

10 Past Perfect Continuous *Passado Perfeito Contínuo*

► Quando usar

Usamos o Past Perfect Continuous para uma ação que vinha acontecendo por um tempo antes de outra ação no passado (She had been studying for hours when the lights went out).

◆ ESTRUTURA EM BLOCOS



🕒 MARCADORES DE TEMPO *(palavras que entregam o tempo na prova)*

for since before when all day how long

► Conjugação · to love

Pronome	to love — conjugado
I	had been loving
you	had been loving
he / she / it	had been loving
we	had been loving
you	had been loving
they	had been loving

► Exemplos

AFFIRMATIVE *She had been loving studying there.* — Ela estava adorando estudar lá.

INTERROGATIVE *Had she been loving studying there?* — Ela estava adorando estudar lá?

NEGATIVE *She hadn't been loving studying there.* — Ela não estava adorando estudar lá.

⚠ CILADA DE PROVA

De novo: been, nunca being (✓ had been waiting). Diferença para o Past Perfect Simple: o Continuous enfatiza por quanto tempo a ação vinha durando antes do outro evento (We had been driving for 6 hours when we stopped).

🔪 Exercícios · Parte 1: múltipla escolha

1. Choose the correct sentence:

- A) She had being working all day.
- B) She had been working all day.
- C) She has been working all day.
- D) She was been working all day.

2. Which sentence uses the past perfect continuous?
 - A) They were studying all night.
 - B) They had studied all night.
 - C) They had been studying all night.
 - D) They study all night.
3. Complete: I _____ been waiting for you for hours when you called.
 - A) had
 - B) have
 - C) was
 - D) am
4. Choose the correct negative form:
 - A) He hadn't be playing guitar.
 - B) He not had been playing guitar.
 - C) He hadn't been playing guitar.
 - D) He didn't been playing guitar.
5. What is the correct question form?
 - A) Had he been studying when she arrived?
 - B) Did he been studying when she arrived?
 - C) Was he been studying when she arrived?
 - D) He had been studying when she arrived?
6. Complete: We _____ been walking for two hours before it started to rain.
 - A) have
 - B) were
 - C) had
 - D) has
7. Which sentence is correct?
 - A) They has been trying to fix it.
 - B) They had been try to fix it.
 - C) They had been trying to fix it.
 - D) They were been trying to fix it.
8. Complete: My brother _____ been playing video games all morning.
 - A) have
 - B) had
 - C) has
 - D) is
9. Negative form: 'She had been sleeping.' →
 - A) She hadn't been sleeping.
 - B) She not had been sleeping.
 - C) She didn't been sleeping.
 - D) She hasn't been sleeping.
10. Choose the correct alternative: 'They _____ been studying English before they moved to Canada.'
 - A) have
 - B) had
 - C) has
 - D) was

§ GABARITO 1-B 2-C 3-A 4-C 5-A 6-C 7-C 8-B 9-A 10-B

🔪 Exercícios · Parte 2: complete as frases

Complete com Past Perfect Continuous:

- 1) She ____ (study) for hours when the power went out.
- 2) They ____ (wait) for a long time before the bus came.
- 3) How long ____ you ____ (work) there before you quit?
- 4) He was tired because he ____ (run).
- 5) We ____ (not / sleep) well before the trip.

✎ Exercícios · Parte 3: reescreva / combine

Reescreva na forma indicada:

- 1) She had been crying. (negativa)
- 2) They had been arguing. (interrogativa)
- 3) I had been working. (negativa)

● PRODUÇÃO — agora é com você

Pense em algo que você vinha fazendo por um tempo antes de um evento importante. Escreva 2 frases (I had been ...ing ... before ...).

§ Gabarito · complete e reescreva

Complete 1: had been studying

Complete 2: had been waiting

Complete 3: had ... been working

Complete 4: had been running

Complete 5: hadn't been sleeping

Reescreva 1: She hadn't been crying.

Reescreva 2: Had they been arguing?

Reescreva 3: I hadn't been working.

✓ Autoavaliação — "Eu consigo..."

- ☐ expressar duração de uma ação anterior a outra no passado
- ☐ montar had + been + verbo-ing
- ☐ usar for/since/before
- ☐ diferenciar do Past Perfect Simple

Marquei menos de 3 quadradinhos? *Volte aos exemplos e refaça as questões erradas antes de seguir.*

★ QUESTÃO DE PROVA · estilo ENEM / PAS

Tema transversal: Arte / Biografia

◆ TEXTO

Before she became famous, Frida Kahlo had been painting for many years. She had been suffering from severe pain after a terrible accident. While recovering in bed, she had been creating self-portraits that expressed her emotions. By the time critics noticed her, she had been developing a unique and powerful style.

Adapted from a biography of Frida Kahlo. Internet.

► Interpretação

1. According to the text, what had Frida Kahlo been doing before she became famous?
 - A) She had been painting for many years.
 - B) She had been studying law.
 - C) She had been travelling the world.
 - D) She had been ignoring art completely.

► Gramática · Past Perfect Continuous

2. Which sentence is correct in the Past Perfect Continuous?

- A) She had been suffering from severe pain.
- B) She had being creating self-portraits.
- C) She had been develop a unique style.
- D) She has been painting for years.

§ GABARITO 1-A 2-A

§ Comentário das questões**Questão 1 · Interpretação**

- A) **She had been painting for many years.**
✓ **Correta.** O texto afirma: "Frida Kahlo had been painting for many years".
- B) **She had been studying law.**
✗ O texto fala em pintura, não em direito.
- C) **She had been travelling the world.**
✗ O texto a descreve se recuperando na cama, pintando.
- D) **She had been ignoring art completely.**
✗ O texto mostra exatamente o contrário.

Questão 2 · Gramática

- A) **She had been suffering from severe pain.**
✓ **Correta.** Estrutura: had + been + verbo-ing (had been suffering).
- B) **She had being creating self-portraits.**
✗ O correto é been, não being.
- C) **She had been develop a unique style.**
✗ Falta o -ing: o correto é had been developing.
- D) **She has been painting for years.**
✗ Essa frase é Present Perfect Continuous (has), não Past.