



High Note 12



Continuous & Perfect Tenses

Unit One

Teacher: Mohammad Shuqair

High Note 12 / Unit One

Present Tenses

Past Tenses

Future Tenses

**Present
Continuous**

Past Continuous

**Future
Continuous**

Present Perfect

Past Perfect

Future Perfect

**Present Perfect
Continuous**

**Past Perfect
Continuous**

**Future Perfect
Continuous**



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Present Tenses

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Present Continuous

(Sub) + (is, are, am) + Verb + ing

Functions

- actions in progress at the time of speaking.
- temporary situations in progress now.
- changes and developments.

Present Continuous

Key Words

Now, at the moment, today, this week, currently

أفعال أمر تنبيهية

Look, listen, be careful,
hurry up, silent, watch out.

with *always* or *continually* when something unexpected happens very often.

Present Continuous

Examples

1. Ali _____ a shower right now. (have)
2. I _____ a lot of football. (play)
3. We _____ tired of the boy's lies. (become)
4. She _____ always _____ me when I'm on the phone. (disturb)
5. He _____ a letter these days. (write)
6. They _____ continually _____ new designs. (create)
7. The children _____ in the pool right now. (swim)
8. I _____ to music at the moment. (listen)
9. We _____ lunch today. (have)
10. She _____ always _____ me with news about it. (provide)
11. She _____ on the phone currently. (talk)
12. They _____ for the exam this week. (study)

Present Perfect

Rule

(Sub) + (have / has + verb3)

→ **completed past** actions that happened at an **unspecified time**.

→ recent actions with a **present relevance/ result**

→ states or actions that **began in the past** and continue **up to now**

→ recent actions where we **focus on the result**, not the activity

Present Perfect

Key Words

since / for + time

already / recently / lately

so far, yet, till now, until now

never / just

before (the last word)

ever

Present Perfect

Examples

1. I _____ in this city since 2010. (live)
2. She _____ at this school for five years. (work)
3. They _____ already _____ their homework. (finish)
4. Recently, He _____ a new laptop. (buy)
5. We _____ a lot lately. (study)
6. I _____ three books so far. (read)
7. She _____ me until now. (not, call)
8. I _____ never _____ London. (visit)
9. He _____ just _____ at the airport. (arrive)
10. I _____ that movie before. (see)
11. This is the best book I _____ ever _____. (read)
12. _____ you ever _____ Rome? (visit)

Present Perfect Continuous

Rule

Sub + have / has + been + verb+ing

→ **continuity of actions that began in the past and continue to the present**

→ **recent actions where we focus on the activity, not the result**

Present Perfect Continuous

Key Words

since / for + time (with continuous verbs)

since / for + time + now

all + time

how long

Present Perfect Continuous

Examples

1. She _____ English since 2020. (study)
2. They _____ in this company for five years. (work)
3. I _____ here since last summer. (live)
4. We _____ for the bus for half an hour now. (wait)
5. He _____ the guitar since this morning now. (practice)
6. She _____ all day. (read)
7. He _____ on the phone all evening. (talk)
8. How long _____ you _____ Spanish? (learn)

Questions about present continuous, present perfect and present perfect continuous

1. Please be quiet. The children _____ (prepare) for their school play at the moment.
a) prepare b) have prepared c) are preparing d) have been preparing
2. Don't call her now — she _____ (talk) to her boss right now about the new project.
a) talks b) talked c) is talking d) has talked
3. I _____ (never / hear) such an inspiring lecture in my life.
a) never heard b) have never heard c) never hear d) am never hearing
4. She _____ (already / submit) three research papers to international journals.
a) already submits b) has already submitted
c) submitted already d) is already submitting
5. By now, he _____ (work) on that novel for nearly five years, but he still isn't satisfied with it.
a) works b) is working c) has worked d) has been working
6. They _____ (argue) about the new policy since early this morning, and it seems there's no agreement yet.
a) argued b) are arguing c) have been arguing d) have argued



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Good Luck

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