

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

Peninsular Malaysia runs on a single grid, a web of lines and substations stretching from Johor to Perlis, and every second of the day the power fed into that grid must match the power drawn out of it. Get the balance wrong and the frequency drifts away from fifty cycles a second, which is the number grid engineers watch most closely. Large coal and gas turbines help here almost by accident: their spinning masses store energy, and that stored motion, called inertia, slows any sudden change while control rooms respond.

Rooftop solar complicates the picture. A panel produces most at midday, when offices and factories are cooling hardest, so on a clear afternoon it genuinely reduces what the grid must supply. But solar has no spinning mass, its output falls away by six in the evening just as homes switch on, and a passing band of cloud over the Klang Valley can cut thousands of rooftops at once. The grid therefore keeps conventional plant running at low output, burning fuel to stay ready rather than to sell electricity, which is a real grid cost that no solar bill shows.

Who should carry that cost is the argument worth having. Households with panels buy less from the utility while still relying on the grid every evening and on every cloudy day, so the fixed expense of grid poles, wires and standby plant is recovered from a shrinking set of customers, mostly those who rent or cannot afford installation. Calling this a subsidy for the rich is too neat, since early adopters also paid for a technology now cheap for everyone, but a tariff written when generation was central will not survive a grid that millions of people feed.

Tally here - one mark per grid

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 must stay in balance every second on Peninsular Malaysia's electricity network?

Q2. Why is a spinning turbine useful to the system in a way a solar panel is not?

Q3. Why might a household with panels still depend heavily on the shared network?

Q4. How convincing is the writer's refusal to call rooftop solar a subsidy for the wealthy?

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 8.

Second: count - silently, no marks - how many numbers end in 5. Write the total in the box only when you have finished the whole grid.

46	70	61	43	16	48	21	43	98	18	89	72	81	78	48	35
38	74	17	60	13	73	20	20	75	17	78	22	10	81	78	91
21	57	49	52	82	19	65	94	44	33	46	15	41	34	32	34
72	96	21	73	57	60	67	82	76	22	48	55	90	39	50	65
13	34	79	23	19	43	80	10	93	43	90	38	34	75	25	11
46	88	14	89	50	83	76	22	46	74	45	66	31	98	22	25
85	13	85	57	69	51	74	93	56	10	58	12	68	35	53	37
10	58	61	64	83	50	40	81	19	14	32	77	32	84	77	29

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

Numbers ending in 5

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

4 Bridging - answer in a sentence each

Where this shows up outside the sheet.

Q1. Which half of this exercise weakened first for you, and what do you think made it the weaker half?

Q2. Think of a lab session where you had to record data and follow instructions at once. What suffered?

Q3. How do you protect the task that matters most when two deadlines land in the same week?

Answer key

Task 1 · tally
grid

9

Task 2 · crossed out
multiples of 8

15

Task 2 · counted
ending in 5

13

Task 3 · final total
second digits

66

Task 1 - suggested answers

Q1. The power fed in and the power drawn out, which together hold the frequency near fifty cycles a second.

Q2. Its stored motion, or inertia, cushions sudden changes, while solar output can vanish with cloud and offers no such buffer.

Q3. Panels make nothing after dark or under heavy cloud, so the home draws from the network at exactly those times.

Q4. Fairly convincing: early buyers did help drive costs down, though the burden still lands on customers without panels.

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.