



Splash Splash



- 1** Gallaf fynd i'r dŵr, troi a mynd yn ôl at ymyl y pwll gyda chymorth gan fy oedolyn neu fy athro
 - 2** Gallaf symud 2 medr i un cyfeiriad ac yn ôl eto ar hyd wal neu reilen y pwll gyda chymhorthion nofio
 - 3** Gallaf gicio fy nghoesau ar fy mol neu fy nghefn gyda chymhorthion nofio a chymorth gan fy oedolyn neu athro
 - 4** Gallaf symud 2 medr ar fy mol neu fy nghefn at ymyl y pwll gyda chymhorthion a chymorth gan fy oedolyn neu athro
 - 5** Gallaf arnofio ar fy nghefn gyda chymorth gan fy oedolyn neu athro os wyf ei angen
 - 6** Gallaf chwythu tegau sy'n arnofio am 2 medr
 - 7** Gallaf ddod yn ôl ar i fyny (yn fertigol) yn y dŵr gyda chymhorthion a chymorth gan fy oedolyn neu athro (os wyf ei angen)
 - 8** Gallaf wthio oddi wrth y wal, ar fy nghefn gyda chymhorthion
 - 9** Gallaf ddod allan o'r dŵr yn ddiogel, gyda chymorth gan fy oedolyn os oes angen
- 1** I can enter the water, rotate and go back to the side of the pool with help from my adult or teacher
 - 2** I can move 2 metres one way and back again along with pool wall or rail with aids
 - 3** I can kick my legs on my front or back with aids and help from my adult or teacher
 - 4** I can move 2 metres on my front or back with aids and help from my adult or teacher to the side of the pool
 - 5** I can float on my back with help from my adult or teacher if I need it
 - 6** I can blow a floating toy for 2 metres
 - 7** I can regain a vertical position in the water with aids and help from my adult or teacher (if I need it)
 - 8** I can push away from the wall, on my back with aids
 - 9** I can get out of the water safely, with help from my adult if needed

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- 1 Gallaf droi at y dŵr, dychwelyd i'r ochr a dringo allan gyda goruchwyliaeth gan fy oedolyn neu athro
- 2 Gallaf symud 5 metr un ffordd ac yn ôl eto ar hyd wal neu reilen y pwll gyda chymhorthion
- 3 Gallaf gicio fy nghoesau ar fy mol gyda chymhorthion a chymorth gan fy oedolyn
- 4 Gallaf gicio fy nghoesau ar fy nghefn gyda chymhorthion a chymorth gan fy oedolyn
- 5 Gallaf symud 3 metr ar fy mol neu fy nghefn at ymyl y pwll gyda chymhorthion a chymorth gan fy oedolyn
- 6 Gallaf arnofio ar fy mol gyda chymorth gan fy oedolyn neu athro os oes angen
- 7 Gallaf chwythu tegau sy'n arnofio am 5 metr
- 8 Gallaf aros ar i fyny yn y dŵr, gyda chymhorthion os oes angen
- 9 Gallaf wthio oddi wrth y wal, ar fy mol, gyda chymhorthion

- 1 I can swivel into the water, return to the side and climb out, supervised by my adult or teacher
- 2 I can move 5 metres one way and back again along with pool wall or rail with aids
- 3 I can kick my legs on my front with aids and help from my adult
- 4 I can kick my legs on my back with aids and help from my adult
- 5 I can move 3 metres on my front or back with aids and help from my adult to the side of the pool
- 6 I can float on my front with help from my adult or teacher if I need it
- 7 I can blow a floating toy 5 metres
- 8 I can regain an upright position in the water, with aids if I need them
- 9 I can push away from the wall, on my front with aids

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- 1 Gallaf fynd i'r dŵr, troi a dod yn ôl at ymyl y pwll ar fy mhen fy hun
- 2 Gallaf gicio 5 medr ar fy mol gyda chymhorthion a dim ond rhywfaint o help gan fy athro
- 3 Gallaf gicio 5 medr ar fy nghefn gyda chymhorthion a dim ond rhywfaint o help gan fy athro
- 4 Gallaf symud 3 medr ar fy mol neu fy nghefn, gyda chymhorthion, at wrthrych sy'n arnofio, gyda goruchwyliaeth gan fy athro
- 5 Gallaf arnofio ar fy mol ac ar fy nghefn, gyda goruchwyliaeth gan fy athro
- 6 Gallaf roi fy wyneb cyfan yn y dŵr yn hyderus
- 7 Gallaf droi oddi ar fy mol ar fy nghefn neu oddi ar fy nghefn ar fy mol gyda chymhorthion, gyda goruchwyliaeth gan fy athro
- 8 Gallaf wthio a llithro, gyda neu heb gymhorthion, ar fy mol ac ar fy nghefn

- 1 I can enter the water, rotate and return to the side of the pool on my own
- 2 I can kick 5 metres on my front with aids and only a little help from my teacher
- 3 I can kick 5 metres on my back with aids and only a little help from my teacher
- 4 I can move 3 metres on my front or back, with aids, to a floating object with supervision from my teacher
- 5 I can float on my front and back, with supervision from my teacher
- 6 I can confidently put my whole face in the water
- 7 I can rotate from my front to back or back to front with aids, supervised by my teacher
- 8 I can push and glide with or without aids, on my front and back

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- 1 Gallaf fynd i'r pwll a dod allan yn ddiogel ar fy mhen fy hun
- 2 Gallaf gicio fy nwy goes ar yr un pryd am 5 metr ar fy mhen fy hun gyda chymhorthion
- 3 Gallaf gicio fy nghoesau am 5 metr ar fy mhen fy hun gyda chymhorthion
- 4 Gallaf gicio fy nghoesau ar fy nghefn am 5 metr ar fy mhen fy hun gyda chymhorthion
- 5 Gallaf symud 3 metr ar fy mol neu fy nghefn, gyda chymhorthion, i ymyl y pwll, ar fy mhen fy hun
- 6 Gallaf arnofio ar fy mol ac ar fy nghefn ar fy mhen fy hun gyda chymhorthion
- 7 Gallaf berfformio 3 anadl rhythmig
- 8 Gallaf droi oddi ar fy mol ar fy nghefn, neu oddi ar fy nghefn ar fy mol, ar fy mhen fy hun
- 9 Gallaf wthio a llithro tuag at fy athro ar fy mol neu ar fy nghefn, ar fy mhen fy hun

- 1 I can enter and exit the pool safely on my own
- 2 I can kick both my legs at the same time for 5 metres with aids on my own
- 3 I can kick my legs for 5 metres with aids, on my own
- 4 I can kick my legs on my back for 5 metres with aids, on my own
- 5 I can move 3 metres on my front or back, with aids, to the side of the pool, on my own
- 6 I can float on my front and back with aids, on my own
- 7 I can perform 3 rhythmical breaths
- 8 I can rotate from my front to back, or back to front, on my own
- 9 I can push and glide towards my teacher on my front or back, on my own

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Splash Splash



- 1** Gallaf fynd i'r dŵr yn ddiogel 2 ffordd wahanol, gan gynnwys neidio, gyda neu heb gymhorthion, a dychwelyd at ymyl y pwll, gyda goruchwyliaeth gan fy athro
 - 2** Gallaf symud 3 medr gyda fy mreichiau a fy nghoesau ar yr un pryd, gyda chymhorthion
 - 3** Gallaf symud 3 medr, gyda fy mreichiau a fy nghoesau, ar fy mol gyda chymhorthion
 - 4** Gallaf symud 3 medr gyda fy mreichiau a fy nghoesau ar fy nghefn gyda chymhorthion
 - 5** Gallaf arnofio ar fy mol ac ar fy nghefn, gyda chymhorthion os oes eu hangen arnaf
 - 6** Gallaf fynd o dan y dŵr yn llwyr, gyda chymorth gan fy athro os oes angen
 - 7** Gallaf berfformio 6 anadl rhythmig, gan edrych i'r ddwy ochr
 - 8** Gallaf droi'r holl ffordd rownd – gan gychwyn oddi ar fy mol neu fy nghefn
 - 9** Gallaf wthio a llithro'n llyfn ac yn syth tuag at fy athro, ar fy mol neu fy nghefn
- 1** I can enter the water safely in 2 ways, including a jump, with or without aids, and return to the side of the pool and climb out, supervised by my teacher
 - 2** I can move 3 metres using both my arms and legs at the same time, with aids
 - 3** I can move 3 metres, using my arms and legs, on my front with aids
 - 4** I can move 3 metres using my arms and legs on my back, with aids
 - 5** I can float on my front and back, with aids if I need them
 - 6** I can go completely under the water on my own
 - 7** I can perform 6 rhythmical breaths, looking to both sides
 - 8** I can rotate all the way around – starting from lying on my front or back
 - 9** I can push and glide to my teacher, on my front or back in a streamlined body position

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Splash Splash



- 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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