



Ton Wave



- 1 Gallaf ateb cwestiynau ynglŷn â diogelwch dŵr
- 2 Gallaf neidio i'r pwll heb gogls
- 3 Gallaf arnofio ar fy mol
- 4 Gallaf arnofio ar fy nghefn
- 5 Wrth gicio, gallaf chwythu swigod
- 6 Gallaf wthio a gleidio ar fy mol
- 7 Gallaf wthio a gleidio ar fy nghefn
- 8 Gallaf nofio yn y dull blaen am 5m
- 9 Gallaf nofio ar fy nghefn am 5m
- 10 Gallaf nofio yn y dull broga neu'r dull pili-pala am 5m
- 11 Gallaf droi 360 gradd
- 12 Gallaf sgwlio ar fy nghefn gyda'r pen yn gyntaf

- 1 I can answer questions about water safety
- 2 I can jump into the pool without goggles
- 3 I can float on my front
- 4 I can float on my back
- 5 Whilst kicking, I can blow bubbles
- 6 I can push and glide on my front
- 7 I can push and glide on my back
- 8 I can swim 5m frontcrawl
- 9 I can swim 5m Backstroke
- 10 I can swim 5m Breaststroke or Butterfly
- 11 I can rotate 360 degree
- 12 I can scull head-first on my back

www.swimwales.org



sportwales
chwaraeon cymru

