Present perfect simple Present perfect continuous

**Focuses on the result Focuses on the activity**

You've cleaned the bathroom! It looks lovely! I've been gardening. It's so nice out there.

**Says 'how many' Says 'how long'**

She's read ten books this summer. She's been reading that book all day.

**Describes a completed action Describes an activity which may continue**

I've written you an email.  I've been writing emails.

**When we can see evidence of recent activity**

The grass looks wet. Has it been raining?  
I know, I'm really red. I've been running!

Complete the sentences with the correct form of the verbs in brackets.

1.- At last! I \_\_\_\_\_\_\_\_\_\_\_ (solve) the problem.

2.- What \_\_\_\_\_\_\_\_\_\_\_\_\_\_ recently? (you / do) Anything interesting?

3.- My brother \_\_\_\_\_\_\_\_\_\_\_\_ (buy) a new motorbike. It looks great.

4.- \_\_\_\_\_\_\_\_\_\_\_\_\_ (you / swim)? Your hair looks wet.

5.- Oh, There you are! I \_\_\_\_\_\_\_\_\_\_\_\_ (look) for you everywhere.

6.- Sorry we are late. How long \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (you / wait)?

7.- I \_\_\_\_\_\_\_\_\_\_\_\_ (know) Peter for a long time. 8.- My friends \_\_\_\_\_\_\_\_\_\_\_\_\_ (run) for two hours already.

9..- I \_\_\_\_\_\_\_\_\_\_\_\_ (never / understand) Maths and Physics.

10.- The children are tired because they \_\_\_\_\_\_\_\_\_\_\_ (play) all day.

11.- Susan \_\_\_\_\_\_\_\_\_\_\_\_\_ (never / believe) in ghosts and fairies.

12.- I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (write) emails all day.

13.- John \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (never / see) this film before.

14.- What on earth \_\_\_\_\_\_\_\_\_\_\_ (you / do)? You’re covered in mud.

15.- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (you / ever / see) Altamira Cave? I hear it’s incredibly beautiful.

16.- How long \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (he / learn) English?

17.- I \_\_\_\_\_\_\_\_\_\_\_\_ (just / speak) to my cousins. They told me the news.

18.- I’m sorry. Monica is not here.. She \_\_\_\_\_\_\_\_\_\_\_\_\_ (go) out.

19.- We’re really tired because we \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (train) for the marathon since eight o’clock.

20.- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (you / finish) doing your homework yet?

21.- The students \_\_\_\_\_\_\_\_ (revise) for their Spanish exam for two hours.

22.- Peter, why are you sweating? Because I \_\_\_\_\_\_\_\_\_ (hoover) the carpets.

23.- Is the lawn finished? Yes, Henry \_\_\_\_\_\_\_\_\_\_\_\_ (cut) the grass.

24.- It’s still raining. It \_\_\_\_\_\_\_\_\_\_\_\_\_ (rain) for hours.

25.- How much money \_\_\_\_\_\_\_\_\_\_\_\_\_ (you / spend) this week?