Perfect Continuous Tense

Hello and welcome back, in this lesson we will be exploring the **Perfect Continuous Tense**.

We will see what types of words are effected and what we need to change!

Certain words such as '**verbs**' are effected by the time in which the action took place.

These times are called **tenses**.

We have three main tenses in English.

Past

Present (NOW)

Future

Verbs are effected by the tense.

What is a **verb** again?

A verb shows an action or a state of being.

Here are some examples:

Run

Sleep

Smell

Feel

Play

Watch

Let's use these in a sentence:

I **run** to school.

I **sleep** at night.

I **smel**l flowers.

I **feel** good.

I **play** football.

I **watch** television.

These are all the actions within the sentence.

These verbs are used in the **'present tense'** these actions
are happening now!

The only rule with present tense is that if the subject is **he/she/it** then an **'S'** is added to the end of the verb.

Verb + (s) = Verb(s)

I run	he run**s**
I swim	she swim**s**
I walk	it walk**s**

Perfect Continuous tenses

The perfect continuous tense is effected by the past, present and the future.

Therefore we get a past perfect continuous, present perfect continuous and future perfect continuous.

So what is the perfect continuous tense?

The perfect continuous tense combines both, the perfect tense and the continuous tense together.

So this form of tense is used when the action is in **progress** before another action occurs.

Action is both ongoing and completed, so we add (ing) to the end of the verb to show the action is ongoing and we use the word '**have**' to suggest the completion of the action.

He/ she/ it use the word '**has**'. We also include the word '**been**' to show that it is perfect continuous and to emphasise the duration of the action.

Present Perfect continuous:

If an action that began in the past continues to the present then we use the present perfect continuous tense. With an emphasis on the duration.

We use the word '**have**' to suggest the completion of the action.

He/ she/ it use the word **'has'**.

We also include the word '**been**' to show that it is perfect continuous and to emphasise the duration of the action.

I **have been swimming** a lot.

She **has not been swimming** a lot.

Examples:

I **have been running.**

He **has been swimming.**

She **has been talking.**

It **has been walking.**

We **have been flying.**

They **have been playing.**

Past perfect continuous:

If an activity was in progress before another event in the past, then we use past perfect continuous. With an emphasis on the duration.

As it is the past tense we use the past of **'have'**, which is **'had'**.

I **had been swimming** for two hours, before I went home.

Examples:

I **had been running.**

He **had been swimming.**

She **had been talking.**

It **had been walking.**

We **had been flying.**

They **had been playing.**

Future perfect continuous:

If an activity will be in progress before another time or event in the future, then we the future perfect continuous tense.

As it is the future tense we use the future of **'have'**, which is **'will have'**.

I **will have been swimming** for two hours, before I go home.

Examples:

I **will have been running.**   He **will have been swimming.**   She **will have been talking.**

It **will have been walking.**   We **will have been flying.**   They **will have been playing.**

Tense		Simple	Continuous	Perfect	Perfect + Continuous
	Present	verb (s)	am/is/are + verb + ing	has/have + PP	has/have + been + verb + ing
	Past	verb + ed	was/were + verb + ing	had + PP	had + been + verb + ing
	Future	will + verb	will + be + verb + ing	will + have + PP	will + have + been + verb + ing

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