

English Ladder

Teaching Guide

Understanding the Use of "Recently" and "Lately" in Present Perfect Progressive Tense



A concise classroom guide with lesson flow, teaching cues, and a ready-to-use answer key built around the same English Ladder concept sheet.

Grammar Concepts

Concept #16: Recently/Lately

Additional Examples for Better Understanding

Practice Exercises

Answers:

Visual anchor

Use the concept poster to spotlight the main language pattern in **Understanding the Use of "Recently" and "Lately" in Present Perfect Progressive Tense** and keep the explanation visible during practice and discussion.

ENGLISH LADDER

Concept #16 ► **Recently/Lately**

The words **'recently'** and **'lately'** often signal the need for the **present perfect progressive** tense. This tense indicates something was started in the past, is happening now, and is likely to continue into the future.

This tense is emphasizing how the activity is continuous.
Introducing a **specific** past period of time is not allowed.

- Recently, I have been dieting.
- I have been dieting over the past few days.
- I have been dieting since last month.
- ✗ I have been dieting last month.

- She has been exercising (ever) since she graduated.
- Lately, she has been exercising a lot.
- She has been exercising (on) Saturdays.
- ✗ She has been exercising Saturday.

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At a Glance

<p>Lesson focus Understanding the Use of "Recently" and "Lately" in Present Perfect Progressive Tense</p>	<p>Suggested timing 45-60 minutes</p>
<p>Core objective Students explain the target pattern clearly and apply it accurately in controlled practice and discussion.</p>	<p>Materials Student PDF, the concept image, board space, and time for partner checking.</p>

Suggested Lesson Flow

<p>Warm-up</p>	<p>Display the concept image and ask learners to predict the rule behind Understanding the Use of "Recently" and "Lately" in Present Perfect Progressive Tense before reading the explanation.</p>
<p>Model</p>	<p>Walk through the Core Idea and the sections on Concept #16: Recently/Lately, Additional Examples for Better Understanding, Practice Exercises. Pause after each part so students can restate the pattern in plain English.</p>
<p>Guided practice</p>	<p>Project two or three examples from the concept sheet and ask pairs to explain why each choice works, not just what the answer is.</p>
<p>Independent work</p>	<p>Assign the 24 practice items for quiet work, partner checking, and final feedback.</p>
<p>Closure</p>	<p>Ask students to create one new sentence or mini-example of their own that follows the same pattern.</p>



Likely Learner Errors

- Learners may overgeneralize the first pattern they notice. Keep returning to **Concept #16: Recently/Lately, Additional Examples for Better Understanding, Practice Exercises** and ask students to explain what changes from one example to the next.
- Long explanations can hide the signal word or structure. Have students underline the exact phrase that tells them which form, pattern, or response is needed.
- If students can choose an answer but cannot explain it, ask them to justify their choice using words taken directly from the concept sheet.

Differentiation and Delivery Notes

- Support: teach one section at a time, then send students back to **the examples** or the practice set so they can apply the same rule immediately.
- Pair work: let students compare answers aloud before you reveal the key. The explanation step is as important as the final answer.
- Extension: ask stronger students to write two fresh examples or a short dialogue that uses the same target language accurately.

Model Language from the Concept Sheet

- Recently, I have been dieting. This sentence means that the speaker started dieting in the past and is still dieting now.
- I have been dieting over the past few days. This indicates the action started a few days ago and is still ongoing.
- I have been dieting since last month. This shows that the speaker started dieting last month and continues to diet.
- I have been dieting last month. (Incorrect)
- Recently, I have been studying English. This indicates the speaker started studying English in the recent past and continues to study.
- Lately, she has been feeling very tired. This shows that she started feeling tired in the recent past and continues to feel tired.



Answer Key

Use this key for whole-class feedback or fast marking.

ITEM 01

Recently, I have been exercising every morning.

ITEM 02

Lately, she has been feeling very happy.

ITEM 03

They have been working on a new project since January.

ITEM 04

For the past few days, it has been raining a lot.

ITEM 05

Recently, he has been watching a lot of movies.

ITEM 06

I have been reading this book since last week.

ITEM 07

She has been cooking a lot of new recipes lately.

ITEM 08

We have been discussing this topic for the past few days.

ITEM 09

Lately, he has been thinking about moving to another city.

ITEM 10

Recently, they have been planning their summer vacation.

ITEM 11

For the past few days, I have been feeling a bit under the weather.

ITEM 12

She has been taking online courses lately.

ITEM 13

Recently, I have been trying to eat healthier.

ITEM 14

Lately, he has been studying a lot for his exams.

**ITEM 15**

They have been building a new house for the past few months.

ITEM 16

I have been practicing yoga recently.

ITEM 17

Lately, she has been writing a lot of articles.

ITEM 18

Recently, we have been exploring new places in our city.

ITEM 19

He has been learning a new language for the past few weeks.

ITEM 20

For the past few days, she has been trying to fix her computer.

ITEM 21

I have been improving my cooking skills recently.

ITEM 22

Lately, he has been driving to work instead of taking the bus.

ITEM 23

They have been visiting many museums since they arrived in the city.

ITEM 24

She has been training for a marathon for the past few months.



Feedback Cues

- Item 01: Feedback: The correct answer is "have been exercising" to indicate an action that started in the recent past and continues in the present.
- Item 02: Feedback: The correct answer is "has been feeling" to show a continuous action that started recently and is still happening.
- Item 03: Feedback: The correct answer is "have been working" because the action started in January and continues.
- Item 04: Feedback: The correct answer is "has been raining" as it indicates a continuous action over the past few days.
- Item 05: Feedback: The correct answer is "has been watching" to indicate an action that started recently and is still ongoing.
- Item 06: Feedback: The correct answer is "have been reading" as the action started last week and continues to the present.