Complete the sentences with Present Perfect Simple or Present Perfect Continuous:

I have polished the silver.
1. John (just / return) from his trip.
2. Paul (not use) the car since 2002.
3 (you / ever / taste) custard cream?
4. It (rain) for over 8 hours.
5. We (not decide) what to do.
6. He is wet because he (walk) in the rain.
7 (they / announce) their engagement yet?
8. She (tell) jokes for over an hour.
9. They (already / be) to India.
10. I (teach) Maths for ten years.