

Past Perfect Continuous

had been + -ing: duration before a past point

NAME _____

DATE _____

KEY RULE:

had been + -ing = action in progress for some time before a past moment.

1 Choose the correct form

EASY

Pick the correct Past Perfect Continuous.

- | | |
|---|--|
| 1. She was tired: she ____ all day. (work) | 2. They ____ for an hour when I arrived. |
| 3. He ____ English for 5 years by then. | 4. The children ____ in the garden. |
| 5. She ____ since morning when he called. | 6. We ____ to solve it for weeks. |
| 7. He ____ her for months before she noticed. | 8. They ____ together for years when they split. |
| 9. She ____ piano since she was 5. | 10. He looked exhausted: he ____ all night. |

2 Write the Past Perfect Continuous

MEDIUM

Write the PPC form of the verb.

- | | |
|---|---|
| 1. The road was wet: it (rain) for hours. | 2. She was happy: she (wait) for this moment. |
| 3. He (not/sleep) well for months. | 4. How long (they/argue) before she left? |
| 5. I was tired because I (drive) all day. | 6. She was pale: she (not/eat) properly. |
| 7. They (try) to contact us for days. | 8. He could answer: he (study) all term. |
| 9. The team was exhausted: they (train) hard. | 10. (you/work) there long before it closed? |

3 PPC vs Past Perfect

HARD

Choose PPC or Past Perfect based on context.

- | | |
|--|--|
| 1. She was tired b/c she ____ all day. (walk) | 2. He ____ the report before the meeting. (finish) |
| 3. They ____ together for years. (work) | 4. By 10am, she ____ her homework. (complete) |
| 5. He was muddy: he ____ in the garden. | 6. She ____ French for 3 years when she moved. |
| 7. He ____ the email before she could reply. | 8. They were nervous: they ____ for hours. |
| 9. She ____ so many mistakes that she gave up. | 10. He ____ on the project for months when it was cancelled. |

4

Full PPC practice

HARD

Write the complete PPC answer.

- | | |
|---|--|
| 1. I was exhausted: drive / all day | 2. She was nervous: prepare / for weeks |
| 3. How long / they wait / before she arrived? | 4. He hadn't slept: work / all night |
| 5. They were wet: play / in the rain | 6. She was fluent: study / Spanish for 5 yrs |
| 7. We missed the deadline: not/manage time | 8. He found it hard: not/practice enough |
| 9. They were in love: know each other / for years | 10. The project failed: not/plan / properly |

Answer Key

Check your answers below

1 Exercise 1 PPC forms

1 had been working

2 had been waiting

3 had been learning

4 had been playing

5 had been cooking

6 had been trying

7 had been watching

8 had been working

9 had been playing

10 had been working

2 Exercise 2 Written PPC

1 had been raining

2 had been waiting

3 hadn't been sleeping

4 Had they been arguing

5 had been driving

6 hadn't been eating

7 had been trying

8 had been studying

9 had been training

10 Had you been working

3 Exercise 3 PPC vs Past Perfect

1 had been walking

2 had finished

3 had been working

4 had completed

5 had been digging

6 had been studying

7 had deleted

8 had been waiting

9 had made

10 had been working

4 Exercise 4 Full PPC sentences

1 I had been driving all day

2 She had been preparing for weeks

3 How long had they been waiting

4 He had been working all night

5 They had been playing in the rain

6 She had been studying Spanish for 5 years

7 We hadn't been managing our time

8 He hadn't been practising enough

9 They had been knowing / had known each other for years

10 They hadn't been planning properly