6 Sblash Splash

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learn to swim wales

1. Gallaf fynd i'r dŵr yn ddiogel 2 ffordd wahanol, gan gynnwys neidio a dychwelyd at ymyl y pwll a dringo allan, ar fy mhen fy hun
2. Gallaf badlo, gan ddefnyddio fy nwy fraich a fy nwy goes ar yr un pryd am 5 medr, gyda chymhorthion
3. Gallaf badlo ar fy mol am 5 medr, gyda chymhorthion
4. Gallaf badlo ar fy nghefn am 5 medr, gyda chymhorthion
5. Gallaf arnofio ar fy mol neu fy nghefn am 5 eiliad, ar fy mhen fy hun
6. Gallaf fynd o dan y dŵr yn llwyr ar fy mhen fy hun
7. Gallaf chwythu swigod gyda fy wyneb yn y dŵr, heb gogls
8. Gallaf ddod yn ôl ar fy sefyll ar ôl gorwedd ar fy mol ac ar fy nghefn
9. Gallaf wthio a llithro'n llyfn ac yn syth oddi wrth y wal ar fy mol ac ar fy nghefn

1. I can enter the water safely in 2 ways, including a jump and return to the side of the pool and climb out, on my own
2. I can paddle, using both my arms and legs at the same time for 5 metres, with aids
3. I can paddle on my front for 5 metres, with aids
4. I can paddle on my back for 5 metres, with aids
5. I can float on my front or back for 5 seconds, on my own
6. I can go completely under the water on my own and pick up an object
7. I can blow bubbles with my face in the water, without goggles
8. I can regain a standing position from lying on my front and my back
9. I can push and glide from the wall on my front and back in a streamlined body position



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1 Ton Wave

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1. Rwy'n gwybod rheolau'r pwll a'r wers
2. Gallaf fynd i mewn i'r dŵr ac allan yn ddiogel
3. Gallaf chwarae gêm dan arweiniad hyfforddwr yn y pwll
4. Heb wisgo gogls, gallaf sgwpio a sblasio dŵr dros fy wyneb ac rwy'n hyderus pan gaiff dŵr ei dasgu dros fy mhen
5. Gallaf arnofio ar fy mol
6. Gallaf arnofio ar fy nghefn
7. Gallaf wthio oddi ar y wal ar fy mol neu ar fy nghefn
8. Gallaf nofio gyda'r ddwy fraich/ goes yn symud bob yn ail ar fy mol
9. Gallaf nofio gyda'r ddwy fraich/ goes yn symud ar yr un pryd ar fy mol
10. Gallaf nofio gyda'r ddwy fraich/ goes yn symud bob yn ail ar fy nghefn
11. Gallaf sgwlio gyda'm corff yn fertigol

1. I know the pool and lesson rules
2. I can get into and out of the water safely
3. I can play a teacher-led game in the pool
4. Without wearing goggles, I can scoop and splash water over my face and am confidence when water is showered over my head
5. I can float on my front
6. I can float on my back
7. I can push off the wall on my front or back
8. I can swim using an alternating action on my front
9. I can swim using a simultaneous action on my front
10. I can swim using an alternating action on my back
11. I can scull in a vertical body position



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2 Ton Wave

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1. Gallaf ateb cwestiynau ynglŷn â diogelwch dŵr
2. Gallaf neidio i'r pwll heb gogls
3. Gallaf arnofio ar fy mol
4. Gallaf arnofio ar fy nghefn
5. Wrth gicio, gallaf chwythu swigod
6. Gallaf wthio a gleidio ar fy mol
7. Gallaf wthio a gleidio ar fy nghefn
8. Gallaf nofio yn y dull blaen am 5m
9. Gallaf nofio ar fy nghefn am 5m
10. Gallaf nofio yn y dull broga neu'r dull pili-pala am 5m
11. Gallaf droi 360 gradd
12. Gallaf sgwlio ar fy nghefn gyda'r pen yn gyntaf

1. I can answer questions about water safety
2. I can jump into the pool without goggles
3. I can float on my front
4. I can float on my back
5. Whilst kicking, I can blow bubbles
6. I can push and glide on my front
7. I can push and glide on my back
8. I can swim 5m frontcrawl
9. I can swim 5m Backstroke
10. I can swim 5m Breaststroke or Butterfly
11. I can rotate 360 degree
12. I can scull head-first on my back



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3 Ton Wave

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learn to swim wales

1. Rwy'n gwybod y pedair neges diogelwch dŵr a'r baneri traeth
2. Heb gogls, gallaf neidio i mewn, troedio'r dŵr am 15 eiliad a dringo allan o'r pwll
3. Gallaf fynd o dan y dŵr yn llwyr er mwyn nôl gwrthrych oddi ar waelod y pwll
4. Gallaf wthio a gleidio a throi
5. Gallaf nofio 10m yn y dull blaen (frontcrawl)
6. Gallaf nofio 10m ar fy nghefn
7. Gallaf nofio 5m yn y dull broga
8. Gallaf nofio 5m yn y dull pili-pala
9. Gallaf berfformio cyfres o siapiau wrth arnofio
10. Gallaf newid cyfeiriad wrth nofio
11. Gallaf sgwlio gyda'm traed yn gyntaf ar fy nghefn

1. I know the four water safety messages and beach flags
2. Without goggles, I can jump in, tread water for 15 seconds and climb out of the pool
3. I can fully submerge to collect and object from the pool floor
4. I can push and glide and rotate
5. I can swim 10m Frontcrawl
6. I can swim 10m Backstroke
7. I can swim 5m Breaststroke
8. I can swim 5m Butterfly
9. I can perform a series of floating shapes
10. I can change direction whilst swimming
11. I can scull feet-first on my back



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4 Ton Wave

dysgu nofio cymru

learn to swim wales

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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5 Ton Wave

dysgu nofio cymru

learn to swim wales

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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6 Ton Wave

dysgu nofio cymru

learn to swim wales

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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7 Ton Wave

dysgu nofio cymru

learn to swim wales

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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8 Ton Wave

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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



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