



Yr hanner tymor hwn: Sgiliau, Gwybodaeth a Dealltwriaeth i'w ddatblygu;
During this half term: Skills, Information and Understanding to be developed;

1. Pupils will be able to complete 3 laps of the cross country course which is equivalent to 2100m
2. Pupils will understand that high fitness levels are required to be able to perform at the highest level in the activity.
3. Pupils develop an understanding of subject terms cardiovascular endurance and speed and their importance when cross country running.
4. Pupils will be able to build on previous performances and make progress in their personal fitness levels

Geiriau / Termau Allweddol; Key Terms / Words;

*Fitness
 Cardiovascular endurance
 Speed
 Timing
 Reliable*

Deilliannau Dysgu / Learning Outcomes

Asesiad / Assessment

Meini Prawf Llwyddoant / Success Criteria

Gwaith Cartref / Homework

Deilliannau Dysgu / Learning Outcomes	Asesiad / Assessment	Meini Prawf Llwyddoant / Success Criteria	Gwaith Cartref / Homework
<p>Deilliannau Dysgu Wythnos 1 / Week 1 Learning Outcomes</p> <ol style="list-style-type: none"> 1. Pupils will be able to explain what fitness is and how fitness is used to improve performance, specifically in cross country. 2. Pupils will be able to understand that they are required to vary their running stride in different areas of the course, for example going down the 'dibyn', running up the steep section, and how this can affect times and levels of energy. 3. Pupils will understand the need for effective breathing patterns to run a cross country. 4. Pupils will be able to run the course within their personal capacity. 	<p>Record Time</p> <p>Continuous Practical Assessment.</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 	
<p>Deilliannau Dysgu Wythnos 2 - 6 / Week 2 - 6 Learning Outcomes</p> <p>Run the course - week 2-6.</p> <ol style="list-style-type: none"> 1. Pupils will be able to build on previous performances and make progress in their fitness levels and their understanding of long distance running. 2. Pupils will be able to work out their progress by subtracting the previous week's time with the current time - they will be able to see their progress in seconds / minutes. 3. Pupils will improve on how they run the difficult parts of the course by adjusting breathing patterns and actions. 4. Pupils will be able to cool down correctly at the end of their runs. 	<p>Record Time</p> <p>Check Progress (- w1 time with w2 time)</p> <p>Continuous Practical Assessment.</p> <p>DCF Task – EXCEL. Progress Graphs (ICT)</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 	



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SGILIAU / SKILLS

Disgyblion yn gallu cymryd rhan mewn profion ffitrwydd (Insanity a Phrawf aml gam)

Students will be able to participate in fitness testing (Insanity and Multistage Fitness test)

GWYBODAETH / INFORMATION

Disgyblion yn gwybod pa rannau o'u ffitrwydd sydd cryfaf.

Students will know which areas of their own fitness are their strongest.

DEALLTWRIAETH / UNDERSTANDING

Disgyblion yn deal y pwysigrwydd o ffitrwydd ar gyfer perfformiad mewn gwahanol chwaraeon a gweithgareddau.

Students will understand the importance of fitness for performance in different sports and activities.

Disgyblion yn deall sut i gynnal Prawf aml-gam.

Students will understand how to conduct a Multistage Fitness test.

Geiriau / Termau Allweddol; Key Terms / Words;

Ffitrwydd/ Fitness

Profion Ffitrwydd/ Fitness Testing

Dibynadwy/ Reliable

Deilliannau Dysgu / Learning Outcomes

Asesiad / Assessment

Meini Prawf Llwyddoant / Success Criteria

Gwaith Cartref / Homework

Deilliannau Dysgu Wythnos 1 / Week 1 Learning Outcomes

1. Bydd disgyblion yn gallu egluro beth yw ffitrwydd a sut mae ffitrwydd am wella perfformiad.

Students will be able to explain what fitness is and how fitness can improve performance.

2. Bydd disgyblion yn gwybod beth yw pwrpas profion ffitrwydd.

Students will know what is the purpose of fitness testing.

3. Bydd disgyblion yn deall y pwysigrwydd o gynnal profion ffitrwydd teg a dibynadwy.

Students will understand the importance of participating in fair and reliable fitness testing.

Profion ffitrwydd- 'Insanity'

Disgyblion yn cyfrifio sgor partner a cofnodi

1.



2.



3.



Deilliannau Dysgu Wythnos 2 / Week 2 Learning Outcomes

1. Bydd y myfyrwyr yn gallu egluro beth yw dygnwch cardiofasgwlaidd gan ddefnyddio terminoleg gywir.

Students will be able to explain what cardiovascular endurance is by using correct terminology.

2. Bydd disgyblion yn gwybod sut i gynnal prawf aml gam

Students will know how to conduct a Multistage fitness test.

3. Bydd disgyblion yn deall pam mae dygnwch cardiofasgwlaidd yn bwysig ar gyfer unrhyw chwaraeon neu weithgaredd.

Students will know why Cardiovascular Endurance is important for sports and activities.

Prawf ffitrwydd aml gam

Tasg TGCh diwedd flwyddyn

1.



2.



3.





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During this half term: Skills, Information and Understanding to be developed;

SGILIAU / SKILLS

Rheolaeth y bel/ Ball control

Driblo/ Dribbling

Newid cyfeiriad/ Change direction

Rhedeg gyda'r bel/ Running with the ball

Cyffyrddiad cyntaf/ First touch

Pasio byr/Short passing

Pasio a symud/ Pass and move

GWYBODAETH / INFORMATION

Gwybodaeth ar sut i berfformio sgiliau uchod o fewn gem pêl droed.

Gwybodaeth am reolau pêl droed.

DEALLTWRIAETH / UNDERSTANDING

Deall sut i ddefnyddio'r sgiliau mewn sefyllfa gem / Understand how to use the skills in a game situation

Deall sut i addasu sgil mewn sefyllfa gem/ Understand how to adapt the skill in a game situation

Geiriau / Termau Allweddol; Key Terms / Words;

Rheolaeth y bel/ Ball control

Driblo/ Dribbling

Newid cyfeiriad/ Change direction

Rhedeg gyda'r bel/ Running with the ball

Cyffyrddiad cyntaf/ First touch

Pasio byr/Short passing

Pasio a symud/ Pass and move

Cic rhydd/free kick

Cyfathrebu/communicate

Deilliannau Dysgu / Learning Outcomes

Asesiad / Assessment

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Gwaith Cartref / Homework

Deilliannau Dysgu Gwers 1 / Lesson 1 Learning Outcomes

Gallu cadw rheolaeth o'r bel/ Able to keep control of the ball.

Bydd myfyrwyr yn gwybod sut i arwain sesiwn gynhesu grŵp bychan sy'n addas ar gyfer pêl droed/ Students will know how to lead a warm up suitable for football for a small group.

Disgyblion yn deall pam mae'n bwysig i gynhesu fyny ac ymestyn y cyhyrau cyn gweithgaredd corfforol. Students will understand why it is important to warm up and stretch the muscles before physical activity.

1. Blaenau traed/ On toes (balls of feet)
2. Mewn lein gyda'r bel/ Get in line with ball
3. Penderfynu a cynnig arwyneb tuag at y bel/ Decide and present surface towards ball
4. Ymlacio wrth taro'r bel/ Relax on impact

Deilliannau Dysgu Gwers 2 / Lesson 2 Learning Outcomes

Gallu driblo gyda'r bel/Able to dribble with the ball

Bydd myfyrwyr yn gwybod beth yw **ystwythder** a sut gall ystwythder helpu wrth ddriblo/ Students will know what agility is and how agility will help whilst dribbling.

Fframwaith Llythrennedd / Literacy Framework

Llafar- cynhesu grwp ac felly datblygu sgiliau llafar.

Asesu cyfoedion-disgyblion yn defnyddio taflen wiro i asesu partner.

Peer assessment- students use a sheet to assess their peers.

1. Cadw'r bel yn agos/ Keep ball close
2. Amrywio arwyneb y troed (tu mewn, tu allan) / Vary surfaces of the foot (inside/outside/sole)
3. Cadw pen i fyny ond gwybod lle mae'r bel/Keep head up but know where the ball is
4. Newid cyflymder/ Look to change of pace
5. Newid cyfeiriad/ Look to change of direction

Ymuno gyda cwrs schoolygy.

Deilliannau Dysgu Gwers 3 / Lesson 3 Learning Outcomes		1. Adnabod arwyneb i droi/ Identify area to turn with ball i.e. Sole, outside, inside chop, Cryff etc 2. Breichiau allan cydbwysedd/ Arms out for balance, feint, dummy 3. Cyflymu oddi wrth amddiffynwr/ Acceleration away from defender/into space 4. Edrych i fyny a lawr ar y bel/ Head up and down 5. Pengliniau wedi plygu/ Knees bent 6. Newid cyfeiriad yn gyflym/ Change direction at pace 7. Troed sydd ddim yn cicio yn agos i'r bel/ Non kicking foot close to ball	
<p>Gallu newid cyfeiriad gan gadw rheolaeth o'r bel/ Able to change direction whilst keeping control of the ball.</p> <p>Gallu perfformio gwahanol fathau o newid cyfeiriad/ Able to perform different ways to change direction.</p>		<p>1. Chwarae y cyffyrddiad cyntaf o flaen eich traed i'r cyfeiriad cywir/ Play first touch of ball out of feet in direction you want to go 2. Get into running stride 3. Make contact with the laces 4. Try not to break stride pattern 5. Cadw pen i fyny on gwybod lle mae'r bel/ Keep head up but know where the ball is 6. Symud yn gyflym/ Move quickly</p>	
<p>Gallu rheoli bel wrth dderbyn pas (cyffyrddiad cyntaf)/ Able to control the ball when receiving a pass (first touch).</p> <p>Gallu pasio yn fyr yn gyson gywir/ Able to perform short passes accurately.</p>	<p>Asesu cyfoedion-disgyblion yn defnyddio taflen wiro i asesu partner yn derbyn a pasio'r bel.</p> <p>Peer assessment- students use a sheet to assess their peers receiving and passing a ball.</p>	<p>1. Edrych ar target/ Look at target 2. Canolbwyntio ar y bel/ Focus on ball 3. Troed sydd ddim yn cicio wrth ymyl y bel yn gyffyrddus/ Non-kicking foot alongside ball in a comfortable position 4. Taro canol y bel gyda tu fewn y droed/ Strike centre of ball with inside of foot 5. Firm ankle 6. Follow through towards target</p>	<p>https://www.youtube.com/watch?v=tiERdI7tK48</p> <p>Gwyllo clip fideo canlynol ar gyfer y wers dilynol.</p>

Deilliannau Dysgu Gwers 6 / Lesson 6 Learning Outcomes		1. Edrych am gwagle cyn derbyn pas/ look for space before receiving a pass. 2. Ar ol pasio, adnabod lle gwag ac symud/ after passing identify the space and move.	Cwblhau tudalen 1 o'r daflen asesu yn ateb cwestiynau am y sgiliau sydd wedi cael ei ddysgu. Clipiau fideo wedi atodi i ateb rhai cwestiynau.
<p>Gallu creu gwagle i dderbyn pas/ Able to create a space when receiving the ball.</p> <p>Symud ar ôl pasio'r bel i greu gwagle/ Move after passing to create space</p> <p>Fframwaith Rhifedd / Numeracy Framework Disgyblion i gyfri faint o weithiau gallent basio o fewn munud a gosod targedau i wella.</p>	<p>TASG ASESU Asesiad ymarferol</p> <p>Recordio'r disgyblion yn chwarae fel tystiolaeth ac ar gyfer y gwaith cartref.</p>	<p>Sgiliau: Rheolaeth y bel/ Ball control Driblo/ Dribbling Newid cyfeiriad/ Change direction Rhedeg gyda'r bel/ Running with the ball Cyffyrddiad cyntaf/ First touch Pasio byr/ Short passing Pasio a symud/ Pass and move</p>	
<p>Deilliannau Dysgu Gwers 7 / Lesson 7 Learning Outcomes</p> <p>Gemau asesu- disgyblion yn cymryd rhan mewn gemau ac yn defnyddio'r holl sgiliau a ddysgwyd yn yr uned.</p> <p>Assessment games- students take part in games and use all of the skills they learnt during the unit.</p> <p>Fframwaith Llythrennedd / Literacy Framework Disgyblion i drafod sut i wella eu perfformiadau fel tim/ Students to discuss how to improve their performance as a team.</p> <p>Fframwaith Cymhwysedd Digidol / Digital Competence Framework Disgyblion i asesu eu perfformiad wrth recordio eu gemau wrth ddefnyddio iPad/ Students to assess their performance by recording the games using an iPad.</p>	<p>TASG ASESU Asesiad ymarferol</p> <p>Recordio'r disgyblion yn chwarae fel tystiolaeth ac ar gyfer y gwaith cartref wrth werthuso.</p> <p>Practical assessment. Record student playing football for evidence and for their homework when the evaluate.</p>	<p>Sgiliau: Rheolaeth y bel/ Ball control Driblo/ Dribbling Newid cyfeiriad/ Change direction Rhedeg gyda'r bel/ Running with the ball Cyffyrddiad cyntaf/ First touch Pasio byr/ Short passing Pasio a symud/ Pass and move</p>	<p>Disgyblion yn hunanasesu ar ol yr uned pel droed ac llenwi'r tudalen ar schoology.</p> <p>Students will self evaluate at the end of the football unit and fill in the sheet on schoology.</p>
<p>Deilliannau Dysgu Gwers 8 / Lesson 8 Learning Outcomes</p> <p>Gemau asesu 2- disgyblion yn cymryd rhan mewn gemau ac yn defnyddio'r holl sgiliau a ddysgwyd yn yr uned.</p> <p>Assessment games 2- students take part in games and use all of the skills they learnt during the unit.</p> <p>Fframwaith Llythrennedd / Literacy Framework Disgyblion i drafod sut i wella eu perfformiadau fel tim/ Students to discuss how to improve their performance as a team.</p> <p>Fframwaith Cymhwysedd Digidol / Digital Competence Framework Disgyblion i asesu eu perfformiad wrth recordio eu gemau wrth ddefnyddio iPad/ Students to assess their performance by recording the games using an iPad.</p>			



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SGILIAU / SKILLS

Gallu perfformio nifer eang o siapiau sylfaenol, teithio, **hedfan** a chydbwysedd/ Students will be able to perform a range of foundation shapes, travel, flight and balance movements.

GWYBODAETH / INFORMATION

Mi fydd disgyblion yn gwybod beth yw tensiwn y corff, rheolaeth ac ymestyn a sut fuasai'r rhain yn gwneud symudiad gymnasteg yn llwyddiannus/ Students will know what body tension, control and extension are and how they make gymnastics movements successful.

DEALLTWRIAETH / UNDERSTANDING

Mi fydd disgyblion yn deall sut i greu dilyniant mewn parau wrth gysylltu'r symudiadau fydden nhw wedi datblygu dros y cyfnod dysgu yn greadigol.

Students will understand how to create an individual sequence linking the movements they have developed over the learning program with creativity.

Geiriau / Termau Allweddol; Key Terms / Words;

Tensiwn y corff/ Body tension

Rheolaeth/ Control

Cydbwysedd/ Balance

Teithio/ Travel

Rol ymlaen/ Forward Roll

Rol yn ol/ Backward roll

Tyc/ Tuck

Puck

Siap/ Shape

Dilyniant/ Sequence

Llifo/ Flow

Hedfan/ Flight

Deilliannau Dysgu / Learning Outcomes

Asesiad / Assessment

Meini Prawf Llwyddoant / Success Criteria

Gwaith Cartref / Homework

Deilliannau Dysgu Wythnos 1 / Week 1 Learning Outcomes

1. Disgyblion yn gwybod sut i berfformio Siapiau sylfaenol wrth ddangos tensiwn y corff/ Students will be able to perform foundation shapes displaying body tension.

2. Disgyblion yn gwybod sut i berfformio cydbwysedd gwahanol wrth ddefnyddio gwahanol bwyntiau ac yn arddangos tensiwn y corff/ Students will be able to perform basic balances using different points and displaying body tension.

3. Disgyblion yn gallu greu dilyniant yn defnyddio'r cydbwysedd gwahanol a siapiau sylfaenol/ Students will be able to create and perform a basic sequence using balances and foundation shapes.

Asesiad ymarferol parhaus

Asesu cyfoedion

1.



2.



3.



Deilliannau Dysgu Wythnos 2 / Week 2 Learning Outcomes

1. Disgyblion yn gallu perfformio gwahanol fathau roliau (rôl ymlaen) gyda rheolaeth/ Students will be able to perform different rolling movements (forward roll) with control.

2. Disgyblion yn gwybod y pwyntiau allweddol ar gyfer perfformio rôl ymlaen gyda rheolaeth/ Students will know the key points of a controlled forward roll.

Asesiad ymarferol parhaus










Asesu cyfoedion





1.



2.



Deilliannau Dysgu / Learning Outcomes	Asesiad / Assessment	Meini Prawf Llwyddoant / Success Criteria	Gwaith Cartref / Homework
<p>Deilliannau Dysgu Wythnos 3 / Week 3 Learning Outcomes</p> <p>1. Disgyblion yn gallu perfformio gwahanol fathau roliau (rôl ymlaen a rôl yn ôl) gyda rheolaeth/ Students will be able to perform different rolling movements (forward and backward roll) with control.</p> <p>2. Disgyblion yn gwybod y pwyntiau allweddol ar gyfer perfformio rôl ymlaen ac yn ôl gyda rheolaeth/ Students will know the key points of a controlled forward roll and backward roll.</p> <p>3. Disgyblion yn gwybod sut i gysylltu gwahanol roliau gyda chymbwysedd a siapiau sylfaenol mewn gwahanol gyfeiriad i ychwanegu amrywiaeth i'r dilyniant/ Students will understand how to link rolling movements with balances from lesson 1 moving in different directions to add variety to their sequence</p>	<p>Asesiad ymarferol parhaus</p> <p>Asesu cyfoedion</p> <p>Hunan asesiad</p>	<p>1. </p> <p>2. </p> <p>3. </p>	
<p>Deilliannau Dysgu Wythnos 4 / Week 4 Learning Outcomes</p> <p>1. Disgyblion yn gallu perfformio mathau gwahanol o siapiau yn yr awyr gan ddangos rheolaeth a thensiwn cadarn. Students will be able to perform flight with different shapes in the air showing control and body tension.</p> <p>2. Disgyblion yn gwybod sut i adael gyda hurdle step a glanio'n ysgafn gyda rheolaeth. Students will know how to take off with a hurdle step and land softly with control.</p> <p>3. Disgyblion yn deall sut i ddefnyddio gwahanol gyflymder i ychwanegu amrywiaeth mewn dilyniant. Students will understand how to use the different speeds to add variety to their sequence.</p> <p>.</p>	<p>Asesiad ymarferol parhaus</p> <p>Asesu Cyfoedion</p> <p>Hunan asesiad</p>	<p>1. </p> <p>2. </p> <p>3. </p>	
<p>Deilliannau Dysgu Wythnos 5 / Week 5 Learning Outcomes</p> <p>Dilyniant</p> <p>1. Bydd disgyblion yn gallu perfformio dilyniant llawr gan gysylltu o leiaf 2 fath o deithio, 2 cydbwysedd gwahanol a dau fath o flight/ Students will be able to perform a floor sequence linking at least 2 forms of travel, 2 different balances and 2 form of flight.</p> <p>2. Bydd disgyblion yn gwybod sut dylen nhw gychwyn a gorffen dilyniant yn gymnasteg/ students will know how they should start and finish a sequence in gymnastics.</p> <p>3. Bydd disgyblion yn deall sut i ddefnyddio lefelau gwahanol i ddatblygu'r dilyniant/ Students will understand how to use different levels to develop their sequence.</p>	<p>Asesiad ymarferol parhaus</p> <p>Asesu cyfoedion</p> <p>Hunan asesiad</p>	<p>1. </p> <p>2. </p> <p>3. </p>	

Deilliannau Dysgu Wythnos 6 / Week 2 Learning Outcomes	Asesiad / Assessment	Meini Prawf Llwyddoant / Success Criteria	Gwaith Cartref / Homework
<p>Deilliannau Dysgu Wythnos 6 / Week 2 Learning Outcomes</p> <p>1. Dilyniant Bydd disgyblion yn gallu perfformio dilyniant llawr gan gysylltu o leiaf 2 fath o deithui, 2 cydbwysedd gwahanol a dau fath o flight/ Students will be able to perform a floor sequence linking at least 2 forms of travel, 2 different balances and 2 form of flight.</p> <p>2. Cyfle i ychwanegu offer (mainc) at eu dilyniant/ Opportunity to include apparatus (benches) to their sequence.</p>	<p>Asesu cyfoedion-gwyllo grwpiau gwahanol ac gosod adborth l'r grwpiau.</p>	<p>1. </p> <p>2. </p>	<p>Cofio dilyniant ar gyfer tasg asesu wythnos wedyn.</p>
<p>Deilliannau Dysgu Wythnos 7 / Week 1 Learning Outcomes</p> <p>1. Recordio ac asesu gwaith gymnasteg.</p> <p>2. Asesu dilyniant- cwblhau taflen ddrafft o asesiad eu dilyniant gymnasteg. Cwblhau'r daflen ar schoology fel gwaith cartref.</p> <p>Framwaith Cymhwysedd Digidol / Digital Competence Framework</p> <p>Disgyblion i asesu eu perfformiad wrth recordio eu gemau wrth ddefnyddio ipad.</p>	<p>Tasg Asesu</p>	<p>1. </p> <p>2. </p>	<p>Taflen Asesu dilyniant.</p>