

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

For most of the year, northern India is dry and dusty. Then, around June, the wind reverses and the rain arrives. This seasonal shift is called the monsoon. It happens because land heats up faster than the sea. Warm air rises over the baking plains, and moist air is drawn in off the Indian Ocean to take its place. Farmers watch the clouds and wait.

That moist air meets the Himalayas and has nowhere to go but up. As it climbs it cools, and the water it carries falls as rain. The hills of north-east India catch the heaviest monsoon downpours on Earth. A single month of monsoon rain there can beat a whole year in London. Villagers there have long trained the living roots of fig trees into bridges. A wooden one would simply rot away in such wet air.

More than a billion people depend on the monsoon. Rice is planted as soon as the monsoon breaks. Wells and reservoirs refill, and the dust is washed from the air. Yet a strong monsoon also floods cities and washes away hillsides. If the monsoon arrives late, the harvest suffers. A single weather pattern can be both the reason a country eats and the reason it fears the sky.

Tally here - one mark per monsoon

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 the wind over India around June?

Q2. Why does the moist air from the ocean turn into heavy rain near the Himalayas?

Q3. Why would a late monsoon worry farmers more than a heavy one?

Q4. What is the writer saying about the monsoon in the final sentence?

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 8. Write the total in the box only when you have finished the whole grid.

62	81	13	79	72	66	82	64	94	40	82	70	49	85	52	86
53	65	40	83	89	38	82	99	44	58	61	98	18	99	67	77
91	18	37	55	33	71	26	79	31	58	69	47	93	69	64	17
95	97	15	59	93	66	56	79	57	24	91	91	55	63	37	83
54	27	78	78	72	13	69	17	31	74	95	11	70	85	73	59
89	80	82	83	38	11	18	63	98	63	50	18	11	99	82	63
85	98	61	42	24	79	67	62	77	70	99	57	63	87	10	21
40	42	60	74	83	50	46	33	79	36	82	57	53	26	43	45

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

Numbers ending in 8

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
1 7 3		
6 6 1		
6 3 5		
6 5 8		
4 1 2		
5 3 5		
5 5 6		
8 9 2		
7 2 9		
4 2 5		
9 4 2		
6 6 8		

4 Bridging - answer in a sentence each

Where this shows up outside the sheet.

Q1. Which of the two tasks slipped away from you first, and what do you think explains it?

Q2. What usually breaks your concentration first at home - sound, movement or a screen?

Q3. When a task is split in two, how do you decide which half to protect?

Answer key

Task 1 · tally
monsoon

7

Task 2 · crossed out
multiples of 4

15

Task 2 · counted
ending in 8

13

Task 3 · final total
middle digits

53

Task 1 - suggested answers

- Q1. It reverses direction, and moist air is pulled in from the Indian Ocean, bringing the rain.
- Q2. The mountains force the air to climb, and as it cools it can no longer hold its water, so rain falls.
- Q3. The rice is planted when the rain breaks, so a late start shortens the growing season and cuts the harvest.
- Q4. That the same rain both feeds the country and threatens it, so it is welcomed and feared at once.

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.