



Ton Wave



- 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 sbasio 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 confident 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

www.swimwales.org



sportwales
chwaraeon cymru





Ton Wave



- 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

www.swimwales.org



sportwales
chwaraeon cymru





Ton Wave



- 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 nŵl 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

www.swimwales.org



sportwales
chwaraeon cymru





Ton Wave



- 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

www.swimwales.org



sportwales
chwaraeon cymru





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

www.swimwales.org



sportwales
chwareaon cymru



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

www.swimwales.org



sportwales
chwaraeon cymru





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

www.swimwales.org



sportwales
chwaraeon cymru





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

