Present perfect continuous

For o since: la duración y el comienzo

En estas frases, for indica cuánto dura la actividad: for two hours, durante dos horas. Since indica cuándo empezó: since Monday, desde el lunes; since I got home, desde que llegué a casa. Una cantidad de tiempo lleva for. Un momento de inicio lleva since. No confundas for an hour, durante una hora, con since one o'clock, desde la una.

Ejemplo resuelto

I have been waiting ____ ten minutes. → I have been waiting for ten minutes.

Llevo diez minutos esperando.

Completa con for o since según la expresión de tiempo.

01. We have been discussing the problem _____ two hours.

02. We have been sorting these photos _____ nearly an hour.

03. The cat has been hiding under the bed _____ the storm started.

04. The workers have been repairing the bridge _____ Monday.

05. We have been painting the kitchen _____ three days.

06. The baby has been sleeping _____ two hours.

07. The volunteers have been serving meals _____ noon.

08. Dad has been repairing the sink _____ breakfast.

09. Our neighbors have been renovating their house _____ March.

10. You have been cycling to work _____ a year.

11. Mom has been growing vegetables _____ last spring.

12. I've been cleaning the garage _____ half an hour.

13. I have been working on this puzzle _____ yesterday.

14. She has been teaching online _____ 2020.

15. It has been snowing _____ six hours.

16. They have been practicing this dance _____ a month.

17. He has been training for the race _____ January.

18. He has been driving _____ five o'clock this morning.

19. I've been writing this letter _____ fifteen minutes.

20. The boys have been building their tree house _____ the school year began.

Present perfect continuous

For o since: la duración y el comienzo

Continuación: ejercicios 21-40. Completa con for o since según la expresión de tiempo.

21. You have been practicing the piano _____ a long time.

22. They have been digging in the garden _____ most of the afternoon.

23. We have been traveling _____ ten days.

24. You have been reading that book _____ last night.

25. I've been learning to sew _____ Christmas.

26. She has been studying English _____ September.

27. You have been working here _____ six years.

28. She's been taking driving lessons _____ her birthday.

29. We have been watching the birds _____ forty minutes.

30. She has been looking for her keys _____ she got home.

31. The students have been preparing their projects _____ the start of term.

32. It has been raining _____ dawn.

33. The children have been playing outside _____ an hour.

34. My dog has been barking _____ the doorbell rang.

35. They have been rehearsing together _____ a few months.

36. My aunt has been coaching the team _____ last summer.

37. They have been planning their trip _____ several weeks.

38. I've been waiting _____ twenty minutes.

39. I've been baking bread _____ eight o'clock.

40. He has been washing the car _____ thirty minutes.

Soluciones

Frases con el hueco completado. La respuesta aparece en negrita.

01. We have been discussing the problem **for** two hours.
02. We have been sorting these photos **for** nearly an hour.
03. The cat has been hiding under the bed **since** the storm started.
04. The workers have been repairing the bridge **since** Monday.
05. We have been painting the kitchen **for** three days.
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