



Ton Wave



- 1 Rwy'n gwybod y pedair neges diogelwch dŵr a'r baneri traeth
- 2 Gallaf nofio 25m yn y dull blaen i Safon Strôc Nofio Cymru
- 3 Gallaf nofio 25m ar fy nghefn i Safon Strôc Nofio Cymru
- 4 Gallaf nofio 25m yn y dull broga i Safon Strôc Nofio Cymru
- 5 Gallaf nofio 25m yn y dull pili-pala i Safon Strôc Nofio Cymru
- 6 Gallaf nofio 100m yn y dull cymysg (pili-pala, ar y cefn, broga, y dull blaen) i Safon Strôc Nofio Cymru
- 7 Gallaf nofio 200 metr i Safon Strôc Nofio Cymru
- 8 Gallaf ddeifio i'r dŵr
- 9 Gallaf basio a dal pêl wrth droedio'r dŵr am 30 eiliad
- 10 Gallaf gwblhau cwrs rhwystrau yn y dŵr
- 11 Gallaf berfformio cyfres o sgiliau
- 12 Cymerais ran mewn ras gyfnewid

- 1 I know the four water safety messages and beach flags
- 2 I can swim 25m Frontcrawl to the Swim Wales Stroke Standard
- 3 I can swim 25m Backstroke to the Swim Wales Stroke Standard
- 4 I can swim 25m Breaststroke to the Swim Wales Stroke Standard
- 5 I can swim 25m Butterfly to the Swim Wales Stroke Standard
- 6 I can swim 100m Individual Medley (Butterfly, Backstroke, Breaststroke, Frontcrawl) to the Swim Wales Stroke Standard
- 7 I can swim 200 metres to the Swim Wales Stroke Standard
- 8 I can dive into the pool
- 9 I can pass and catch a ball whilst treading water for 30 seconds
- 10 I can complete an obstacle course in the water
- 11 I can demonstrate a series of skills
- 12 I took part in a relay race

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