NOVAKID

Past Perfect Continuous: Duration of Past Actions

עבר מושלם ממושך: משך פעולה בעבר

בדף עבודה זה נלמד ונבסס נושא דקדוקי מתקדם באנגלית: עבר מושלם ממושך (Past Perfect Continuous). זמן זה משמש לתיאור פעולה מתמשכת שהתרחשה והמשיכה עד לנקודת זמן מסוימת בעבר (Had + been + Verb-ing). נתרגל כיצד להביע משך של פעולה בעבר בעזרת מילים כמו for ו-since, וכיצד לתאר את העילה והסיבה לתוצאה שהייתה גלויה בעבר. דפי תרגול אלו מותאמים ללימוד אנגלית לילדים ונוער ברמת B2 ועוזרים להבין ולתרגל את המבנה צעד אחר צעד דרך משימות חווייתיות, קטע קריאה קצר ומגוון תרגילים מהנים.

1 Matching Structures to Functions 🧩

התאמת מבנים לתפקידים דקדוקיים

Match each sentence part or rule on the left to its correct structure description on the right.

התאימו בין חלק המשפט או הכלל בצד שמאל לתיאור המבנה הנכון בצד ימין.

1. "They had been playing football for two hours..."
2. "...when it suddenly started to rain."
3. "She was exhausted because she had been studying all night."
4. Had + subject + been + V-ing?
5. Had + been + V-ing

a. Describes a duration of time up to a point in the past.

b. Expresses the cause of a visible past result (e.g., tiredness).

c. Shows a shorter interrupting action in Past Simple.

d. Positive structure of Past Perfect Continuous.

e. Question form of Past Perfect Continuous.

כל הכבוד על ההתחלה המצויינת! הצעד הראשון הוא הכי חשוב! 🧩

2 Complete the Sentences ✏️

השלמת משפטים

Fill in the blanks using the correct Past Perfect Continuous form ($had + been + V-ing$) of the verb in brackets.

השלימו את החסר במשפטים הבאים בעזרת צורת ה-Past Perfect Continuous של הפועל שבסוגריים.

1. Maya was out of breath because she _____ (run) for thirty minutes.
2. The ground was wet in the morning because it _____ (rain) all night long.
3. They _____ (wait) at the bus stop for an hour before the bus finally arrived.
4. How long _____ you _____ (practice) the piano before the concert started?
5. He was tired during the exam because he _____ (not sleep) well for days.

3 Reading Comprehension - The Marathon Runner 📖

הבנת הנקרא - רץ המרתון

Read the short story and answer the questions.

קראו את הסיפור הקצר וענו על השאלות.

The Marathon Runner

Yesterday, Dan completed his first full marathon. When he finally crossed the finish line, he looked completely exhausted, but he was smiling broadly. He had been training rigorously for six months before the big race day arrived. His legs were sore because he had been running uphill for over two hours. His parents were cheering proudly in the crowd because they knew how hard he had been working to achieve his dream.

1. How long had Dan been training before the big race day arrived?
2. Why were Dan's legs sore when he finished the marathon?
3. How did Dan look when he crossed the finish line?
4. Why were Dan's parents cheering proudly in the crowd?
5. Why is "had been training" used in the text instead of "was training"? (Because it emphasizes the long continuous duration before a specific point in the past / Because Dan is still training right now / Because it describes a quick past habit)

עבודה נפלאה! אתם מתקדמים מדהים, תמשיכו כך! 🏆

4 Structure Categorization 🗃️

מיון משפטים לפי הזמן הדקדוקי

Sort the sentences into the correct category table: Past Continuous (Action happening at a moment in the past) or Past Perfect Continuous (Duration before a point in the past).

מיינו את המשפטים לטבלה לפי הזמן הדקדוקי המתאים: עבר ממושך (פעולה שהתרחשה ברגע מסוים בעבר) או עבר מושלם ממושך (משך פעולה שקדמה לנקודה בעבר).

Sentences: She was watching TV at 8 PM, They had been hiking for three hours before resting, He was sleeping when I called, We had been waiting since morning when he arrived, I had been painting the wall before it rained, The dog was barking loudly

Past Continuous (Was/Were + V-ing)	Past Perfect Continuous (Had been + V-ing)

5 Choose the Correct Tense 🎯

בחירת הזמן הנכון

Choose the correct option (A, B, or C) to complete each sentence.

בחרו בתשובה הנכונה (A, B, או C) להשלמת כל משפט.

1. By the time the teacher entered the classroom, the students _____ for ten minutes.
   a. were talking
   b. had been talking
   c. have talked

2. Her eyes were red because she _____ at the screen for hours.
   a. had been staring
   b. has stared
   c. was stared
3. They _____ for three hours before they realized they were lost.
   a. drove
   b. had been driving
   c. drive
4. How long _____ you _____ for the train before it was canceled?
   a. were / waiting
   b. had / been waiting
   c. have / waited
5. The chef _____ in that famous restaurant for five years before he opened his own place.
   a. had been working
   b. is working
   c. has been working

Past Continuous (Was/Were + V-ing)

Past Perfect Continuous (Had been + V-ing)

---

6 Correct the Grammar Mistakes ✏️

תיקון טעויות דקדוק בזמן עבר מושלם ממושך

Read each sentence and rewrite the underlined part using the correct Past Perfect Continuous structure.

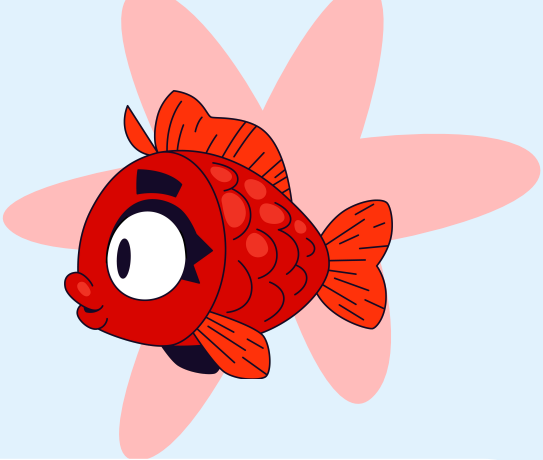
קראו כל משפט וכתבו את החלק המסומן מחדש במבנה הנכון.

1. She was tired because she has been studying for six hours.
   → _____
2. They had being waiting for the teacher since 9:00 AM. → _____
3. He was playing soccer for two hours before he broke his shoe. → _____
4. How long had you working on the project before you gave up? → _____
5. The roads were icy because it had snowing all night. → _____

איזו התמדה מדהימה! סיימתם את כל התרגילים בהצלחה רבה! 🏆

Answers

תשובות



1 Matching Structures to Functions 🧩

התאמת מבנים לתפקידים דקדוקיים

1-a, 2-c, 3-b, 4-e, 5-d.

2 Complete the Sentences ✏️

השלמת משפטים

1. had been running, 2. had been raining, 3. had been waiting, 4. had ... been practicing, 5. hadn't been sleeping.

3 Reading Comprehension - The Marathon Runner 📖

הבנת הנקרא - רץ המרתון

1. For six months, 2. Because he had been running uphill for over two hours, 3. Completely exhausted, but smiling broadly, 4. Because they knew how hard he had been working,

5. Because it emphasizes the long continuous duration before a specific point in the past.

4 Structure Categorization 📦

מיון משפטים לפי הזמן הדקדוקי

Past Continuous: She was watching TV at 8 PM, He was sleeping when I called, The dog was barking loudly.

Past Perfect Continuous: They had been hiking for three hours before resting, We had been waiting since morning when he arrived, I had been painting the wall before it rained.

5 Choose the Correct Tense 🎯

בחירת הזמן הנכון

1-b, 2-a, 3-b, 4-b, 5-a.

6 Correct the Grammar Mistakes ✏️

תיקון טעויות דקדוק בזמן עבר מושלם ממושך

1. had been studying, 2. had been waiting, 3. had been playing, 4. had you been working, 5. had been snowing.