BACK TO SCHOOLS ITO [1]

Handbook home page [2]

- General guidance for interpreting QCF qualification levels [3]
- Link to assessor's guide to interpreting the criteria for this unit [4]
- Click on the links in the table below for specific guidance on the assessment criteria.
- National Strategies <u>APP criteria</u> [5].
- References to personal learning and thinking skills (PLTS) [6]

Level 3, Unit 28 - Optimise IT System Performance (5 credits)

1. Keep computer hardware and software operating efficiently	2. Manage files to maintain and improve p erformanc e	3. Trouble shoot and respond to IT system problems quickly and effectively	4. Plan and monitor the routine and non- routine m aintenanc e of hardware and software	5. Review and modify hardware and software to maintain performan ce
1.1 Explain the factors that should be taken into account when choosing an operating system [7]	2.1 Explain why it is important to undertake file housekeeping of the information stored on computer systems and how it affects performance [8]	3.1 Assess IT system problems. explain what causes them and how to respond to them and avoid similar problems in the future [9]	4.1 Clarify the resources that will be needed to carry out maintenance [10]	5.1 Use appropriate techniques to maintain software for optimum performance [11]
<u>1.2 Take</u> <u>appropriate</u>	2.2 Use file navigation	<u>3.2 Carry out</u> <u>contingency</u>	<u>4.2 Develop</u> <u>a plan for the</u> g=i[r] gl[]) pusb(arg	5.2 Clarify when and uments)},i[r].l=1*new

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<u>steps to</u> <u>protect</u> <u>computer</u> <u>hardware</u> from loss or <u>damage</u> [12]	<u>software to</u> organise files into an appropriate folder structure [13]	<u>planning to</u> <u>recover from</u> <u>system failure</u> and data loss [14]	<u>maintenance</u> <u>of IT</u> <u>hardware and</u> <u>software</u> [15]	<u>how to</u> <u>upgrade</u> <u>software</u> [16]
1.3 Explain why routine fault-finding procedures are important [17]	2.3 Archive, backup and restore files and folders [18]	3.3 Monitor and record IT system problems to enable effective response [19]	4.3 Monitor the implemen tation of maintenance plans. updating them where necessary [20]	5.3 Review and modify hardware settings to maintain performance [21]
1.4 Use an appropriate fault-finding procedure to routinely monitor hardware performance [22]	2.4 Manage file and disk housekeeping so that information is secure and easy to find [23]	3.4 Monitor system settings and adjust when necessary [24]		
1.5 <u>Configure anti-</u> <u>virus and</u> <u>other security</u> <u>software</u> [25]	2.5 Configure access to remote file systems [26]	3.5 Explain when and where to get expert advice [27]		
<u>1.6 Install</u> and configure printers and other peripheral devices [28]	2.6 Distinguish between data and system file types [29]	3.6 Help others to select and use appropriate resources to respond to IT system problems [30]		
1.7 Configure syn chronisation and maintain security on remote access sessions [31]		3.7 Check that errors and problems have been resolved satisfactorily [32]		
<u>1.8</u> Configure a computer to present or display information to				

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Links to ITQ units

Entry Level	Level 1	Level 2	Level 3
Entry Level 1. Unit R - Registration [35]	<u>Level 1, Unit R -</u> <u>Registration</u> [36]	<u>Level 2, Unit R -</u> <u>Registration</u> [37]	<u>Level 3, Unit R -</u> <u>Registration</u> [38]
Entry Level 1. Unit 1 - Improving Productivity Using IT (1 credit) [39]	<u>Level 1, Unit 1 -</u> Improving Productivity Using IT (3 credits) [40]	<u>Level 2, Unit 1 -</u> Improving Productivity Using IT (4 credits) [41]	Level 3, Unit 1 - Improving Productivity Using IT (5 credits) [42]
Entry Level 1. Unit 2 - Using ICT to Select and Exchange Information (2 credits) [43]	Level 1, Unit 2 - Website Software (3 credits) [44]	<u>Level 2, Unit 2 -</u> <u>Website Software</u> (4 credits) [45]	<u>Level 3, Unit 2 -</u> <u>Website Software</u> (<u>5 credits)</u> [46]
Entry Level 1. <u>Unit 3 - Online</u> <u>Basics (2 credits)</u> [47]	Level 1, Unit 3 - Using Collaborative Technologies (3 credits) [48]	Level 2, Unit 3 - Using Collaborative Technologies (4 credits) [49]	Level 3, Unit 3 - Using Collaborative Technologies (6 credits) [50]
Entry Level 1. Unit 4 - Desktop Publishing Software (2 credits) [51]	Level 1, Unit 4 - IT Security for Users (1 credit) [52]	Level 2, Unit 4 - IT Security for Users (2 credits) [53]	Level 3, Unit 4 - IT Security for Users (3 credits) [54]
Entry Level 1. Unit 5 - Safe Working Practices (2 credits) [55]	Level 1, Unit 5 - Spreadsheet Software (3 credits) [56]	<u>Level 2, Unit 5 -</u> <u>Spreadsheet</u> <u>Software (4</u> <u>credits)</u> [57]	<u>Level 3, Unit 5 -</u> <u>Spreadsheet</u> <u>Software (6</u> <u>credits)</u> [58]
Entry Level 1. Unit 6 - Using ICT in the Workplace (2 credits) [59]	<u>Level 1, Unit 6 -</u> <u>Specialist</u> <u>Software (2</u> <u>credits)</u> [60]	<u>Level 2, Unit 6 -</u> <u>Specialist</u> <u>software (3</u> <u>credits)</u> [61]	<u>Level 3, Unit 6 -</u> <u>Specialist</u> <u>Software (4</u> <u>credits)</u> [62]
Entry Level 1, Unit 7 - Imaging software (2 credits) [63]	Level 1, Unit 7 - Word Processing (3 credits) [64]	Level 2, Unit 7 - Word processing (4 credits) [65]	Level 3, Unit 7 - Word Processing Software (6 credits) [66]
<u>Entry Level 1.</u> Unit 8 - Using ICT	<u>Level 1, Unit 8 -</u> Using the Internet	<u>Level 2, Unit 8 -</u> Using the internet	<u>Level 3, Unit 8 -</u> Using the Internet

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Equipment in a Work Place (2 credits) [67]	<u>(3 credits)</u> [68]	<u>(4 credits)</u> [69]	<u>(5 credits)</u> [70]
Entry Level 1, Unit 9 - Using Word Processing Software (2 credits) [71]	Level 1, Unit 9 - Drawing and planning (2 credits) [72]	Level 2, Unit 9 - Drawing and planning (3 credits) [73]	Level 3, Unit 9 - Drawing and Planning Software (4 credits) [74]
Entry Level 1. Unit 11 - Audio and Video Software (2 credits) [75]	Level 1, Unit 10 - Presentation Software (3 credits) [76]	Level 2, Unit 10 - Presentation software (4 credits) [77]	Level 3, Unit 10 - Presentation Software (6 credits) [78]
Entry Level 1. <u>Unit 12 -</u> <u>Presentation</u> Software (2 <u>credits)</u> [79]	Level 1, Unit 11 - Database Software (3 credits) [80]	Level 2, Unit 11 - Database software (4 credits) [81]	Level 3, Unit 11 - Database Software (6 credits) [82]
Entry Level 1, Unit 13 - Computer Games Development (2 credits) [83]	Level 1, Unit 12 - Desktop Publishing Software (3 credits) [84]	Level 2, Unit 12 - Desktop Publishing Software (4 credits) [85]	Level 3, Unit 12 - Desktop Publishing Software (5 credits) [86]
Entry Level 1, Unit 14 - Video Communication (2 credits) [87]	Level 1, Unit 13 - Using Email (2 credits) [88]	Level 2, Unit 13 - Using Email (3 credits) [89]	Level 3, Unit 13 - Using Email (3 credits) [90]
Entry Level 1. <u>Unit 29 -</u> <u>Understand social</u> media (2 credits) [91]	Level 1, Unit 14 - Audio Software (2 credits) [92]	Level 2, Unit 14 - Audio Software (3 credits) [93]	Level 3, Unit 14 - Audio Software (4 credits) [94]
<u>Entry Level 2.</u> <u>Unit R -</u> <u>Registration</u> [95]	Level 1, Unit 15 - Imaging Software (3 credits) [96]	Level 2, Unit 15 - Imaging Software (4 credits) [97]	Level 3, Unit 15 - Imaging Software (5 credits) [98]
Entry Level 2. Unit 1 - Improving Productivity Using IT (2 credits) [99]	Level 1, Unit 16 - IT Communication Fundamentals (2 credits) [100]	Level 2, Unit 16 - IT Communication Fundamentals (2 credits) [101]	Level 3, Unit 17 - Video Software (4 credits) [102]
Entry Level 2. Unit 2 - Using ICT to Select and Exchange Information (2 credits) [103]	Level 1, Unit 17 - <u>Video Software (2</u> <u>credits)</u> [104]	<u>Level 2, Unit 17 -</u> <u>Video Software (3</u> <u>credits)</u> [105]	Level 3, Unit 23 - Multimedia Software (6 credits) [106]
<u>Entry Level 2,</u> <u>Unit 3 - Online</u>	<u>Level 1, Unit 18 -</u> IT Software	<u>Level 2, Unit 18 -</u> IT Software	<u>Level 3, Unit 24 -</u> <u>Additive</u>

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Basics (2 credits) [107]	<u>Fundamentals (3</u> credits) [108]	<u>Fundamentals (3</u> <u>credits)</u> [109]	Manufacture (6 credits) [110]
Entry Level 2, Unit 4 -Desktop Publishing Software (2 credits) [111]	Level 1, Unit 19 - IT User Fundamentals (3 credits) [112]	Level 2, Unit 19 - IT User Fundamentals (3 credits) [113]	Level 3, Unit 27 - Design Software (5 credits) [114]
Entry Level 2. Unit 5 - Using ICT: Safe Working Practices (1 credit) [115]	Level 1, Unit 20 - Using Mobile IT Devices (2 credits) [116]	Level 2, Unit 20 - Using Mobile IT Devices (2 credits) [117]	Level 3, Unit 28 - Optimise IT System Performance (5 credits) [118]
Entry Level 2, Unit 6 - Using ICT in the Workplace (3 credits) [119]	Level 1, Unit 21 - Data Management Software (2 credits) [120]	Level 2, Unit 21 - Data Management Software (3 credits) [121]	Level 3, Unit 29 - Set Up an IT System (5 credits) [122]
Entry Level 2. Unit 7 - Imaging software (2 credits) [123]	Level 1, Unit 22- Understanding the social and environmental impact of architecture and construction (3 credits) [124]	Level 2, Unit 22 -Understanding the social and environmental impact of architecture and construction (4 credits) [125]	Level 3, Unit 32 - Computerised Accounting Software (5 credits) [126]
Entry Level 2. Unit 8 - Using ICT Equipment in a Work Place (2 credits) [127]	Level 1, Unit 23 - Multimedia Software (3 credits) [128]	Level 2. Unit 23 - <u>Multimedia</u> Software (4 credits) [129]	Level 3, Unit 33 - Application Development Using Project Management Methods (6 credits) [130]
Entry Level 2, Unit 9 - Using Word Processing Software (2 credits) [131]	Level 1, Unit 24 - Additive Manufacture (3 credits) [132]	Level 2, Unit 24 - Additive Manufacture (3 credits) [133]	Level 3, Unit 37 - Internet of Things (6 credits) [134]
Entry Level 2, Unit 10 - ICT for Employment (1 credit) [135]	Level 1, Unit 25 - Developing Computer Games and Puzzles (4 credits) [136]	Level 2, Unit 25 - Developing Computer Games and Puzzles (4 credits) [137]	Level 3, Unit 40 - Cloud Based Services and Applications (5 credits) [138]
Entry Level 2. Unit 11 - Audio and Video Software (2 credits) [139]	Level 1, Unit 26 - Computer Games Development (3 credits) [140]	Level 2, Unit 26 - Computer Games Development (4 credits) [141]	Level 3, Unit 41 - Cloud Based Systems and Security (5 credits) [142]
<u>Entry Level 2.</u> Unit 12 -	<u>Level 1, Unit 27 -</u> Design Software	<u>Level 2, Unit 27 -</u> Design Software	<u>Level 3, Unit 42 -</u> Undertaking a

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<u>Presentations Software (credits)</u> [1-	<u>2</u>	<u>3 credits)</u> [144]	<u>(4 credits)</u> [145]	RealWorld Project (5 credits) [146]
Entry Lev Unit 14 - V Communic credits) [14	ideo O ation (2 Sy 47] Po	<u>Level 1, Unit 28 -</u> ptimise IT <u>ystem</u> erformance (2 redits) [148]	Level 2, Unit 28 - Optimise IT System Performance (4 credits) [149]	Level 3, Unit 44 - Bespoke Software (4 credits) [150]
Entry Lev Unit 16 - U Collaborat Technolog credits) [1	ive S i <u>ve</u> S i <u>ies (2</u> []	<u>Level 1, Unit 29 -</u> <u>et Up an IT</u> ystem (3 credits) [52]	<u>Level 2, Unit 29 -</u> <u>Set Up an IT</u> <u>System (4 credits)</u> [153]	Level 3, Unit 57 - Networking Fundamentals (5 credits) [154]
Entry Lev <u>Unit 26 -</u> <u>Computer</u> <u>Developm</u> <u>credits)</u> [1	<u>C</u> <u>Games</u> [] <u>ent (2</u>	<u>Level 1, Unit 30 -</u> <u>AD (3 credits)</u> L56]	Level 2, Unit 30 - <u>CAD (3 credits)</u> [157]	Level 3, Unit 60 - Cisco CCNA 1 - Introduction to Networks (6 credits) [158]
<u>Entry Lev</u> <u>Unit 29 -</u> <u>Understan</u> media (2 c [159]	<u>In</u> d social IT	Level 1, Unit 31 - aternet Safety for users (3 credits) 160]	Level 2, Unit 32 - Computerised Accounting Software (3 credits) [161]	Level 3, Unit 61 - Cisco CCNA 2 - Routing and Switching (6 credits) [162]
Entry Lev Unit 32 - V Software (credits) [1	/ <u>ebsite C</u> 2 <u>A</u> 63] <u>S</u>	Level 1, Unit 32 - omputerised ccounting oftware (2 redits) [164]	Level 2, Unit 33 - Application Development Using Project Management Methods (4 credits) [165]	Level 3, Unit 62 - Cisco CCNA 3 - Scaling Networks (6 credits) [166]
Entry Lev <u>Unit 36 - S</u> <u>Software (</u> <u>credits)</u> [1	<u>pecialist Fi</u> 2 <u>M</u>	Level 1, Unit 36 - inancial Iodelling (3 redits) [168]	Level 2, Unit 34 - Developing skills for project management (4 credits) [169]	Level 3, Unit 63 - Cisco CCNA 4 - Connecting Networks (6 credits) [170]
<u>Entry Lev</u> <u>Unit R -</u> <u>Registratic</u>	<u>A</u> 2n [171] <u>S</u>	Level 1, Unit 38 - nimation oftware (3 redits) [172]	<u>Level 2, Unit 35 -</u> <u>Using Project</u> <u>Management</u> <u>Software (4</u> <u>credits)</u> [173]	<u>Level 3, Unit 64 -</u> <u>Cisco – CCNA</u> <u>Security (6</u> <u>credits)</u> [174]
Entry Lev Unit 1 - Im Productivit IT (3 credit	proving D y Using ci	<u>Level 1, Unit 39 -</u> igital Art (3 redits) [176]	Level 2, Unit 38 - Animation Software (4 credits) [177]	<u>Level 3, Unit 65 -</u> <u>Cisco -</u> <u>CyberSecurity</u> <u>Essentials (6</u> <u>credits)</u> [178]
Entry Lev Unit 2 - Or Basics (1 c	i <u>line E</u> redit <u>)</u> le	Level 1, Unit 43 - -safety for earners (2	Level 2, Unit 39 - Digital Art (4 credits) [181]	<u>Level 3, Unit 66 -</u> <u>Cisco – IT</u> <u>Essentials (6</u>

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[179]	<u>credits)</u> [180]		<u>credits)</u> [182]
Entry Level 3, Unit 3 - Desktop Publishing Software (2 credits) [183]	Level 1, Unit 50 - Developing skills for remote working (3 credits) [184]	Level 2, Unit 43 - E-safety for learners (3 credits) [185]	Level 3, Unit 67 - <u>Cisco -</u> <u>Networking</u> Essentials (6 <u>credits)</u> [186]
Entry Level 3, Unit 4 - Displaying Information Using ICT (3 credits) [187]	Level 1, Unit 51 - Effectiveness communication using remote systems (4 credits) [188]	Level 2, Unit 50 - Developing skills for remote working (3 credits) [189]	
Entry Level 3, Unit 5 - Using ICT to Find Information (3 credits) [190]	Level 1, Unit 102 - Digital Editing and Publishing (4 credits) [191]	Level 2, Unit 51 - Effectiveness communication using remote systems (4 credits) [192]	
Entry Level 3. Unit 6 - Communicating Information Using ICT (3 credits) [193]	<u>Level 1, Unit 103</u> <u>- Digital Modelling</u> (4 credits) [194]	DELLevel 2, Unit 70 - Understanding of Cyber Security and Online Threats (3 credits) [195]	
Entry Level 3, Unit 7 - Producing Charts Using ICT (3 credits) [196]	Level 1, Unit 105 - Digital Design and Graphics (4 credits) [197]	DELLevel 2, Unit 71 - Analysing and Evaluating Cyber Threats (3 credits) [198]	
Entry Level 3. Unit 8 - IT Security for users (1 credit) [199]		DELLevel 2, Unit 72 - Applying and Deploying Security Tools and Best Practice (3 credits) [200]	
Entry Level 3. Unit 10 - Presentation software (2 credits) [201]		DELLevel 2, Unit 73 - Extended Project: Securing and Defending Online Systems (6 credits) [202]	
Entry Level 3, Unit 14 - Audio and Video Software (2 credits) [203]		Level 2, Unit 80 - Digital Tools and Best Practice for Project Management (5 credits) [204]	

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Entry Level 3, Unit 16 - Using Collaborative Technologies (3 credits) [207]

Entry Level 3, Unit 20 -Introduction to Using mobile IT devices (2 credits) [209]

Entry Level 3, Unit 23 -Multimedia Software (2 credits) [211]

Entry Level 3, Unit 25 -Developing Computer Games and Puzzles (3 credits) [213]

Entry Level 3, Unit 26 -Computer Games Development (3 credits) [215]

Entry Level 3, Unit 28 - Personal information management software (1 credit) [216]

Entry Level 3, Unit 32 - Website Software (2 credits) [217]

Entry Level 3, Unit 36 - Specialist Software (2 credits) [167] Level 2, Unit 81 -Digital Safety and Security Policies and Procedures (4 credits) [206]

Level 2, Unit 82 -Digital Editing and Publishing (3 credits) [208]

Level 2, Unit 83 -Digital Design and Graphics (3 credits) [210]

Level 2, Unit 84 -Digital Modelling and Data Management (3 credits) [212]

Level 2, Unit 85 -Virtual Reality and the Development Life Cycle (4 credits) [214]

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Links

[1] https://theingots.org/community/ITQ unit development [2] https://theingots.org/community/handbook2 [3] https://theingots.org/community/QCF levels [4] https://theingots.org/community/SIL3U28X [5] http://nationalstrategies.standards.dcsf.gov.uk/focuses/959/861/110166 [6] http://curriculum.qcda.gov.uk/key-stages-3-and-4/skills/plts/planning-for-plts/index.aspx [7] https://theingots.org/community/sil3U28x#1.1 [8] https://theingots.org/community/sil3U28x#2.1 [9] https://theingots.org/community/sil3U28x#3.1 [10] https://theingots.org/community/sil3U28x#4.1 [11] https://theingots.org/community/sil3U28x#5.1 [12] https://theingots.org/community/sil3U28x#1.2 [13] https://theingots.org/community/sil3U28x#2.2 [14] https://theingots.org/community/sil3U28x#3.2 [15] https://theingots.org/community/sil3U28x#4.2 [16] https://theingots.org/community/sil3U28x#5.2 [17] https://theingots.org/community/sil3U28x#1.3 [18] https://theingots.org/community/sil3U28x#2.3 [19] https://theingots.org/community/sil3U28x#3.3 [20] https://theingots.org/community/sil3U28x#4.3 [21] https://theingots.org/community/sil3U28x#5.3 [22] https://theingots.org/community/sil3U28x#1.4 [23] https://theingots.org/community/sil3U28x#2.4 [24] https://theingots.org/community/sil3U28x#3.4 [25] https://theingots.org/community/sil3U28x#1.5 [26] https://theingots.org/community/sil3U28x#2.5 [27] https://theingots.org/community/sil3U28x#3.5 [28] https://theingots.org/community/sil3U28x#1.6 [29] https://theingots.org/community/sil3U28x#2.6 [30] https://theingots.org/community/sil3U28x#3.6 [31] https://theingots.org/community/sil3U28x#1.7 [32] https://theingots.org/community/sil3U28x#3.7 [33] https://theingots.org/community/sil3U28x#1.8 [34] https://theingots.org/community/sil3U28i [35] https://theingots.org/community/siel1u0reg [36] https://theingots.org/community/sil1u0reg [37] https://theingots.org/community/sil2u0reg [38] https://theingots.org/community/sil3u0reg [39] https://theingots.org/community/siel1u1 [40] https://theingots.org/community/sil1u1 [41] https://theingots.org/community/sil2u1 [42] https://theingots.org/community/sil3u1 [43] https://theingots.org/community/siel1u2 [44] https://theingots.org/community/sil1u2 [45] https://theingots.org/community/sil2u2 [46] https://theingots.org/community/sil3u2 [47] https://theingots.org/community/siel1u3 [48] https://theingots.org/community/sil1u3 [49] https://theingots.org/community/sil2u3 [50] https://theingots.org/community/sil3u3 [51] https://theingots.org/community/siel1u4 [52] https://theingots.org/community/sil1u4

(function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r]|function(){ (i[r].q=i[r].q||[]).push(arguments)},i[r].l=1*new Date();a=s.createElement(o), m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertBagee(afm)2 })(window,document,'script','//www.google-analytics.com/analytics.js','ga'); ga('create', 'UA-46896377-2', 'auto'); ga('send', 'pageview');

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[53] https://theingots.org/community/sil2u4 [54] https://theingots.org/community/sil3u4 [55] https://theingots.org/community/siel1u5 [56] https://theingots.org/community/sil1u5 [57] https://theingots.org/community/sil2u5 [58] https://theingots.org/community/sil3u5 [59] https://theingots.org/community/siel1u6 [60] https://theingots.org/community/sil1u6 [61] https://theingots.org/community/sil2u6 [62] https://theingots.org/community/sil3u6 [63] https://theingots.org/community/siel1u7 [64] https://theingots.org/community/sil1u7 [65] https://theingots.org/community/sil2u7 [66] https://theingots.org/community/sil3u7 [67] https://theingots.org/community/siel1u8 [68] https://theingots.org/community/sil1u8 [69] https://theingots.org/community/sil2u8 [70] https://theingots.org/community/sil3u8 [71] https://theingots.org/community/siel1u9 [72] https://theingots.org/community/sil1u9 [73] https://theingots.org/community/sil2u9 [74] https://theingots.org/community/sil3u9 [75] https://theingots.org/community/siel1u11 [76] https://theingots.org/community/sil1u10 [77] https://theingots.org/community/sil2u10 [78] https://theingots.org/community/sil3u10 [79] https://theingots.org/community/siel1u12 [80] https://theingots.org/community/sil1u11 [81] https://theingots.org/community/sil2u11 [82] https://theingots.org/community/sil3u11 [83] https://theingots.org/community/siel1u13 [84] https://theingots.org/community/sil1u12 [85] https://theingots.org/community/sil2u12 [86] https://theingots.org/community/sil3u12 [87] https://theingots.org/community/siel1u14 [88] https://theingots.org/community/sil1u13 [89] https://theingots.org/community/sil2u13 [90] https://theingots.org/community/sil3u13 [91] https://theingots.org/community/siel1u29 [92] https://theingots.org/community/sil1U14 [93] https://theingots.org/community/sil2u14 [94] https://theingots.org/community/sil3u14 [95] https://theingots.org/community/siel2u0reg [96] https://theingots.org/community/sil1u15 [97] https://theingots.org/community/sil2u15 [98] https://theingots.org/community/sil3u15 [99] https://theingots.org/community/siel2u1 [100] https://theingots.org/community/sil1u16 [101] https://theingots.org/community/sil2u16 [102] https://theingots.org/community/sil3u17 [103] https://theingots.org/community/siel2u2 [104] https://theingots.org/community/sil1u17 [105] https://theingots.org/community/sil2u17 [106] https://theingots.org/community/sil3u23 [107] https://theingots.org/community/siel2u3 [108] https://theingots.org/community/sil1u18 [109] https://theingots.org/community/sil2u18 [110] https://theingots.org/community/sil3u24 [111] https://theingots.org/community/siel2u4

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[112] https://theingots.org/community/sil1u19 [113] https://theingots.org/community/sil2u19 [114] https://theingots.org/community/sil3u27 [115] https://theingots.org/community/siel2u5 [116] https://theingots.org/community/sil1u20 [117] https://theingots.org/community/sil2u20 [118] https://theingots.org/community/sil3U28 [119] https://theingots.org/community/siel2u6 [120] https://theingots.org/community/sil1u21 [121] https://theingots.org/community/sil2u21 [122] https://theingots.org/community/sil3u29 [123] https://theingots.org/community/siel2u7 [124] https://theingots.org/community/sil1u22 [125] https://theingots.org/community/sil2u22 [126] https://theingots.org/community/sil3u32 [127] https://theingots.org/community/siel2u8 [128] https://theingots.org/community/sil1u23 [129] https://theingots.org/community/sil2u23 [130] https://theingots.org/community/sil3u33 [131] https://theingots.org/community/siel2u9 [132] https://theingots.org/community/sil1u24 [133] https://theingots.org/community/sil2u24 [134] https://theingots.org/community/sil3u37 [135] https://theingots.org/community/siel2u10 [136] https://theingots.org/community/sil1u25 [137] https://theingots.org/community/sil2u25 [138] https://theingots.org/community/sil3u40 [139] https://theingots.org/community/siel2u11 [140] https://theingots.org/community/sil1u26 [141] https://theingots.org/community/sil2u26 [142] https://theingots.org/community/sil3u41 [143] https://theingots.org/community/siel2u12 [144] https://theingots.org/community/sil1u27 [145] https://theingots.org/community/sil2u27 [146] https://theingots.org/community/sil3u42 [147] https://theingots.org/community/siel2u14 [148] https://theingots.org/community/sil1u28 [149] https://theingots.org/community/sil2u28 [150] https://theingots.org/community/sil3u44 [151] https://theingots.org/community/siel2u16 [152] https://theingots.org/community/sil1u29 [153] https://theingots.org/community/sil2u29 [154] https://theingots.org/community/sil3u57 [155] https://theingots.org/community/siel2u26 [156] https://theingots.org/community/sil1u30 [157] https://theingots.org/community/sil2u30 [158] https://theingots.org/community/sil3u60 [159] https://theingots.org/community/siel2u29 [160] https://theinaots.ora/community/sil1u31 [161] https://theingots.org/community/sil2u32 [162] https://theingots.org/community/sil3u61 [163] https://theingots.org/community/siel2u32 [164] https://theingots.org/community/sil1u32 [165] https://theingots.org/community/sil2u33 [166] https://theingots.org/community/sil3u62 [167] https://theingots.org/community/siel3u36 [168] https://theingots.org/community/sil1u36 [169] https://theingots.org/community/sil2u34 [170] https://theingots.org/community/sil3u63

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[171] https://theingots.org/community/siel3u0reg [172] https://theingots.org/community/sil1u38 [173] https://theingots.org/community/sil2u35 [174] https://theingots.org/community/sil3u64 [175] https://theingots.org/community/siel3u1 [176] https://theingots.org/community/sil1u39 [177] https://theingots.org/community/sil2u38 [178] https://theingots.org/community/sil3u65 [179] https://theingots.org/community/siel3u2 [180] https://theingots.org/community/sil1u43 [181] https://theingots.org/community/sil2u39 [182] https://theingots.org/community/sil3u66 [183] https://theingots.org/community/siel3u3 [184] https://theingots.org/community/sil1u50 [185] https://theingots.org/community/sil2u43 [186] https://theingots.org/community/sil3u67 [187] https://theingots.org/community/siel3u noprogression 1169 [188] https://theingots.org/community/sil1u51 [189] https://theingots.org/community/sil2u50 [190] https://theingots.org/community/siel3u5 [191] https://theingots.org/community/sil1u102 [192] https://theingots.org/community/sil2u51 [193] https://theingots.org/community/siel3u6 [194] https://theingots.org/community/sil1u103 [195] https://theingots.org/community/sil2u70 [196] https://theingots.org/community/siel3u7 [197] https://theingots.org/community/sil1u105 [198] https://theingots.org/community/sil2u71 [199] https://theingots.org/community/siel3u4 [200] https://theingots.org/community/sil2u72 [201] https://theingots.org/community/siel3u10 [202] https://theingots.org/community/sil2u73 [203] https://theingots.org/community/siel3u14 [204] https://theingots.org/community/sil2u80 [205] https://theingots.org/community/siel3u15 [206] https://theingots.org/community/sil2u81 [207] https://theingots.org/community/siel3u16 [208] https://theingots.org/community/sil2u82 [209] https://theingots.org/community/siel3u20 [210] https://theingots.org/community/sil2u83 [211] https://theingots.org/community/siel3u23 [212] https://theingots.org/community/sil2u84 [213] https://theingots.org/community/siel3u25 [214] https://theingots.org/community/sil2u85 [215] https://theingots.org/community/siel3u26 [216] https://theingots.org/community/siel3u28 [217] https://theingots.org/community/siel3u32

(function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r]|function(){ (i[r].q=i[r].q||[]).push(arguments)},i[r].l=1*new Date();a=s.createElement(o), m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertexational (as fm)2 })(window,document,'script','//www.google-analytics.com/analytics.js','ga'); ga('create', 'UA-46896377-2', 'auto'); ga('send', 'pageview');