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1. Ateb 3 chwestiwn yn gywir ar reolau'r pwll nofio
2. Mynd i mewn ac allan o'r dŵr heb gymorth
3. Sgwpio a sbasio dŵr ar yr wyneb a dangos hyder pan fo dŵr yn cael ei roi dros y pen, gyda a heb gogls
4. Arnofio ar y blaen gyda neu heb gymhorthion a symud i fod ar eich sefyll yn y dŵr
5. Arnofio ar y cefn gyda neu heb gymhorthion a symud i fod ar eich sefyll yn y dŵr
6. Gan nofio ar y blaen, gwrthio oddi ar y wal gyda'r wyneb yn y dŵr a dal ystum gleidio
7. Nofio ar y blaen am 5 metr, gyda chymhorthion os oes angen.
8. Nofio yn y dull broga neu bili-pala am 5 metr, gyda chymhorthion os oes angen
9. Nofio ar y cefn am 5 metr, gyda chymhorthion os oes angen
10. Arddangos dull sgwlio mewn ystum fertigol, gyda chymhorthion os oes angen
11. Cymryd rhan mewn gêm dan arweiniad athro yn y pwll nofio

1. Answer 3 questions correctly on pool rules
2. Enter and exit the water without assistance
3. Scoop and splash water onto the face and demonstrate confidence when water is showered over the head with and without goggles
4. Float on the front with or without aids
5. Float on the back with or without aids
6. On the front, push off from the wall with face in the water and hold a glide position
7. Swim frontcrawl for 5 metres, with aids if needed.
8. Swim breaststroke or butterfly for 5 metres with aids if needed
9. Swim backstroke for 5 metres with aids if needed
10. Demonstrate a sculling action in a vertical position with aids if needed
11. Take part in a teacher led game in the pool



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1. Heb gogls, neidio i mewn i ddŵr sydd o leiaf 1.0m o ddyfnder, a gadael y dŵr yn ddiogel heb gymorth.
2. Arnofio ar y blaen, heb gymorth, a sefyll i fyny.
3. Arnofio ar y cefn, heb gymorth, a sefyll i fyny.
4. Wrth gicio gydag offer, chwythu swigod gyda'r wyneb yn y dŵr 4 gwaith.
5. Gwthio a gleidio o'r wal ar y blaen gyda'r wyneb yn y dŵr
6. Gwthio a gleidio i ffwrdd o'r wal ar y cefn.
7. Nofio 5 metr ar y blaen heb gymorth
8. Nofio 5 metr ar y cefn heb gymorth
9. Nofio 5 metr yn y dull broga neu bili-pala heb gymorth
10. O arnofio ar y cefn, troi i arnofio ar y blaen, a throi i arnofio ar y cefn
11. Ar y cefn, dangos dull sgwlio â'r pen yn gyntaf am 5 metr mewn ystum llorweddol, gyda chymhorthion os oes angen.

1. Without goggles, jump into water, at least 1.0m deep, and exit the water safely unassisted.
2. Float on the front, unassisted and stand up.
3. Float on the back, unassisted and stand up.
4. Whilst kicking with equipment, blow bubbles with face in the water 4 times.
5. Push and glide from the wall on the front with face in the water
6. Push and glide from the wall on the back.
7. Swim 5 metres Frontcrawl without assistance
8. Swim 5 metres Backstroke without assistance
9. Swim 5 metres Breaststroke or Butterfly without assistance
10. From a float on the back, rotate to a float on the front, and rotate to float on the back
11. Demonstrate a head first sculling action on the back for 5 metres in a horizontal position with aids if needed.



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1. Heb gogls, neidio i mewn i'r dŵr (dyfnder o 1.0m o leiaf). Mynd dan y dŵr i gasglu gwrthrych o lawr y pwll a gadael y dŵr heb ddefnyddio'r grisiau.
 2. Gwthio o'r wal yn llyfn ar y blaen, dal yr ystum am 5 eiliad, cylchdroi'n hydredol i'r cefn a dal yr ystum hwn am 5 eiliad.
 3. Nofio 10 metr ar y blaen gyda'r breichiau uwchben y dŵr yn barhaus, gan anadlu i'r ochr
 4. Nofio 10 metr ar y cefn gyda'r breichiau uwchben y dŵr yn barhaus
 5. Nofio 5 metr yn y dull broga
 6. Nofio 5 metr yn y dull pili-pala
 7. Gwthio a gleidio o'r wal ar y blaen, nofio am 5m, twcio a throi i'r cefn a nofio i'r wal.
 8. Ar y cefn, dangos dull sgwlio â'r traed yn gyntaf am 5 metr mewn ystum llorweddol, gyda chymhorthion os oes angen.
 9. Nofio yn yr unfan am 15 eiliad
 10. Ateb 4 cwestiwn yn gywir ar y Cod Diogelwch a Baneri Traeth
- Lle bo'r cyfleusterau'n caniatáu hynny, dylai canlyniadau 3, 4, 5 a 6 gael eu cwblhau mewn dŵr dyfnach nag 1.0m

1. Without goggles, jump into the water (minimum depth 1.0m). Fully submerge to collect an object from the pool floor and exit the water without using the steps.
 2. Push from the wall on the front in a streamlined position, hold position for 5 seconds, perform a longitudinal rotation onto the back and hold this position for 5 seconds.
 3. Swim 10 metres Frontcrawl
 4. Swim 10 metres Backstroke
 5. Swim 5 metres Breaststroke
 6. Swim 5 metres Butterfly
 7. Perform a push and glide from the wall on the front, swim 5m, tuck and rotate onto the back and swim to the wall.
 8. Demonstrate a feet first sculling action on the back for 5 metres in a horizontal position with aids if needed.
 9. Tread water for 15 seconds
 10. Answer correctly 4 questions on the Safe Code and Beach Flags
- Where facilities allow outcomes 3, 4, 5, and 6 should be completed in water deeper than 1.0m



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1. Ateb 3 chwestiwn yn gywir i ddangos dealltwriaeth o baratoi ar gyfer ymarfer corff
2. Perfformio 3 cic dolffin o dan y dŵr ar y blaen a'r cefn
3. Perfformio cic 10m ar y blaen mewn ystum llyfn.
4. Perfformio cic 10m ar y cefn mewn ystum llyfn.
5. Nofio 10 metr ar y cefn neu'r blaen *(gan ddilyn Rheolau Dull Nofio FINA)*
6. Perfformio cic broga 10m ar y blaen *(gyda neu heb offer, gan ddilyn Rheolau Dull Nofio FINA)*
7. Perfformio cic pili-pala 10m ar y blaen *(gan ddilyn Rheolau Dull Nofio FINA)*
8. Nofio 10 metr yn y dull broga neu bili-pala *(gan ddilyn Rheolau Dull Nofio FINA)*
9. Perfformio'r Ystum HELP
10. Perfformio cyfres o 3 siâp arnofio, gan gynnwys twc-arnofio.
11. Nofio yn yr unfan am 30 eiliad

1. Answer correctly 3 questions to show an understanding of preparation for exercise
2. Demonstrate 3 underwater Dolphin kicks on the front and back
3. Demonstrate 10m Frontcrawl kick in a streamlined position.
4. Demonstrate 10m Backstroke kick in a streamlined position
5. Swim 10 metres Backstroke or Frontcrawl *(following FINA Stroke Rules)*
6. Demonstrate 10m Breaststroke kick on the front *(with or without equipment, following FINA Stroke Rules)*
7. Demonstrate 10m butterfly kick on the front *(following FINA Stroke Rules)*
8. Swim 10 metres Breaststroke or Butterfly *(following FINA Stroke Rules)*
9. Demonstrate the HELP Position
10. Perform a series of 3 floating shapes, including a tuck float.
11. Tread water for 30 seconds



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1. Heb gogls, perfformio 3 naid o siapiau gwahanol (*argymhellir dyfnder o 1.5m o leiaf*)
2. Nofio 15 metr ar y blaen (*gan ddilyn Rheolau Dull Nofio FINA*)
3. Nofio 15 metr ar y cefn (*gan ddilyn Rheolau Dull Nofio FINA*)
4. Nofio 10 metr yn y dull broga (*gan ddilyn Rheolau Dull Nofio FINA*)
5. Nofio 10 metr yn y dull pili-pala (*gan ddilyn Rheolau Dull Nofio FINA*)
6. Nofio 15m mewn unrhyw ddull, heb gogls a gyda'r pen allan o'r dŵr
7. Nofio 25m mewn unrhyw ddull
8. Perfformio cyfres o symudiadau sgwlio am 30 eiliad
9. Nofio yn yr unfan am 30 eiliad gan arddangos dull ar gyfer galw am help cyn symud i'r ystum CWTSIO gyda phartner neu grŵp bach
10. Sefyll ar eich dwylo am 5 eiliad.
11. Perfformio trosben ymlaen yn y dŵr
12. Perfformio taflad achub effeithiol o bellter o 5 metr a chyfarwyddo'r partner i gicio i ymyl y pwll

1. Without goggles, demonstrate 3 different shaped jumps (*recommended minimum depth 1.5m*)
2. Swim 15 metres Frontcrawl (*following FINA Stroke Rules*)
3. Swim 15 metres Backstroke (*following FINA Stroke Rules*)
4. Swim 10 metres Breaststroke (*following FINA Stroke Rules*)
5. Swim 10 metres Butterfly (*following FINA Stroke Rules*)
6. Swim 15m, choice of stroke optional, without goggles and head out of the water
7. Swim 25m, choice of stroke is optional
8. Demonstrate a series of sculling movements for 30 seconds
9. Tread water for 30 seconds whilst demonstrating an action for getting help then move into the HUDDLE position with a partner or small group
10. Perform a handstand (or inverted vertical position if water is deeper than full reach height) for 5 seconds
11. Demonstrate a forward somersault in the water
12. Demonstrate an effective throwing rescue from a distance of 5 metres and instruct the partner to kick to the pool edge



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1. Gwthio a gleidio o dan y dŵr gyda 3 cic dolffin cyn nofio 20m ar y blaen (gan ddilyn Rheolau Dull Nofio FINA)
2. Gwthio a gleidio o dan y dŵr gyda 3 cic dolffin cyn nofio 20m ar y cefn (gan ddilyn Rheolau Dull Nofio FINA)
3. Nofio 15 metr yn y dull broga (gan ddilyn Rheolau Dull Nofio FINA)
4. Nofio 15 metr yn y dull pili-pala (gan ddilyn Rheolau Dull Nofio FINA)
5. Nofio 50m - 25m ar y cefn/blaen a 25m yn y dull broga/pili-pala
6. Nofio 25 metr yn gwisgo dillad (heb gogls ac yn gwisgo llewys hirion ac eitemau sy'n gorchuddio'r coesau i gyd, heb gynnwys pyjamas)
7. Perfformio'r dull 'gweiddi ac arwyddo'
8. Perfformio estyniad achub gyda phartner 2 fetr i ffwrdd.
9. Deifio o wyneb y dŵr â'r pen yn gyntaf mewn dŵr o ddyfnder ymestyn llawn
10. Deifio ar eich eistedd (dyfnder o 1.5m o leiaf)
11. Perfformio trosben am yn ôl

1. Demonstrate an underwater push and glide with 3 dolphin kicks into 20m Front crawl (following FINA Stroke Rules)
2. Demonstrate an underwater push and glide with 3 dolphin kicks into 20m Backstroke (following FINA Stroke Rules)
3. Swim 15 metres Breaststroke (following FINA Stroke Rules)
4. Swim 15 metres Butterfly (following FINA Stroke Rules)
5. Swim 50m- 25m backstroke/frontcrawl and 25m breaststroke/butterfly
6. Swim 25 metres with clothes on (without goggles and wearing long sleeves and full length leg items required not including pyjamas)
7. Demonstrate a 'shout & signal' action
8. Demonstrate a reach rescue to a partner 2 metres away.
9. Perform a head first surface dive, in water of full reach depth
10. Perform a sitting dive (minimum depth 1.5m)
11. Demonstrate a backward somersault



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2. Gwthio a gleidio o dan y dŵr gyda 3 cic dolffin cyn nofio 25m ar y cefn
(gan ddilyn Rheolau Dull Nofio FINA)
3. Gwthio a gleidio o dan y dŵr cyn nofio 25m yn y dull broga
(gan ddilyn Rheolau Dull Nofio FINA)
4. Gwthio a gleidio o dan y dŵr gyda 3 cic dolffin cyn nofio 25m yn y dull pili-pala
(gan ddilyn Rheolau Dull Nofio FINA)
5. Nofio 100m yn y dull cymysg
6. Nofio 200 metr yn barhaus gan ddefnyddio o leiaf 3 dull gwahanol
(gan ddilyn Rheolau Dull Nofio FINA)
7. Deifio yn y dull plymio
(dyfnder o 1.8m o leiaf)
8. Nofio yn yr unfan gan ddefnyddio'r dull chwisg wyau wrth basio a dal pêl gyda phartner am 30 eiliad
9. Nofio 25m drwy gwrs rhwystrau sydd ag o leiaf 4 her.
10. Mewn grŵp, perfformio cyfres o sgiliau, gan gynnwys sgwlio, cylchdroi, arnofio a nofio yn yr unfan, am o leiaf 45 eiliad.
11. Cymryd rhan mewn ras gyfnewid.

1. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Frontcrawl (following FINA Stroke Rules)
2. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Backstroke (following FINA Stroke Rules)
3. Demonstrate an underwater push and glide into 25m Breaststroke (following FINA Stroke Rules)
4. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Butterfly (following FINA Stroke Rules)
5. Swim 100m Individual Medley
6. Swim 200 metres continuously, using at least 3 different strokes (following FINA Stroke Rules)
7. Perform a plunge dive (minimum depth of 1.8m)
8. Tread water using an egg beater action whilst passing and catching a ball with a partner for 30 seconds
9. Swim 25m through an obstacle course that has a minimum of four challenges.
10. In a group demonstrate a series of skills
11. Take part in a relay race.



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1. Gwthio a gleidio o dan y dŵr gyda 3 cic dolffin cyn nofio 50m ar y blaen
(gan ddilyn Rheolau Dull Nofio FINA)
2. Gwthio a gleidio o dan y dŵr gyda 3 cic dolffin cyn nofio 50m ar y cefn
(gan ddilyn Rheolau Dull Nofio FINA)
3. Gwthio a gleidio o dan y dŵr cyn nofio 25m yn y dull broga
(gan ddilyn Rheolau Dull Nofio FINA)
4. Gwthio a gleidio o dan y dŵr gyda 3 cic dolffin cyn nofio 25m yn y dull pili-pala
(gan ddilyn Rheolau Dull Nofio FINA)
5. Aros yn fertigol a sefydlog am 20 eiliad gan ddefnyddio dwylo sgwlio a'r gic chwisg wyau
6. Pasio pêl yn gywir gyda phartner gan ddefnyddio un law i daflu a 2 law i ddal dros bellter o 2m. Pob partner i basio 6 gwaith.
7. Twc-arnofio mewn ystum ymestyn - rhaid dal ystum twcio cywir am o leiaf 3 eiliad cyn symud i ystum llorweddol syth.
8. Gwthio a gleidio ar y blaen cyn deifio o wyneb y dŵr.
9. Gorwedd ar y cefn gan sgwlio i'ch cefnogi eich hun, a dal yr ystum am 3 eiliad.
10. Nofio 5m ar y blaen, deifio o wyneb y dŵr a pherfformio 3 strôc broga gyda'r anadl dan reolaeth wrth ddod i'r wyneb.
11. Nofio 50 metr yn gwisgo dillad (heb gogls ac yn gwisgo llewys hirion ac eitemau sy'n gorchuddio'r coesau i gyd, heb gynnwys pyjamas)
12. Defnyddio cymhorthion arnofio a dal yr ystum 'HELP' am 2 funud

1. Demonstrate an underwater push and glide with 3 dolphin kicks into 50m Frontcrawl (following FINA Stroke Rules)
2. Demonstrate an underwater push and glide with 3 dolphin kicks into 50m Backstroke (following FINA Stroke Rules)
3. Demonstrate an underwater push and glide into 25m Breaststroke (following FINA Stroke Rules)
4. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Butterfly (following FINA Stroke Rules)
5. Stay vertical and static for 20 seconds using sculling hands and eggbeater kick
6. Pass a ball accurately with a partner, using one hand to throw and 2 hands to catch, over a 2m distance, each partner to pass 6 times.
7. Demonstrate a tuck float to stretch position – a correct tuck shape must be held for a minimum of 3 seconds out to a horizontal straight position.
8. Demonstrate a push and glide on the front to surface dive.
9. Back layout, sculling for support and hold for 3 seconds.
10. Swim 5m on the front, surface dive and perform 3 breaststrokes underwater, controlled breathing on surfacing.
11. Swim 50 metres with clothes on (without goggles and wearing long sleeves and full length leg items required not including pyjamas)
12. Using a buoyancy aid hold the 'HELP' position for 2 minutes



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