

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 cave or caves, make one tally mark in the box at the foot of the page. Do not go back and re-read. One pass only.

In the state of Perak, in northern Malaysia, grey limestone hills rise straight out of flat green plains. They look solid, but rainwater is slightly acidic. Over millions of years it has eaten tunnels and halls out of the rock. The result is a cave system inside almost every hill. Some caves are only a few metres long, while others open into chambers the size of a sports hall.

A limestone cave is a quiet, closed world. Beyond the entrance the light fades, and the temperature barely changes whatever the weather outside. Swiftlets nest high on the cave walls. They find their way in the dark by making clicks and listening for the echo. Bats hang in the cave roof by day and pour out at dusk to hunt insects. Their droppings pile up on the floor below and feed crickets, beetles and blind white creatures found nowhere else.

People have used these caves for a very long time. Some hold Buddhist and Hindu shrines, with painted walls and steep flights of steps. Others have given archaeologists stone tools and burials thousands of years old. Yet the same hills are quarried for cement. A hill that is crushed takes its caves, and everything living in them, with it.

Tally here - one mark per cave or caves

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 has carved the tunnels and halls inside the Perak limestone hills?

Q2. How do swiftlets find their nests in the dark parts of a cave?

Q3. Why do you think blind creatures can survive in a cave but not outside it?

Q4. What tension does the writer leave you with in the final paragraph?

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 4.

Second: count - silently, no marks - how many numbers end in 0. Write the total in the box only when you have finished the whole grid.

10	65	32	51	17	52	83	76	22	30	81	39	62	41	66	58
91	53	38	94	61	44	85	57	38	21	95	11	10	25	26	55
30	98	11	78	70	35	67	64	38	71	81	90	49	73	55	28
68	26	90	10	31	39	74	77	44	18	26	63	34	66	14	45
72	34	52	94	77	92	76	47	41	50	30	57	47	94	23	56
71	58	37	22	81	10	95	71	47	70	22	65	91	57	25	14
21	71	14	41	17	41	38	68	64	53	31	82	63	79	22	41
73	79	98	71	14	41	87	54	51	27	11	49	86	50	25	46

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

Numbers ending in 0

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 three-digit group into the box beside it, in order.

Second: add the middle 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
9 1 9		
5 3 8		
8 8 4		
5 8 8		
9 5 3		
2 9 2		
5 7 7		
5 6 8		
7 6 1		
9 5 9		
2 3 8		
6 5 9		

4 Bridging - answer in a sentence each

Where this shows up outside the sheet.

Q1. Which of the two tasks slipped first for you, and what do you think made it the weaker one?

Q2. Describe a moment this week when you were doing two things and lost track of one.

Q3. What signal tells you that you have stopped taking in what you are reading?

Answer key

Task 1 · tally
cave or caves

7

Task 2 · crossed out
multiples of 4

15

Task 2 · counted
ending in 0

13

Task 3 · final total
middle digits

66

Task 1 - suggested answers

Q1. Slightly acidic rainwater has slowly dissolved the limestone over millions of years.

Q2. They make clicking sounds and listen for the echoes bouncing back off the walls.

Q3. Deep in a cave there is no light to use, so sight is useless, but food and shelter are steady there.

Q4. The caves hold shrines, history and rare life, yet the same hills are being quarried away for cement.

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.