Present perfect vs. present continuous

Result or duration:

1. I play football for five years.
2. My team win (only) two matches so far.
3. The others be (always) better.
4. Are we not there yet? We walk for hours.
5. But we cover (only) an area of five miles so far.
6. I finish (just) my homework.
7. I work on this essay since two o'clock.
8. Jane go out with Bob for seven years.
9. Martin date three girls this week.
10. How long wait (you) for us?
11. A: you play (ever) tennis?
12. B: I play (only) tennis once or twice. And you?
13. A: I learn tennis for two years.
14. B: (you / take) part in any competitions yet?
15. A: I participate in four contests this year.
16. B: (you / win) any prizes so far?
17. A: No, I win (not) anything yet. I'm not that good yet. (you / enter / ever) a contest?
18. B: I swim for seven years and I receive (already) some trophies.

Result or side effect

1. Why are you out of breath? - I run.
2. The toaster is okay again. Dad repair it.
3. I am so tired, I work all day.
4. Your shirt is clean now. Maggie wash it.
5. I'm afraid, I'm getting a cold. I walk home in the rain.
6. Your clothes smell awful! (you / smoke)?
7. Peggy is ready for her exam now. I help her preparing for it.
8. It is dark in here because we close the curtains. We want to watch a film and that's better in the dark.
9. His voice is gone now because he shout all morning.
10. One can see through the windows again. Jane clean them.
11. You are absolutely sunburned. You sit in the sun too long.
12. We can watch the film now. Michael connect the DVD player.
13. The room looks much nicer now. I hang up some pictures.
14. Freddy is soaken wet. He wash the dog.
15. I am not hungry. I eat (already) something.
17. My eyes are red because I cut onions.

Since the last time or since the beginning:

1. I play (not) the computer for half an hour, only for about 5 minutes.
2. Bob drive (not) a car for eight years.
3. Carla go (not) on holiday for three years.
4. We run (not) for 40 minutes yet - there are still 10 minutes left.
5. They smoke (not) for 10 days now.
6. I eat (not) anything since two o'clock.
7. Anna work (not) here for five years, but for seven years.
8. I read (not) for a long time - just 10 minutes, not more.
9. You cycle (not) for two hours. It was only about one hour.
10. Catherine speak (not) French for 10 years, so her French isn't very good now.

Mixed exercise:

1. A: (you / take) the dog for a walk yet?
2. B: I work all day. I come (just) home from work and I have (not) the time yet to walk the dog.
3. A: How long the dog be home alone?
4. B: For about 6 hours. You walk (not) the dog for a long time. Don't you want to go?
5. A: Well, I laze (not) about all day either, you know. I have a very important meeting tomorrow and I still (finish / not) my presentation.
6. B: Okay, I will go then. Where you put collar and leash?
7. A: They are in the kitchen. By the way, (you / eat) anything yet? If not, could you get us something from the supermarket?