



Ton Wave



- 1 Rwy'n gwybod y pedair neges diogelwch dŵr a'r baneri traeth
- 2 Gallaf nofio 25m mewn dillad
- 3 Gallaf droedio dŵr a symud i ystum CWTSIO
- 4 Gallaf achub drwy daflu yn effeithiol
- 5 Gallaf nofio 20m yn y dull blaen i Safon Strôc Nofio Cymru
- 6 Gallaf nofio 20m ar fy nghefn i Safon Strôc Nofio Cymru
- 7 Gallaf nofio 15m yn y dull broga i Safon Strôc Nofio Cymru
- 8 Gallaf nofio 15m yn y dull pili-pala i Safon Strôc Nofio Cymru
- 9 Gallaf nofio 50 metr
- 10 Gallaf blymio oddi ar fy eistedd
- 11 Gallaf berfformio trosben yn ôl yn y dŵr
- 12 Gallaf basio a dal pêl wrth droedio'r dŵr

- 1 I know the four water safety messages and beach flags
- 2 I can swim 25m wearing clothes
- 3 I can tread water and move into the HUDDLE position
- 4 I can demonstrate an effective throwing rescue
- 5 I can swim 20m Frontcrawl to the Swim Wales Stroke Standard
- 6 I can swim 20m Backstroke to the Swim Wales Stroke Standard
- 7 I can swim 15m Breaststroke to the Swim Wales Stroke Standard
- 8 I can swim 15m Butterfly to the Swim Wales Stroke Standard
- 9 I can swim 50 metres
- 10 I can perform a sitting dive
- 11 I can backward somersault in the water
- 12 I can pass and catch a ball whilst treading water

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