Past perfect continuous exercises

10 practice questions • Padworth Learning Studio

Name: _____ Date: _____

1. At noon, we were tired because we ___ for three hours.

had been walking / have walked / are walking

My answer: _____

2. Choose the correct structure.

had been study / had studying / had been studying

My answer: _____

3. When we met again, I ___ her for ten years.

had been knowing / had known / was been knowing

My answer: _____

4. The ground was wet because it ___ all night.

had been raining / has rain / rains

My answer: _____

5. Which sentence focuses on a completed quantity?

She had been writing. / She had written three pages. / She was writing.

My answer: _____

6. She was tired because she ___ all morning.

has been work / had been working / had working

My answer: _____

7. How long ___ you ___ before the bus arrived?

had / been waiting / have / been waiting / did / been waiting

My answer: _____

8. Choose the correct negative form.

We had not sleeping. / We had not been slept. / We had not been sleeping.

My answer: _____

9. His clothes were muddy. He ___ in the garden.

has digging / had been digging / had been dug

My answer: _____

10. Which sentence emphasises duration before a past event?

I had been studying for two hours when she called. / I studied tomorrow. / I have studied since she calls.

My answer: _____

Answer key & explanations

1. **had been walking** — The activity lasted up to a past point and explains the tiredness.

2. **had been studying** — Had been is followed by the -ing form.

3. **had known** — Know is normally a state verb, so use the simple form.

4. **had been raining** — A continuing earlier activity explains a past result.

5. **She had written three pages.** — Had written three pages emphasizes completed output.

6. **had been working** — Had been plus -ing describes an ongoing activity leading up to a past result.

7. **had / been waiting** — Past perfect continuous questions use had before the subject, then been and the -ing form.

8. **We had not been sleeping.** — Use had not been followed by the -ing form.

9. **had been digging** — The ongoing earlier activity explains the visible result in the past.

10. **I had been studying for two hours when she called.** — Had been studying highlights the activity’s duration up to a later past call.