



Ton Wave



- 1 Rwy'n gwybod y pedair neges diogelwch dŵr a'r baneri traeth
- 2 Gallaf ddangos ystum HELP
- 3 Heb gogls, gallaf neidio i mewn, troedio'r dŵr am 30 eiliad a dringo allan o'r pwll
- 4 Gallaf nofio 10m mewn dillad
- 5 Gallaf gicio fel dolffin o dan y dŵr
- 6 Gallaf deithio 10m drwy gicio yn y dull blaen
- 7 Gallaf deithio 10m drwy gicio ar fy nghefn
- 8 Gallaf nofio 10m yn y dull blaen neu ar y cefn i Safon Strôc Nofio Cymru
- 9 Gallaf deithio 10m drwy gicio yn y dull broga
- 10 Gallaf deithio 10m drwy gicio yn y dull pili-pala
- 11 Gallaf nofio 10m yn y dull broga neu ddull pili-pala i Safon Strôc Nofio Cymru
- 12 Fel rhan o dîm, gallaf berfformio cyfres o sgiliau

- 1 I know the four water safety messages and beach flags
- 2 I can demonstrate the HELP Position
- 3 Without goggles, I can jump in, tread water for 30 seconds and climb out of the pool
- 4 I can swim 10m wearing clothes
- 5 I can demonstrate underwater dolphin kicks
- 6 I can travel 10m using frontcrawl kick
- 7 I can travel 10m using backstroke kick
- 8 I can swim 10m Frontcrawl or Backstroke to the Swim Wales Stroke Standard
- 9 I can travel 10m using Breaststroke kick
- 10 I can travel 10m using Butterfly kick
- 11 I can swim 10m Breaststroke or Butterfly to the Swim Wales Stroke Standard
- 12 As part of a team, I can demonstrate a series of skills

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