

Name:

Entry 1 Digital Skills - Evidence Document

Type your full name:

Going to a keep-fit class or gym session is a fun way to keep healthy.

- Exercise can help with anxiety and depression.
- It can help you keep calm and keep positive.
- Regular exercise can help you to sleep better.
- It can make you feel more awake and more confident.
- It can help you concentrate.

1) What type of exercise do you enjoy?

Tick	Exercise I like
	Walking
	dancing
	running
	keep fit class
	Gym session
	Swimming
	Other (write details here)

2) Which of these devices do you have?

Tick	Device
	A smartphone
	A laptop
	A tablet

Name:

3) Which browser do you usually use?

	
Google Chrome	Safari
	
Firefox	Microsoft Edge

4) Use a browser to search for the exercise that you enjoy. Find a class near your postcode.

Examples:

- To search for a swimming class near college type: **swimming class near IG1 4HP**
- To search for a dance class near college type: **dance class near IG1 4HP**

Complete the table below about the class near you:

Which browser did you use?	Which exercise class did you search for?	Which website did you find information about the class?	How much is the class? Or Who do you contact to find out the price?

Name:

4) Search for a sports shop near where you live. Complete the information about the shop.

Name of the shop	Address of the shop	When is it open on Sundays?