

## Schools ITQ Level 1 - Unit 5 - SS (Silver Unit 5)

[BACK TO SCHOOLS ITQ](#) [1]

[Handbook home page](#) [2]

- [General guidance for interpreting OCF 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 [APP criteria](#) [5] are relevant from Entry 3 upwards.
- References to [personal learning and thinking skills \(PLTS\)](#) [6]

### Level 1, Unit 5 - Spreadsheet Software (3 credits)

#### 1. Use a spreadsheet to enter, edit and organise numerical and other data

[1.1 I can identify what numerical and other data is needed and how the spreadsheet should be structured to meet needs.](#) [7]

[1.2 I can enter and edit numerical and other data accurately.](#) [10]

[1.3 I can store and retrieve spreadsheet files effectively, in line with local guidelines and conventions where available.](#) [13]

#### 2. Use appropriate formulas and tools to summarise and display spreadsheet information

[2.1 I can identify how to summarise and display the required information.](#) [8]

[2.2 I can use functions and formulas to meet calculation requirements.](#) [11]

[2.3 I can use spreadsheet tools and techniques to summarise and display information.](#) [14]

#### 3. Select and use appropriate tools and techniques to present spreadsheet information effectively

[3.1 I can select and use appropriate tools and techniques to format spreadsheet cells, rows and columns.](#) [9]

[3.2 I can identify which chart or graph type to use to display information.](#) [12]

[3.3 I can select and use appropriate tools and techniques to generate, develop and format charts and graph.](#) [15]

[3.4 I can select and use appropriate page layout to present and print spreadsheet information.](#)

[16]

[3.5 I can check spreadsheet information meets needs, using IT tools and making corrections as appropriate.](#) [17]

## Links to ITQ units

Entry Level	Level 1	Level 2	Level 3
<a href="#">Entry Level 1, Unit R - Registration</a> [19]	<a href="#">Level 1, Unit R - Registration</a> [20]	<a href="#">Level 2, Unit R - Registration</a> [21]	<a href="#">Level 3, Unit R - Registration</a> [22]
<a href="#">Entry Level 1, Unit 1 - Improving Productivity Using IT (1 credit)</a> [23]	<a href="#">Level 1, Unit 1 - Improving Productivity Using IT (3 credits)</a> [24]	<a href="#">Level 2, Unit 1 - Improving Productivity Using IT (4 credits)</a> [25]	<a href="#">Level 3, Unit 1 - Improving Productivity Using IT (5 credits)</a> [26]
<a href="#">Entry Level 1, Unit 2 - Using ICT to Select and Exchange Information (2 credits)</a> [27]	<a href="#">Level 1, Unit 2 - Website Software (3 credits)</a> [28]	<a href="#">Level 2, Unit 2 - Website Software (4 credits)</a> [29]	<a href="#">Level 3, Unit 2 - Website Software (5 credits)</a> [30]
<a href="#">Entry Level 1, Unit 3 - Online Basics (2 credits)</a> [31]	<a href="#">Level 1, Unit 3 - Using Collaborative Technologies (3 credits)</a> [32]	<a href="#">Level 2, Unit 3 - Using Collaborative Technologies (4 credits)</a> [33]	<a href="#">Level 3, Unit 3 - Using Collaborative Technologies (6 credits)</a> [34]
<a href="#">Entry Level 1, Unit 4 - Desktop Publishing Software (2 credits)</a> [35]	<a href="#">Level 1, Unit 4 - IT Security for Users (1 credit)</a> [36]	<a href="#">Level 2, Unit 4 - IT Security for Users (2 credits)</a> [37]	<a href="#">Level 3, Unit 4 - IT Security for Users (3 credits)</a> [38]
<a href="#">Entry Level 1, Unit 5 - Safe Working Practices (2 credits)</a> [39]	<a href="#">Level 1, Unit 5 - Spreadsheet Software (3 credits)</a> [40]	<a href="#">Level 2, Unit 5 - Spreadsheet Software (4 credits)</a> [41]	<a href="#">Level 3, Unit 5 - Spreadsheet Software (6 credits)</a> [42]
<a href="#">Entry Level 1, Unit 6 - Using ICT in the Workplace (2 credits)</a> [43]	<a href="#">Level 1, Unit 6 - Specialist Software (2 credits)</a> [44]	<a href="#">Level 2, Unit 6 - Specialist software (3 credits)</a> [45]	<a href="#">Level 3, Unit 6 - Specialist Software (4 credits)</a> [46]
<a href="#">Entry Level 1, Unit 7 -</a>	<a href="#">Level 1, Unit 7 -</a>	<a href="#">Level 2, Unit 7 -</a>	<a href="#">Level 3, Unit 7 -</a>

## Schools ITQ Level 1 - Unit 5 - SS (Silver Unit 5)

-->

<a href="#">Unit 7 - Imaging software (2 credits) [47]</a>	<a href="#">Word Processing (3 credits) [48]</a>	<a href="#">Word processing (4 credits) [49]</a>	<a href="#">Word Processing Software (6 credits) [50]</a>
<a href="#">Entry Level 1. Unit 8 - Using ICT Equipment in a Work Place (2 credits) [51]</a>	<a href="#">Level 1. Unit 8 - Using the Internet (3 credits) [52]</a>	<a href="#">Level 2. Unit 8 - Using the internet (4 credits) [53]</a>	<a href="#">Level 3. Unit 8 - Using the Internet (5 credits) [54]</a>
<a href="#">Entry Level 1. Unit 9 - Using Word Processing Software (2 credits) [55]</a>	<a href="#">Level 1. Unit 9 - Drawing and planning (2 credits) [56]</a>	<a href="#">Level 2. Unit 9 - Drawing and planning (3 credits) [57]</a>	<a href="#">Level 3. Unit 9 - Drawing and Planning Software (4 credits) [58]</a>
<a href="#">Entry Level 1. Unit 11 - Audio and Video Software (2 credits) [59]</a>	<a href="#">Level 1. Unit 10 - Presentation Software (3 credits) [60]</a>	<a href="#">Level 2. Unit 10 - Presentation software (4 credits) [61]</a>	<a href="#">Level 3. Unit 10 - Presentation Software (6 credits) [62]</a>
<a href="#">Entry Level 1. Unit 12 - Presentation Software (2 credits) [63]</a>	<a href="#">Level 1. Unit 11 - Database Software (3 credits) [64]</a>	<a href="#">Level 2. Unit 11 - Database software (4 credits) [65]</a>	<a href="#">Level 3. Unit 11 - Database Software (6 credits) [66]</a>
<a href="#">Entry Level 1. Unit 13 - Computer Games Development (2 credits) [67]</a>	<a href="#">Level 1. Unit 12 - Desktop Publishing Software (3 credits) [68]</a>	<a href="#">Level 2. Unit 12 - Desktop Publishing Software (4 credits) [69]</a>	<a href="#">Level 3. Unit 12 - Desktop Publishing Software (5 credits) [70]</a>
<a href="#">Entry Level 1. Unit 14 - Video Communication (2 credits) [71]</a>	<a href="#">Level 1. Unit 13 - Using Email (2 credits) [72]</a>	<a href="#">Level 2. Unit 13 - Using Email (3 credits) [73]</a>	<a href="#">Level 3. Unit 13 - Using Email (3 credits) [74]</a>
<a href="#">Entry Level 1. Unit 29 - Understand social media (2 credits) [75]</a>	<a href="#">Level 1. Unit 14 - Audio Software (2 credits) [76]</a>	<a href="#">Level 2. Unit 14 - Audio Software (3 credits) [77]</a>	<a href="#">Level 3. Unit 14 - Audio Software (4 credits) [78]</a>
<a href="#">Entry Level 2. Unit R - Registration [79]</a>	<a href="#">Level 1. Unit 15 - Imaging Software (3 credits) [80]</a>	<a href="#">Level 2. Unit 15 - Imaging Software (4 credits) [81]</a>	<a href="#">Level 3. Unit 15 - Imaging Software (5 credits) [82]</a>
<a href="#">Entry Level 2. Unit 1 - Improving Productivity Using IT (2 credits) [83]</a>	<a href="#">Level 1. Unit 16 - IT Communication Fundamentals (2 credits) [84]</a>	<a href="#">Level 2. Unit 16 - IT Communication Fundamentals (2 credits) [85]</a>	<a href="#">Level 3. Unit 17 - Video Software (4 credits) [86]</a>
<a href="#">Entry Level 2. Unit 2 - Using ICT to Select and</a>	<a href="#">Level 1. Unit 17 - Video Software (2 credits) [88]</a>	<a href="#">Level 2. Unit 17 - Video Software (3 credits) [89]</a>	<a href="#">Level 3. Unit 23 - Multimedia Software (6</a>

<a href="#">Exchange Information (2 credits) [87]</a>			<a href="#">credits) [90]</a>
<a href="#">Entry Level 2. Unit 3 - Online Basics (2 credits) [91]</a>	<a href="#">Level 1, Unit 18 - IT Software Fundamentals (3 credits) [92]</a>	<a href="#">Level 2, Unit 18 - IT Software Fundamentals (3 credits) [93]</a>	<a href="#">Level 3, Unit 24 - Additive Manufacture (6 credits) [94]</a>
<a href="#">Entry Level 2. Unit 4 -Desktop Publishing Software (2 credits) [95]</a>	<a href="#">Level 1, Unit 19 - IT User Fundamentals (3 credits) [96]</a>	<a href="#">Level 2, Unit 19 - IT User Fundamentals (3 credits) [97]</a>	<a href="#">Level 3, Unit 27 - Design Software (5 credits) [98]</a>
<a href="#">Entry Level 2. Unit 5 - Using ICT: Safe Working Practices (1 credit) [99]</a>	<a href="#">Level 1, Unit 20 - Using Mobile IT Devices (2 credits) [100]</a>	<a href="#">Level 2, Unit 20 - Using Mobile IT Devices (2 credits) [101]</a>	<a href="#">Level 3, Unit 28 - Optimise IT System Performance (5 credits) [102]</a>
<a href="#">Entry Level 2. Unit 6 - Using ICT in the Workplace (3 credits) [103]</a>	<a href="#">Level 1, Unit 21 - Data Management Software (2 credits) [104]</a>	<a href="#">Level 2, Unit 21 - Data Management Software (3 credits) [105]</a>	<a href="#">Level 3, Unit 29 - Set Up an IT System (5 credits) [106]</a>
<a href="#">Entry Level 2. Unit 7 - Imaging software (2 credits) [107]</a>	<a href="#">Level 1, Unit 22- Understanding the social and environmental impact of architecture and construction (3 credits) [108]</a>	<a href="#">Level 2, Unit 22 -Understanding the social and environmental impact of architecture and construction (4 credits) [109]</a>	<a href="#">Level 3, Unit 32 - Computerised Accounting Software (5 credits) [110]</a>
<a href="#">Entry Level 2. Unit 8 - Using ICT Equipment in a Work Place (2 credits) [111]</a>	<a href="#">Level 1, Unit 23 - Multimedia Software (3 credits) [112]</a>	<a href="#">Level 2, Unit 23 - Multimedia Software (4 credits) [113]</a>	<a href="#">Level 3, Unit 33 - Application Development Using Project Management Methods (6 credits) [114]</a>
<a href="#">Entry Level 2. Unit 9 - Using Word Processing Software (2 credits) [115]</a>	<a href="#">Level 1, Unit 24 - Additive Manufacture (3 credits) [116]</a>	<a href="#">Level 2, Unit 24 - Additive Manufacture (3 credits) [117]</a>	<a href="#">Level 3, Unit 37 - Internet of Things (6 credits) [118]</a>
<a href="#">Entry Level 2. Unit 10 - ICT for Employment (1 credit) [119]</a>	<a href="#">Level 1, Unit 25 - Developing Computer Games and Puzzles (4 credits) [120]</a>	<a href="#">Level 2, Unit 25 - Developing Computer Games and Puzzles (4 credits) [121]</a>	<a href="#">Level 3, Unit 40 - Cloud Based Services and Applications (5 credits) [122]</a>
<a href="#">Entry Level 2. Unit 11 - Audio</a>	<a href="#">Level 1, Unit 26 - Computer Games</a>	<a href="#">Level 2, Unit 26 - Computer Games</a>	<a href="#">Level 3, Unit 41 - Cloud Based</a>

# Schools ITQ Level 1 - Unit 5 - SS (Silver Unit 5)

-->

<a href="#">and Video Software (2 credits) [123]</a>	<a href="#">Development (3 credits) [124]</a>	<a href="#">Development (4 credits) [125]</a>	<a href="#">Systems and Security (5 credits) [126]</a>
<a href="#">Entry Level 2. Unit 12 - Presentation Software (2 credits) [127]</a>	<a href="#">Level 1. Unit 27 - Design Software (3 credits) [128]</a>	<a href="#">Level 2. Unit 27 - Design Software (4 credits) [129]</a>	<a href="#">Level 3. Unit 42 - Undertaking a RealWorld Project (5 credits) [130]</a>
<a href="#">Entry Level 2. Unit 14 - Video Communication (2 credits) [131]</a>	<a href="#">Level 1. Unit 28 - Optimise IT System Performance (2 credits) [132]</a>	<a href="#">Level 2. Unit 28 - Optimise IT System Performance (4 credits) [133]</a>	<a href="#">Level 3. Unit 44 - Bespoke Software (4 credits) [134]</a>
<a href="#">Entry Level 2. Unit 16 - Using Collaborative Technologies (2 credits) [135]</a>	<a href="#">Level 1. Unit 29 - Set Up an IT System (3 credits) [136]</a>	<a href="#">Level 2. Unit 29 - Set Up an IT System (4 credits) [137]</a>	<a href="#">Level 3. Unit 57 - Networking Fundamentals (5 credits) [138]</a>
<a href="#">Entry Level 2. Unit 26 - Computer Games Development (2 credits) [139]</a>	<a href="#">Level 1. Unit 30 - CAD (3 credits) [140]</a>	<a href="#">Level 2. Unit 30 - CAD (3 credits) [141]</a>	<a href="#">Level 3. Unit 60 - Cisco CCNA 1 - Introduction to Networks (6 credits) [142]</a>
<a href="#">Entry Level 2. Unit 29 - Understand social media (2 credits) [143]</a>	<a href="#">Level 1. Unit 31 - Internet Safety for IT users (3 credits) [144]</a>	<a href="#">Level 2. Unit 32 - Computerised Accounting Software (3 credits) [145]</a>	<a href="#">Level 3. Unit 61 - Cisco CCNA 2 - Routing and Switching (6 credits) [146]</a>
<a href="#">Entry Level 2. Unit 32 - Website Software (2 credits) [147]</a>	<a href="#">Level 1. Unit 32 - Computerised Accounting Software (2 credits) [148]</a>	<a href="#">Level 2. Unit 33 - Application Development Using Project Management Methods (4 credits) [149]</a>	<a href="#">Level 3. Unit 62 - Cisco CCNA 3 - Scaling Networks (6 credits) [150]</a>
<a href="#">Entry Level 2. Unit 36 - Specialist Software (2 credits) [151]</a>	<a href="#">Level 1. Unit 36 - Financial Modelling (3 credits) [152]</a>	<a href="#">Level 2. Unit 34 - Developing skills for project management (4 credits) [153]</a>	<a href="#">Level 3. Unit 63 - Cisco CCNA 4 - Connecting Networks (6 credits) [154]</a>
<a href="#">Entry Level 3. Unit R - Registration [155]</a>	<a href="#">Level 1. Unit 38 - Animation Software (3 credits) [156]</a>	<a href="#">Level 2. Unit 35 - Using Project Management Software (4 credits) [157]</a>	<a href="#">Level 3. Unit 64 - Cisco - CCNA Security (6 credits) [158]</a>
<a href="#">Entry Level 3. Unit 1 - Improving Productivity Using</a>	<a href="#">Level 1. Unit 39 - Digital Art (3 credits) [160]</a>	<a href="#">Level 2. Unit 38 - Animation Software (4</a>	<a href="#">Level 3. Unit 65 - Cisco - CyberSecurity</a>

[IT \(3 credits\) \[159\]](#)

[credits\) \[161\]](#)

[Essentials \(6 credits\) \[162\]](#)

[Entry Level 3, Unit 2 - Online Basics \(1 credit\) \[163\]](#)

[Level 1, Unit 43 - E-safety for learners \(2 credits\) \[164\]](#)

[Level 2, Unit 39 - Digital Art \(4 credits\) \[165\]](#)

[Level 3, Unit 66 - Cisco – IT Essentials \(6 credits\) \[166\]](#)

[Entry Level 3, Unit 3 - Desktop Publishing Software \(2 credits\) \[167\]](#)

[Level 1, Unit 50 - Developing skills for remote working \(3 credits\) \[168\]](#)

[Level 2, Unit 43 - E-safety for learners \(3 credits\) \[169\]](#)

[Level 3, Unit 67 - Cisco – Networking Essentials \(6 credits\) \[170\]](#)

[Entry Level 3, Unit 4 - Displaying Information Using ICT \(3 credits\) \[171\]](#)

[Level 1, Unit 51 - Effectiveness communication using remote systems \(4 credits\) \[172\]](#)

[Level 2, Unit 50 - Developing skills for remote working \(3 credits\) \[173\]](#)

[Entry Level 3, Unit 5 - Using ICT to Find Information \(3 credits\) \[174\]](#)

[Level 1, Unit 102 - Digital Editing and Publishing \(4 credits\) \[175\]](#)

[Level 2, Unit 51 - Effectiveness communication using remote systems \(4 credits\) \[176\]](#)

[Entry Level 3, Unit 6 - Communicating Information Using ICT \(3 credits\) \[177\]](#)

[Level 1, Unit 103 - Digital Modelling \(4 credits\) \[178\]](#)

[DELLevel 2, Unit 70 - Understanding of Cyber Security and Online Threats \(3 credits\) \[179\]](#)

[Entry Level 3, Unit 7 - Producing Charts Using ICT \(3 credits\) \[180\]](#)

[Level 1, Unit 105 - Digital Design and Graphics \(4 credits\) \[181\]](#)

[DELLevel 2, Unit 71 - Analysing and Evaluating Cyber Threats \(3 credits\) \[182\]](#)

[Entry Level 3, Unit 8 - IT Security for users \(1 credit\) \[183\]](#)

[DELLevel 2, Unit 72 - Applying and Deploying Security Tools and Best Practice \(3 credits\) \[184\]](#)

[Entry Level 3, Unit 10 - Presentation software \(2 credits\) \[185\]](#)

[DELLevel 2, Unit 73 - Extended Project: Securing and Defending Online Systems \(6 credits\) \[186\]](#)

[Entry Level 3,](#)

[Level 2, Unit 80 -](#)

[Unit 14 - Audio and Video Software \(2 credits\)](#) [187]

[Digital Tools and Best Practice for Project Management \(5 credits\)](#) [188]

[Entry Level 3. Unit 15 - Imaging Software \(2 credits\)](#) [189]

[Level 2. Unit 81 - Digital Safety and Security Policies and Procedures \(4 credits\)](#) [190]

[Entry Level 3. Unit 16 - Using Collaborative Technologies \(3 credits\)](#) [191]

[Level 2. Unit 82 - Digital Editing and Publishing \(3 credits\)](#) [192]

[Entry Level 3. Unit 20 - Introduction to Using mobile IT devices \(2 credits\)](#) [193]

[Level 2. Unit 83 - Digital Design and Graphics \(3 credits\)](#) [194]

[Entry Level 3. Unit 23 - Multimedia Software \(2 credits\)](#) [195]

[Level 2. Unit 84 - Digital Modelling and Data Management \(3 credits\)](#) [196]

[Entry Level 3. Unit 25 - Developing Computer Games and Puzzles \(3 credits\)](#) [197]

[Level 2. Unit 85 - Virtual Reality and the Development Life Cycle \(4 credits\)](#) [198]

[Entry Level 3. Unit 26 - Computer Games Development \(3 credits\)](#) [199]

[Entry Level 3. Unit 28 - Personal information management software \(1 credit\)](#) [200]

[Entry Level 3. Unit 32 - Website Software \(2 credits\)](#) [201]

[Entry Level 3.](#)

[Unit 36 - Specialist Software \(2 credits\)](#) [151]

**Source URL:** <https://theingots.org/community/SIL1U5>

### Links

- [1] [https://theingots.org/community/ITQ\\_unit\\_development](https://theingots.org/community/ITQ_unit_development)
- [2] <https://theingots.org/community/handbook2>
- [3] [https://theingots.org/community/QCF\\_levels](https://theingots.org/community/QCF_levels)
- [4] <https://theingots.org/community/SIL1U5X>
- [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/sil1u5x#1.1>
- [8] <https://theingots.org/community/sil1u5x#2.1>
- [9] <https://theingots.org/community/sil1u5x#3.1>
- [10] <https://theingots.org/community/sil1u5x#1.2>
- [11] <https://theingots.org/community/sil1u5x#2.2>
- [12] <https://theingots.org/community/sil1u5x#3.2>
- [13] <https://theingots.org/community/sil1u5x#1.3>
- [14] <https://theingots.org/community/sil1u5x#2.3>
- [15] <https://theingots.org/community/sil1u5x#3.3>
- [16] <https://theingots.org/community/sil1u5x#3.4>
- [17] <https://theingots.org/community/sil1u5x#3.5>
- [18] <https://theingots.org/community/sil1u5i>
- [19] <https://theingots.org/community/siel1u0reg>
- [20] <https://theingots.org/community/sil1u0reg>
- [21] <https://theingots.org/community/sil2u0reg>
- [22] <https://theingots.org/community/sil3u0reg>
- [23] <https://theingots.org/community/siel1u1>
- [24] <https://theingots.org/community/sil1u1>
- [25] <https://theingots.org/community/sil2u1>
- [26] <https://theingots.org/community/sil3u1>
- [27] <https://theingots.org/community/siel1u2>
- [28] <https://theingots.org/community/sil1u2>
- [29] <https://theingots.org/community/sil2u2>
- [30] <https://theingots.org/community/sil3u2>
- [31] <https://theingots.org/community/siel1u3>
- [32] <https://theingots.org/community/sil1u3>
- [33] <https://theingots.org/community/sil2u3>
- [34] <https://theingots.org/community/sil3u3>
- [35] <https://theingots.org/community/siel1u4>
- [36] <https://theingots.org/community/sil1u4>
- [37] <https://theingots.org/community/sil2u4>
- [38] <https://theingots.org/community/sil3u4>
- [39] <https://theingots.org/community/siel1u5>
- [40] <https://theingots.org/community/sil1u5>
- [41] <https://theingots.org/community/sil2u5>
- [42] <https://theingots.org/community/sil3u5>
- [43] <https://theingots.org/community/siel1u6>
- [44] <https://theingots.org/community/sil1u6>
- [45] <https://theingots.org/community/sil2u6>



[46] <https://theingots.org/community/sil3u6>  
[47] <https://theingots.org/community/siel1u7>  
[48] <https://theingots.org/community/sil1u7>  
[49] <https://theingots.org/community/sil2u7>  
[50] <https://theingots.org/community/sil3u7>  
[51] <https://theingots.org/community/siel1u8>  
[52] <https://theingots.org/community/sil1u8>  
[53] <https://theingots.org/community/sil2u8>  
[54] <https://theingots.org/community/sil3u8>  
[55] <https://theingots.org/community/siel1u9>  
[56] <https://theingots.org/community/sil1u9>  
[57] <https://theingots.org/community/sil2u9>  
[58] <https://theingots.org/community/sil3u9>  
[59] <https://theingots.org/community/siel1u11>  
[60] <https://theingots.org/community/sil1u10>  
[61] <https://theingots.org/community/sil2u10>  
[62] <https://theingots.org/community/sil3u10>  
[63] <https://theingots.org/community/siel1u12>  
[64] <https://theingots.org/community/sil1u11>  
[65] <https://theingots.org/community/sil2u11>  
[66] <https://theingots.org/community/sil3u11>  
[67] <https://theingots.org/community/siel1u13>  
[68] <https://theingots.org/community/sil1u12>  
[69] <https://theingots.org/community/sil2u12>  
[70] <https://theingots.org/community/sil3u12>  
[71] <https://theingots.org/community/siel1u14>  
[72] <https://theingots.org/community/sil1u13>  
[73] <https://theingots.org/community/sil2u13>  
[74] <https://theingots.org/community/sil3u13>  
[75] <https://theingots.org/community/siel1u29>  
[76] <https://theingots.org/community/sil1U14>  
[77] <https://theingots.org/community/sil2u14>  
[78] <https://theingots.org/community/sil3u14>  
[79] <https://theingots.org/community/siel2u0reg>  
[80] <https://theingots.org/community/sil1u15>  
[81] <https://theingots.org/community/sil2u15>  
[82] <https://theingots.org/community/sil3u15>  
[83] <https://theingots.org/community/siel2u1>  
[84] <https://theingots.org/community/sil1u16>  
[85] <https://theingots.org/community/sil2u16>  
[86] <https://theingots.org/community/sil3u17>  
[87] <https://theingots.org/community/siel2u2>  
[88] <https://theingots.org/community/sil1u17>  
[89] <https://theingots.org/community/sil2u17>  
[90] <https://theingots.org/community/sil3u23>  
[91] <https://theingots.org/community/siel2u3>  
[92] <https://theingots.org/community/sil1u18>  
[93] <https://theingots.org/community/sil2u18>  
[94] <https://theingots.org/community/sil3u24>  
[95] <https://theingots.org/community/siel2u4>  
[96] <https://theingots.org/community/sil1u19>  
[97] <https://theingots.org/community/sil2u19>  
[98] <https://theingots.org/community/sil3u27>  
[99] <https://theingots.org/community/siel2u5>  
[100] <https://theingots.org/community/sil1u20>  
[101] <https://theingots.org/community/sil2u20>  
[102] <https://theingots.org/community/sil3U28>  
[103] <https://theingots.org/community/siel2u6>  
[104] <https://theingots.org/community/sil1u21>

[105] <https://theingots.org/community/sil2u21>  
 [106] <https://theingots.org/community/sil3u29>  
 [107] <https://theingots.org/community/siel2u7>  
 [108] <https://theingots.org/community/sil1u22>  
 [109] <https://theingots.org/community/sil2u22>  
 [110] <https://theingots.org/community/sil3u32>  
 [111] <https://theingots.org/community/siel2u8>  
 [112] <https://theingots.org/community/sil1u23>  
 [113] <https://theingots.org/community/sil2u23>  
 [114] <https://theingots.org/community/sil3u33>  
 [115] <https://theingots.org/community/siel2u9>  
 [116] <https://theingots.org/community/sil1u24>  
 [117] <https://theingots.org/community/sil2u24>  
 [118] <https://theingots.org/community/sil3u37>  
 [119] <https://theingots.org/community/siel2u10>  
 [120] <https://theingots.org/community/sil1u25>  
 [121] <https://theingots.org/community/sil2u25>  
 [122] <https://theingots.org/community/sil3u40>  
 [123] <https://theingots.org/community/siel2u11>  
 [124] <https://theingots.org/community/sil1u26>  
 [125] <https://theingots.org/community/sil2u26>  
 [126] <https://theingots.org/community/sil3u41>  
 [127] <https://theingots.org/community/siel2u12>  
 [128] <https://theingots.org/community/sil1u27>  
 [129] <https://theingots.org/community/sil2u27>  
 [130] <https://theingots.org/community/sil3u42>  
 [131] <https://theingots.org/community/siel2u14>  
 [132] <https://theingots.org/community/sil1u28>  
 [133] <https://theingots.org/community/sil2u28>  
 [134] <https://theingots.org/community/sil3u44>  
 [135] <https://theingots.org/community/siel2u16>  
 [136] <https://theingots.org/community/sil1u29>  
 [137] <https://theingots.org/community/sil2u29>  
 [138] <https://theingots.org/community/sil3u57>  
 [139] <https://theingots.org/community/siel2u26>  
 [140] <https://theingots.org/community/sil1u30>  
 [141] <https://theingots.org/community/sil2u30>  
 [142] <https://theingots.org/community/sil3u60>  
 [143] <https://theingots.org/community/siel2u29>  
 [144] <https://theingots.org/community/sil1u31>  
 [145] <https://theingots.org/community/sil2u32>  
 [146] <https://theingots.org/community/sil3u61>  
 [147] <https://theingots.org/community/siel2u32>  
 [148] <https://theingots.org/community/sil1u32>  
 [149] <https://theingots.org/community/sil2u33>  
 [150] <https://theingots.org/community/sil3u62>  
 [151] <https://theingots.org/community/siel3u36>  
 [152] <https://theingots.org/community/sil1u36>  
 [153] <https://theingots.org/community/sil2u34>  
 [154] <https://theingots.org/community/sil3u63>  
 [155] <https://theingots.org/community/siel3u0reg>  
 [156] <https://theingots.org/community/sil1u38>  
 [157] <https://theingots.org/community/sil2u35>  
 [158] <https://theingots.org/community/sil3u64>  
 [159] <https://theingots.org/community/siel3u1>  
 [160] <https://theingots.org/community/sil1u39>  
 [161] <https://theingots.org/community/sil2u38>  
 [162] <https://theingots.org/community/sil3u65>  
 [163] <https://theingots.org/community/siel3u2>

[164] <https://theingots.org/community/sil1u43>  
[165] <https://theingots.org/community/sil2u39>  
[166] <https://theingots.org/community/sil3u66>  
[167] <https://theingots.org/community/siel3u3>  
[168] <https://theingots.org/community/sil1u50>  
[169] <https://theingots.org/community/sil2u43>  
[170] <https://theingots.org/community/sil3u67>  
[171] [https://theingots.org/community/siel3u\\_noprogression\\_1169](https://theingots.org/community/siel3u_noprogression_1169)  
[172] <https://theingots.org/community/sil1u51>  
[173] <https://theingots.org/community/sil2u50>  
[174] <https://theingots.org/community/siel3u5>  
[175] <https://theingots.org/community/sil1u102>  
[176] <https://theingots.org/community/sil2u51>  
[177] <https://theingots.org/community/siel3u6>  
[178] <https://theingots.org/community/sil1u103>  
[179] <https://theingots.org/community/sil2u70>  
[180] <https://theingots.org/community/siel3u7>  
[181] <https://theingots.org/community/sil1u105>  
[182] <https://theingots.org/community/sil2u71>  
[183] <https://theingots.org/community/siel3u4>  
[184] <https://theingots.org/community/sil2u72>  
[185] <https://theingots.org/community/siel3u10>  
[186] <https://theingots.org/community/sil2u73>  
[187] <https://theingots.org/community/siel3u14>  
[188] <https://theingots.org/community/sil2u80>  
[189] <https://theingots.org/community/siel3u15>  
[190] <https://theingots.org/community/sil2u81>  
[191] <https://theingots.org/community/siel3u16>  
[192] <https://theingots.org/community/sil2u82>  
[193] <https://theingots.org/community/siel3u20>  
[194] <https://theingots.org/community/sil2u83>  
[195] <https://theingots.org/community/siel3u23>  
[196] <https://theingots.org/community/sil2u84>  
[197] <https://theingots.org/community/siel3u25>  
[198] <https://theingots.org/community/sil2u85>  
[199] <https://theingots.org/community/siel3u26>  
[200] <https://theingots.org/community/siel3u28>  
[201] <https://theingots.org/community/siel3u32>