



GRAMMAR PRACTICE

Present Perfect Continuous in Sport

Sports and Leisure | Actions continuing up to now | Cambridge IGCSE ESL 0511

1. Lead-in discussion

Talk with a partner. You may already use this grammar without noticing it.

No.	Question
1	How long have you been playing your favourite sport?
2	What activity have you been practising recently?
3	Have you been watching any competitions this month?
4	What has your team been working on?

2. Grammar in context

Read the text. The bold phrases show the grammar used in a natural topic context.

Training for a Competition

Our school team **has been training** for a regional competition for six weeks. The players **have been practising** passing, fitness and teamwork after school.

The coach **has been focusing** on communication because the team lost concentration in earlier matches. Some students **have been improving** their stamina by doing extra running.

Recently, more students **have been watching** extreme sports online, but team sports are still popular. Sports clubs **have been helping** students make friends and stay active.

3. Notice the pattern

Use the present perfect continuous for actions that started in the past and continue up to now, especially when focusing on duration or recent activity.

Use	Form / signal	Example
Form	has/have been + -ing	They have been training for six weeks.
Duration	for / since	She has been practising since January.
Recent activity	recently / this month	Students have been watching competitions online.
Focus	activity/process	The coach has been focusing on teamwork.

4. Build accurate sentences

Complete each sentence using the grammar focus. Then write two examples of your own.

No.	Prompt	Use	Your answer
1	The team / train / for six weeks.	has been	
2	Students / practise / passing after school.	have been	
3	The coach / focus / on teamwork recently.	has been	
4	More people / watch / extreme sports online.	have been	

1. _____

2. _____

5. Use it in exam answers

Complete the tasks using the grammar focus naturally.

Task	What to do
Speaking	Talk about a sport or leisure activity you have been doing recently.
Writing	Write a short report paragraph about how a team has been preparing for a competition.
Reading	Underline present perfect continuous forms in the context text.

6. Common mistakes

Correct the mistakes.

No.	Mistake	Your correction
1	The team has training for six weeks.	
2	Students have been practise after school.	
3	The coach has been focus on teamwork.	
4	I have been played football since last year.	

7. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

1. What sport have you been playing recently?
2. How long have you been interested in your favourite activity?
3. Have you been watching any sports competitions this year?
4. What should teams focus on when preparing for competitions?

Present Perfect Continuous in Sport

4. Build accurate sentences

1. The team has been training for six weeks.
 2. Students have been practising passing after school.
 3. The coach has been focusing on teamwork recently.
 4. More people have been watching extreme sports online.
- Own answers will vary. Check that the grammar focus is accurate and natural.

6. Common mistakes

1. The team has been training for six weeks.
2. Students have been practising after school.
3. The coach has been focusing on teamwork.
4. I have been playing football since last year.

Notes for checking

1. Form: has/have been + -ing - They have been training for six weeks.
2. Duration: for / since - She has been practising since January.
3. Recent activity: recently / this month - Students have been watching competitions online.
4. Focus: activity/process - The coach has been focusing on teamwork.