



Ton Wave



- 1 Rwy'n gwybod y pedair neges diogelwch dŵr a'r baneri traeth
- 2 Gallaf ddangos gwahanol ffyrdd o neidio i'r pwll
- 3 Gallaf nofio 15m mewn dillad
- 4 Gallaf ddangos ystum i dynnu sylw i gael help yn y dŵr
- 5 Gallaf ymestyn i achub
- 6 Gallaf nofio 15m yn y dull blaen i Safon Strôc Nofio Cymru
- 7 Gallaf nofio 15m ar fy nghefn i Safon Strôc Nofio Cymru
- 8 Gallaf nofio 10m yn y dull broga i Safon Strôc Nofio Cymru
- 9 Gallaf nofio 10m yn y dull pili-pala i Safon Strôc Nofio Cymru
- 10 Gallaf nofio 25m
- 11 Gallaf berfformio cyfres o symudiadau sgwlio
- 12 Gallaf wneud trosben ymlaen yn y dŵr
- 13 Gallaf sefyll ar fy mhen yn y dŵr

- 1 I know the four water safety messages and beach flags
- 2 I can demonstrate different jumps into the pool
- 3 I can swim 15m wearing clothes
- 4 I can demonstrate an action for attracting help in the water
- 5 I can demonstrate a reach rescue
- 6 I can swim 15m Frontcrawl to the Swim Wales Stroke Standard
- 7 I can swim 15m Backstroke to the Swim Wales Stroke Standard
- 8 I can swim 10m Breaststroke to the Swim Wales Stroke Standard
- 9 I can swim 10m Butterfly to the Swim Wales Stroke Standard
- 10 I can swim 25m
- 11 I can perform a series of sculling movements
- 12 I can forward somersault in the water
- 13 I can perform a handstand in the water

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