



Ton Wave



- 1 Gallaf sgwlio wrth orwedd ar y cefn â'r coesau gyda'i gilydd
- 2 Gallaf blymio o wyneb y dŵr, teithio o dan y dŵr a dychwelyd i wyneb y dŵr dan reolaeth
- 3 Gallaf dwcio cyn ymestyn y corff allan
- 4 Gallaf symud o wthio a gleidio i ddeifio o'r arwyneb
- 5 Rwy'n gwybod y pedair neges diogelwch dŵr a'r baneri traeth
- 6 Gallaf nofio 50 metr mewn dillad
- 7 Gallaf ddangos ystum HELP
- 8 Ar ôl deifio i'r pwll, gallaf nofio 50m yn y dull blaen, i Safon Strôc Nofio Cymru
- 9 Ar ôl gwthio a gleidio o dan y dŵr, gallaf nofio 50m ar y cefn, i Safon Strôc Nofio Cymru
- 10 Ar ôl deifio i'r pwll, gallaf nofio 25m yn y dull broga, i Safon Strôc Nofio Cymru
- 11 Ar ôl deifio i mewn, gallaf nofio 25m yn y dull pili-pala, i Safon Strôc Nofio Cymru
- 12 Gallaf aros yn fertigol ac yn yr unfan yn troedio'r dŵr drwy gicio'r coesau fel chwisg wyau
- 13 Gallaf basio pêl i bartner

- 1 I can scull in a back layout body position
- 2 I can perform a surface dive and travel underwater and return to the water's surface under control
- 3 I can perform a tuck to stretch position
- 4 I can move from a push and glide to a surface dive
- 5 I know the four water safety messages and beach flags
- 6 I can swim 50 metres wearing clothes
- 7 I can demonstrate the HELP Position
- 8 From a dive entry, I can swim 50m frontcrawl, to the Swim Wales Stroke Standard
- 9 From an underwater push and glide, I can swim 50m backstroke, to the Swim Wales Stroke Standard
- 10 From a dive entry, I can swim 25m breaststroke, to the Swim Wales Stroke Standard
- 11 From a dive entry, I can swim 25m butterfly, to the Swim Wales Stroke Standard
- 12 I can remain vertical and static treading water using an eggbeater kick
- 13 I can pass a ball to a partner

www.swimwales.org



sportwales
chwaraeon cymru

