

Name _____ Date _____ Time taken _____

What this sheet trains

Divided attention - holding a second rule in mind while your main attention is busy elsewhere. This is the skill behind listening to a teacher while taking notes, or checking your working while solving the next step.

Strategy: anchor and sweep. Give the main task your focus and let the second task run as a quick, automatic check - do not swap your full attention back and forth.

1 Read and tally

Main task: read the passage once. Second task: the counting rule below.

Counting rule

Every time you read the word anchoveta, make one tally mark in the box at the foot of the page. Do not go back and re-read. One pass only.

The cold Humboldt Current runs north along the coast of Peru, and where it meets the shallows it lifts nutrient-rich water to the surface. That upwelling feeds the anchoveta, a small silver fish that forms the largest single-species fishery on Earth. In a good year the anchoveta shoals are enormous. Almost no anchoveta is eaten by people. The catch is ground into fishmeal and oil and fed to farmed salmon in Norway and Chile, to pigs in China, and to chickens almost everywhere, which means a decision taken in a Peruvian ministry quietly affects the price of protein on several continents.

Peru manages the stock with a quota set twice a year, and the striking thing is how that quota is chosen. Research vessels run acoustic surveys along fixed transects, estimating biomass from the echoes that schools of anchoveta return, and the season is then sized to leave a minimum spawning population of anchoveta in the water. If a survey finds too little, the season is cut short or cancelled outright, as happened in 2023. The method accepts a wide margin of error on purpose: an upwelling fishery can collapse quickly, and a stock that has been fished down has no reserve left when the ocean turns against it.

The ocean does turn. In an El Nino year the warm surface layer thickens, upwelling weakens, and the anchoveta either die or retreat into a narrow cold band near the coast, where they are easier to catch than ever. This is the real test of any quota system, because the year the anchoveta are most concentrated is the year they are least able to spare a catch, and every incentive on the water points the wrong way. Peru's rules have mostly held, which suggests the harder problem in fisheries is not measurement but nerve.

Tally here - one mark per anchoveta

Make the marks as you read, then write your total before turning the page.

Total

1 Questions - cover the passage first

Answer from memory. Do not look back at the passage.

My tally total

From page 1

Q1. What happens to almost all of the anchoveta that Peru catches?

Q2. How is the size of each fishing season decided, and what does it protect?

Q3. Why does an El Nino year make overfishing more tempting than usual?

Q4. What does the writer mean by saying the harder problem is nerve, not measurement?

2 Grid sweep with a running count

Main task: cross out targets. Second task: keep a count in your head.

Rules - read both before you start, then start the timer

Main: cross out every number that is a multiple of 9.

Second: count - silently, no marks - how many numbers end in 4. Write the total in the box only when you have finished the whole grid.

42	67	12	18	90	45	85	81	32	73	41	84	70	46	90	96
90	53	83	46	91	76	86	92	83	21	93	75	18	22	75	34
36	48	73	29	23	74	62	78	82	22	83	20	89	41	47	94
62	38	69	51	87	56	68	88	72	11	67	21	13	33	65	12
42	43	29	73	29	44	97	16	32	67	73	14	90	29	99	15
44	33	18	53	27	55	97	51	51	31	35	15	94	57	10	10
14	69	58	25	14	20	21	25	97	23	65	17	18	12	64	28
10	62	81	67	44	66	13	57	44	88	89	20	20	95	13	75

Stop the timer when the grid is finished, not when you write the total.

Numbers ending in 4

Write it once the grid is done

3 Copy and total

Main task: copy each row of digits. Second task: keep a running total.

Rules

Main: copy each four-digit group into the box beside it, in order.

Second: add the second digit of every row to a running total as you go.

Write the running total in the box at the end of each row - from memory, not by going back and adding up at the end.

	Copy here	Running total
6 3 4 5		
3 3 5 3		
3 5 6 8		
5 6 9 2		
3 8 8 3		
6 2 1 2		
3 5 3 1		
7 1 2 5		
6 8 3 4		
4 9 7 4		
2 5 3 3		
3 6 3 6		

4 Bridging - answer in a sentence each

Where this shows up outside the sheet.

Q1. Which of the two demands here collapsed first, and what do you think tipped the balance?

Q2. Describe a time this term when you kept going on a task you should have paused.

Q3. How do you tell the difference between being tired and having genuinely lost the thread?

Answer key

Task 1 · tally
anchoveta

7

Task 2 · crossed out
multiples of 9

15

Task 2 · counted
ending in 4

13

Task 3 · final total
second digits

61

Task 1 - suggested answers

Q1. It is processed into fishmeal and oil and fed to farmed fish, pigs and poultry rather than eaten directly.

Q2. Acoustic surveys estimate the biomass, and the quota is set to leave a minimum spawning population in the water.

Q3. Warm water squeezes the fish into a narrow coastal band where they are unusually easy to catch, just when stocks are weakest.

Q4. Surveys already show what the stock can bear; the difficulty is holding to a closure when a catch looks easy.

Notes for the parent or teacher

- Mark the two tasks separately. A student who scores well on the main task and loses the count has not failed - that is the normal pattern, and it is the thing worth discussing.
- Do not prompt or remind during a task. The reminder is the skill.
- An untimed run is a valid run. Record the time only if the student wants to beat it next week.
- Repeat the sheet after a week rather than straight away. Spacing is what makes the gain stick.
- This is attention practice, not an assessment. It does not diagnose anything, and no sheet of this kind should be read as a measure of ability.