Past Perfect Continuous Exercises

Positive and negative sentences

A. Add the past perfect continuous form of the verb

Frank _____ his chores. (not do)
→ Frank had not been doing his chores. *OR* Frank hadn't been eating his chores.

1. I _____ Chinese for two years. (study)
2. He _____ at the hospital since 2018. (work)
3. They _____ football all afternoon. (play)
4. Anthony and I _____ how to play chess for long. (not learn)
5. David _____ regularly that month. (not exercise)
6. The kids _____ TV before they went to bed. (watch)
7. Maria and Luke _____ a small apartment. (rent)
8. We _____ for the competition for long. (not prepare)
9. I _____ enough sleep before the trip. (not get)
10. She _____ too much money. (spend)

B. Make past perfect continuous sentences with these words. Use short forms where possible.

the / kitchen / clean / I → I'd been cleaning the kitchen.

11. Mia / the / work / project _____
12. help / the / he / neighbours _____
13. the / eat / not / dog _____
14. wait / we / for / hour / an _____
15. Eliza / for / cook / hours _____
16. bike / not / ride / Jim / his _____
17. enough / not / drink / I / water _____
18. she / drive / how / learn / to _____
19. the / do / dishes / they _____
20. Paul / listen / not / and / Anna _____

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Answers

A.

1. I **had been studying** Chinese for two years. / **I'd been studying** Chinese for two years.
2. He **had been working** at the hospital since 2018. / He**'d been working** at the hospital since 2018.
3. They **had been playing** football all afternoon. / They**'d been playing** football all afternoon.
4. Anthony and I **had not been learning** how to play chess for long. / Anthony and I **hadn't been learning** how to play chess for long.
5. David **had not been exercising** regularly that month. / David **hadn't been exercising** regularly that month.
6. The kids **had been watching** TV before they went to bed.
   (NB: We do not usually contract nouns and ***had*** when we write, so we do not usually write "kids'd".)
7. Maria and Luke **had been renting** a small apartment.
   (NB: See A.6.)
8. We **had not been preparing** for the competition for long. / We **hadn't been preparing** for the competition for long.
9. I **had not been getting** enough sleep before the trip. / I **hadn't been getting** enough sleep before the trip.
10. She **had been spending** too much money. / She**'d been spending** too much money.

B.

11. Mia had been working on the project.
12. He'd been helping the neighbours.
13. The dog hadn't been eating.
14. We'd been waiting for an hour.
15. Eliza had been cooking for hours.
16. Jim hadn't been riding his bike.
17. I hadn't been drinking enough water.
18. She'd been learning how to drive.
19. They'd been doing the dishes.
20. Paul and Anna hadn't been listening.

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