the bathroom. Next week I 4 _____ my house on time every day for a month! My mother can't believe it. Such a good idea – I'm a smart cookie, that's for sure!

Answers → 1. had been getting 2. went off 3. am finding 4. will have been leaving

check / reduce / spend / think of

I 5 _____ way too much time on social media. One day I realised that I 6 _____ my account more than 50 times that day! I 7 _____ deleting my account altogether, but that seemed a bit extreme, so I decided that I would always log out of the app. Just having to fill in the password every time makes it enough of a pain that I can't be bothered to keep logging in and I 8 _____ the number of times I check it to maybe once or twice a day.

Answers → 5. had been thinking of 6 had checked 7 had thought of 8 have reduced

1 Match sentences 1–10 with their meanings a–j. (WB 7)

1. I've been trying to work for hours now.
 2. He'd been sitting there for hours. It was time to go.
 3. I'm learning to ski.
 4. By August, I'll have been living here for two years.
 5. Next time I see you, I will have had my hair cut short.
 6. I've built up a lot of muscle.
 7. The water was pouring down the side of the bath.
 8. This time tomorrow, I'll be flying over the Atlantic.
 9. I can't exercise because I've broken my leg.
 10. I had been there before.
-
- a. a temporary situation in progress now
 - b. an action that will be in progress at a specific time in the future
 - c. an action in progress up to the present moment
 - d. an action in progress before a certain point in the past
 - e. an action completed at a non-specified time before now
 - f. a recent action with a result in the present
 - g. an action in progress up to a certain time in the future
 - h. an action that will be completed before a certain point in the future
 - i. an action in progress at a certain time in the past
 - j. a completed action which happened before a certain point in the past

Answers →

مطلوب حفظها وفهمها

	Sentences		Functions / Meanings
1	I've been trying to work for hours now.	c	an action in progress up to the present moment
2	He'd been sitting there for hours. It was time to go.	d	an action in progress before a certain point in the past
3	I'm learning to ski	a	a temporary situation in progress now
4	By August, I'll have been living here for two years.	g	an action in progress up to a certain time in the future
5	Next time I see you, I will have had my hair cut short.	h	an action that will be completed before a certain point in the future
6	I've built up a lot of muscle.	e	an action completed at a non-specified time before now
7	The water was pouring down the side of the bath.	I	an action in progress at a certain time in the past
8	This time tomorrow, I'll be flying over the Atlantic.	b	an action that will be in progress at a specific time in the future
9	I can't exercise because I've broken my leg.	f	a recent action with a result in the present
10	I had been there before.	J	a completed action which happened before a certain point in the past

2 Choose the correct options to complete the sentences. (WB 7)

- I've been trying to call you *all day / several times*.
- You're keen! That's the third time you've *run / been running* this week.
- Have you been eating a lot of fruit *last week / this week*?
- How many glasses of water *had you drunk / had you been drinking* by midday today?
- You've been sitting / You've sat* at that desk for hours. Get up and move about a bit!
- I couldn't believe it when I saw Osama – *we'd just been talking / we'd just talked* about him.

Answers → 1. all day 2. run 3. this week 4. had you drunk
5. You've been sitting 6. we'd just been talking

3 Complete the sentences with the correct Present Perfect Simple or Present Perfect Continuous forms of the verbs in brackets. (WB 7)

- It's been raining (rain) all day. I'm fed up with it.
- I _____ (have) a headache ever since I woke up this morning.
- I hope you _____ (not wait) long.
- How long _____ you _____ (be) ill?
- How long _____ you _____ (feel) sick?
- He feels terrible because he _____ (eat) sweets all morning.
- Someone _____ (eat) my sandwich – they've taken a big bite!
- She's too laid-back about her work – she _____ (chat) on the phone most of the day.

Answers → 1. 's been raining 2. Have had 3. Haven't been waiting 4. Have / been
5. have / been feeling 6. Has been eating 7. Has eaten 8. Has been chatting

4 Complete the sentences with no more than three words in each gap. (WB 8)

1. I've just **been** walking in the hills. It's gorgeous out there.
2. Next week, I _____ working here for five years.
3. It _____ raining as we left the cinema, so I opened my umbrella.
4. Don't call me tonight. I _____ watching the next episode of *Fix Up*.
5. I _____ going to bed too late recently. I must get an early night tonight.
6. I _____ studying Spanish at the moment in preparation for a trip to Madrid next month.
7. I _____ seen you for ages! Where have you been hiding?!
8. I know Amman pretty well, but I _____ to Aqaba before this trip. It was great.

Answers → 1. **been** 2. **will have been** 3. **had been** 4. **will be** 5. **hve been**
6. **am (currently)** 7. **haven't** 8. **hadn't been**

5 Complete the second sentence using the word in bold so that it means the same as the first one. Use between three and six words, including the word in bold. (WB 8)

1. We intended to get fit this spring, but life got in the way. **DECIDED**
We **had decided to** get fit this spring, but life got in the way.
2. You are a smart cookie. This is your best work to date. **EVER**
You are a smart cookie. This is the best work _____.
3. There is no decision from the government yet. **HAS**
The government _____.
4. I don't expect to finish until tomorrow. **FINISHED**
I probably _____ tomorrow.
5. Both my parents have regular piano lessons. **BEEN**
Both my parents _____ piano lessons.

Answers →

1. We **had decided to** get fit this spring, but life got in the way.
2. You are a smart cookie. This is the best work **you have ever done**.
3. The government **has not decided yet**.
4. I probably **won't have finished until** tomorrow.
5. Both my parents **have been having** regular piano lessons.

6 Complete the text with the correct perfect or continuous forms of the verbs from the box. (WB 8)

(come /do /live /notice /prioritise)

Why the BRAIN RESISTS CHANGE

One of the key reasons why people fail to change their bad habits is quite simply a lack of patience. They usually try to start a new habit, but give up when, after a few days or weeks, they **1 haven't noticed** any dramatic changes.

Since the days when we 2 _____ in caves, the brain 3 _____ survival. From a biological perspective, if we are still alive, what we 4 _____ must be working for us, so there is no need to change it. For this reason, the brain naturally resists change. It rarely works to try and change everything overnight. Therefore, we should make incremental changes, until one day we look back and see how far we 5 _____ .

Answers → 1. haven't noticed 2. had lived 3. has prioritised 4. have come