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Perfect Continuous Tense	عنوان المحاضرة باللغة الإنكليزية
10	رقم المحاضرة
Elementary / A1 (Headway beginner-level)	المصادر او المراجع

• Lecture: Perfect Continuous Tense

1. Introduction

The **Past Perfect Continuous tense** (also called Past Perfect Progressive) is used to express an action that was ongoing **for a period of time before another action or time in the past**. It emphasizes the duration or continuous nature of the action that happened before something else in the past.

2. Structure of Past Perfect Continuous

Component	Explanation	Example
Subject	The doer of the action	I, You, He, She, It, We, They
Auxiliary verbs	had been (same for all subjects)	had been
Main verb	Verb + -ing	working, playing, studying
Complement	Rest of the sentence	for two hours, since morning

Formula:

Subject + had been + verb + -ing + complement

- *She had been studying for two hours before the test started.*
 - *They had been working all day when we arrived.*
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3. When do we use the Past Perfect Continuous?

A. To show that an action was in progress for a duration of time before another action or time in the past

- *He had been running for an hour before it started to rain.*
- *I had been waiting for you since 5 p.m. when you finally came.*

B. To emphasize the duration of a past activity before another event

- *They had been playing football all afternoon before it got dark.*
- *She had been living in London for five years before she moved to New York.*

C. To explain a cause or reason for something in the past

- *He was tired because he had been working hard all day.*
 - *The ground was wet because it had been raining.*
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4. Past Perfect Continuous vs. Past Perfect

Meaning	Past Perfect Continuous	Past Perfect
Focus on duration of past action	I had been studying for two hours.	I had studied the lesson.
Action completed before another past action	—	Action is finished

5. Formation of Past Perfect Continuous

- Use **had been** + **verb** + **ing** for all subjects.
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6. Examples

Subject	Sentence
I	I had been working all day before the break.
He	He had been waiting for an hour when she arrived.
She	She had been studying before the exam started.
They	They had been playing outside before it rained.
We	We had been living in that house for five years.

7. Affirmative, Negative, and Questions

Affirmative

- Subject + had been + verb + ing
- *They had been traveling for months before they settled down.*

Negative

- Subject + had + not + been + verb + ing
- *She had not (hadn't) been feeling well before the trip.*

Questions

- Had + subject + been + verb + ing?
 - *Had you been working on the project before the deadline?*
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8. Common Time Expressions Used with Past Perfect Continuous

- for (a period of time)
 - since (a point in time)
 - all day / all night / all morning
 - before
 - by the time
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9. Reading Passage: *Waiting for the Bus*

I had been waiting for the bus for more than thirty minutes when it finally arrived. I had been standing outside in the cold, and my hands were freezing. I had been hoping it wouldn't be late because I had an important meeting. Meanwhile, other people had been chatting and complaining about the delay. By the time the bus came, I had been feeling tired and impatient.

10. Exercises

A. Complete the sentences with the correct form (Past Perfect Continuous)

1. She _____ (study) for three hours before the exam.
2. They _____ (play) football all afternoon before it started to rain.
3. I _____ (wait) for you since 6 p.m. when you called.

4. We _____ (live) in that city for five years before we moved.
 5. He _____ (work) hard all day, so he was very tired.
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B. Write negative sentences

1. She / not / work / all morning
 2. They / not / play / for two hours
 3. I / not / wait / since noon
 4. We / not / live / there before last year
 5. He / not / study / before the test
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C. Make questions

1. you / work / on the project / all week?
 2. she / wait / for the bus / long?
 3. they / live / in New York / for many years?
 4. he / play / football / before it started raining?
 5. we / study / before the exam?
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D. Correct the mistakes

1. Had she been worked all day?
 2. They hadn't been playing for long before it stoped.
 3. I had been waited for hours before he came.
 4. She had been studying since two hours before the test.
 5. Had you been living in this city before?
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11. Tips for Learners

- Remember the formula: **had been + verb + ing**
 - Use the Past Perfect Continuous to emphasize the length of a past activity before another past event.
 - Look for clues like *for*, *since*, *before*, and *by the time*.
 - Practice with timelines to visualize the ongoing past action before another event.
 - Compare it often with Past Perfect to understand the focus on duration versus completion.
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