

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?**

| <b>Tick</b> | <b>Exercise I like</b>     |
|-------------|----------------------------|
|             | Walking                    |
|             | dancing                    |
|             | running                    |
|             | keep fit class             |
|             | Gym session                |
|             | Swimming                   |
|             | Other (write details here) |

#### **2) Which of these devices do you have?**

| <b>Tick</b> | <b>Device</b> |
|-------------|---------------|
|             | A smartphone  |
|             | A laptop      |
|             | A tablet      |

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**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?<br>Or<br>Who do you contact to find out the price? |
|----------------------------|------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------|
|                            |                                          |                                                         |                                                                           |

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**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? |
|------------------|---------------------|-----------------------------|
|                  |                     |                             |