

WORK BOOK

Mastering the Past
Perfect Continuous



WHAT IS THE PAST PERFECT CONTINUOUS?

The **Past Perfect Continuous** tense is used to describe actions that were happening over a period of time before another action or time in the past. It focuses on the duration or continuity of the action.

FORMING THE PAST PERFECT CONTINUOUS

The structure is:

+	Subject + had been + verb(-ing) + (rest of the sentence)
-	Subject + had not (hadn't) been + verb(-ing) + (rest of the sentence)
?	Had + subject + been + verb(-ing) + (rest of the sentence)?

WHEN DO WE USE IT?

1

To show the duration of an action before another past event

Example: She had been practicing for weeks before the concert.

2

To explain the cause of something in the past

Example: They were tired because they had been working all day.

3

In reported speech

Example: He said that he had been living in New York for years.

TIME EXPRESSIONS COMMONLY USED

- **For (to specify a duration):** for three hours, for several days
- **Since (to specify a starting point):** since morning, since last year
- **Before (to connect two past events):** before the movie started
- **All + time period:** all day, all night

alinchyk

english

EXERCISES

SECTION 1: FILL IN THE BLANKS

Complete the sentences with the **Past Perfect Continuous** form of the verbs in parentheses.

- Elsa _____ (sing) for hours before the snowstorm began.
- Harry _____ (practice) magic for months before his first duel with Voldemort.
- Tony Stark _____ (work) on his new suit for weeks before he tested it.
- The Avengers _____ (fight) Thanos for hours before the final battle ended.

SECTION 2: REWRITE THE SENTENCES

Rewrite the sentences using the **Past Perfect Continuous**.

- Frodo walked for a long time before he reached Mordor.
- They danced all night at the ball, so they were exhausted the next day.
- Bruce Wayne trained for years before becoming Batman.
- She painted for hours, and that's why her hands were covered in paint.

CREATE SENTENCES

LOOK AT THE MOVIE-RELATED PROMPTS AND WRITE FULL SENTENCES USING THE PAST PERFECT CONTINUOUS.

1. Moana / sail / across the ocean / before she found Maui
2. Katniss Everdeen / train / with her bow / before the Hunger Games
3. Sherlock Holmes / study / the evidence / before solving the case
4. Frodo / carry / the ring / for months / before reaching Mount Doom
5. Elsa / practice / controlling her magic / before the coronation
6. Spider-Man / swing / through the city / before finding the villain
7. Batman / investigate / Gotham's criminal activities / before confronting the Joker
8. Dory / search / for Nemo / before meeting Marlin
9. The Avengers / plan / their strategy / before the battle with Thanos
10. Belle / read / in the Beast's library / before he showed her the enchanted rose
11. Shrek / live / peacefully in his swamp / before meeting Donkey
12. Harry Potter / search / for the Horcruxes / before the final battle

ANSWERS

LOOK AT THE MOVIE-RELATED PROMPTS AND WRITE FULL SENTENCES USING THE PAST PERFECT CONTINUOUS.

1. Moana had been sailing across the ocean before she found Maui.
2. Katniss Everdeen had been training with her bow before the Hunger Games.
3. Sherlock Holmes had been studying the evidence before solving the case.
4. Frodo had been carrying the ring for months before reaching Mount Doom.
5. Elsa had been practicing controlling her magic before the coronation.
6. Spider-Man had been swinging through the city before finding the villain.
7. Batman had been investigating Gotham's criminal activities before confronting the Joker.
8. Dory had been searching for Nemo before meeting Marlin.
9. The Avengers had been planning their strategy before the battle with Thanos.
- 10 Belle had been reading in the Beast's library before he showed her the enchanted rose.
11. Shrek had been living peacefully in his swamp before meeting Donkey.
12. Harry Potter had been searching for the Horcruxes before the final battle.

ERROR CORRECTION

FIND AND CORRECT THE MISTAKES IN THE FOLLOWING SENTENCES.

1. Captain America had been foughted for hours before he won.
2. They had been been waiting for the train since two hours.
3. She had being rehearsing for her role when she got the call.
4. Luke Skywalker had training with Yoda for months before facing DARTH Vader.
5. The children had playing outside before it started raining.
6. Tony Stark had not been inventing nothing before the battle.
7. They had been worked on the project for hours before taking a break.
8. Elsa had been practicing to control her magic since years.
9. The Avengers had been planning their mission before they are attacked.
10. He hadn't been paying attention when the teacher had asked the question.

ANSWERS

Incorrect: Captain America had been fought for hours before he won.

Correct: Captain America had been fighting for hours before he won.

Explanation: "Fought" is incorrect; the correct past participle of "fight" is "fighting."

Incorrect: They had been been waiting for the train since two hours.

Correct: They had been waiting for the train for two hours.

Explanation: "Been been" is a repetition error, and "since" is used with a point in time, not a duration.

Incorrect: She had being rehearsing for her role when she got the call.

Correct: She had been rehearsing for her role when she got the call.

Explanation: "Being" is incorrect; it should be "been," the past participle of "be."

Incorrect: Luke Skywalker had training with Yoda for months before facing Darth Vader.

Correct: Luke Skywalker had been training with Yoda for months before facing Darth Vader.

Explanation: The verb "had" requires "been" to form the Past Perfect Continuous tense.

Incorrect: The children had playing outside before it started raining.

Correct: The children had been playing outside before it started raining.

Explanation: The verb "playing" must be preceded by "been" to form the correct tense.

Incorrect: Tony Stark had not been inventing nothing before the battle.

Correct: Tony Stark had not been inventing anything before the battle.

Explanation: Double negatives ("not" and "nothing") are incorrect in English; "anything" is the correct form.

Incorrect: They had been worked on the project for hours before taking a break.

Correct: They had been working on the project for hours before taking a break.

Explanation: "Worked" is incorrect; "working" is the correct -ing form for continuous tenses.

Incorrect: Elsa had been practicing to control her magic since years.

Correct: Elsa had been practicing to control her magic for years.

Explanation: Use "for" with durations (e.g., "for years") and "since" with specific points in time (e.g., "since 2010").

Incorrect: The Avengers had been planning their mission before they are attacked.

Correct: The Avengers had been planning their mission before they were attacked.

Explanation: The main clause must also be in the past tense ("were" instead of "are") to match the timeline.

Incorrect: He hadn't been paying attention when the teacher had asked the question.

Correct: He hadn't been paying attention when the teacher asked the question.

Explanation: The Past Perfect Continuous ("had asked") is unnecessary for the second clause; simple past works better.

STORY COMPLETION

Complete the following stories using the Past Perfect Continuous. Use creativity to finish each scene while practicing the tense.

Story 1: Harry Potter and Ron Weasley

Harry Potter and Ron Weasley were walking through the forest. They felt nervous because they _____

(hear) strange noises for a while. Suddenly, they noticed

Hagrid, who _____ (search) for a missing creature all morning. Hagrid looked exhausted, as he

_____ (carry) a heavy bag filled with supplies.

He explained that he _____ (follow) tracks leading deep into the forest, but the creature was still nowhere to be found. Harry and Ron decided to help him

because they _____ (wonder) what kind of creature it might be for days.



alinchyk
english

Story 2: Moana's Journey

Moana sat on her boat, staring at the horizon. She was tired because she _____ (sail)

across the ocean for days without rest. She

thought about her village, where the people

_____ (hope) she would succeed in

finding Maui. When she finally saw an island in the

distance, she realized Maui _____ (wait)

for someone to find him for a long time. Moana

smiled, knowing that she _____

(prepare) for this journey her entire life.



COMPLETE THE DIALOGUE

Scenario 1: Tony Stark

Character A: Why was Tony Stark so tired during the meeting?

Character B: He _____ (work on his new Iron Man suit all night).

Scenario 2: Anna and Kristoff

Character A: How did Anna find Kristoff in the snowstorm?

Character B: She _____ (look for him since sunrise).

Scenario 3: Shrek and Donkey

Character A: Why was Shrek annoyed when Donkey kept talking?

Character B: Because he _____ (listen to Donkey's stories for hours).

COMPLETE THE DIALOGUE

Scenario 4: Moana and Maui

Character A: How did Moana finally convince Maui to join her?

Character B: She _____ (talk to him about her mission for hours).

Scenario 5: Katniss and Training

Character A: How did Katniss become so skilled with her bow?

Character B: She _____ (train every day for months before the Hunger Games).

Scenario 6: Dory and Marlin

Character A: How did Dory know where to find Nemo?

Character B: She _____ (follow clues across the ocean for days).

THANK
YOU!

alinchyk
english