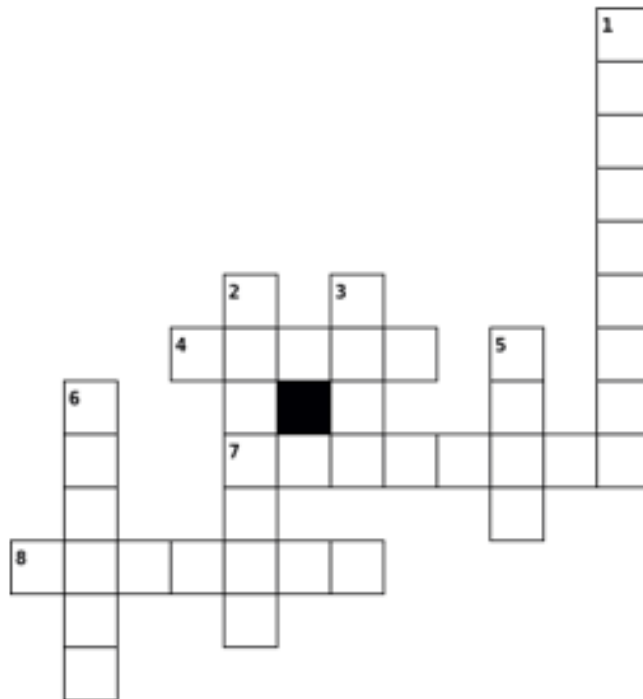


WATER COMPETENCE

Can you find all of the hidden words?
Good Luck!

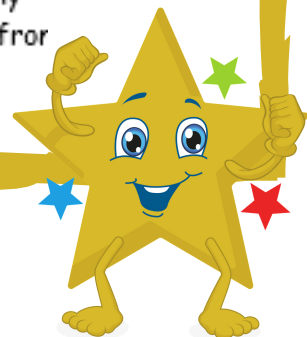


Across

4. being able to ----- in the water is very important
7. I need to know how to remain stationary in the water. This is also known as ----- - water.
8. i need to know how to spot the ----- before swimming

Down

1. i need to learn to control my ----- in the water
2. Moving through the water wearing ----- is harder than just a swimsuit!
3. i need to learn an ---- entry into the water
5. I need to know how to move through th water
6. I need to learn how to ----- from my front to back and from my back to fror in the water



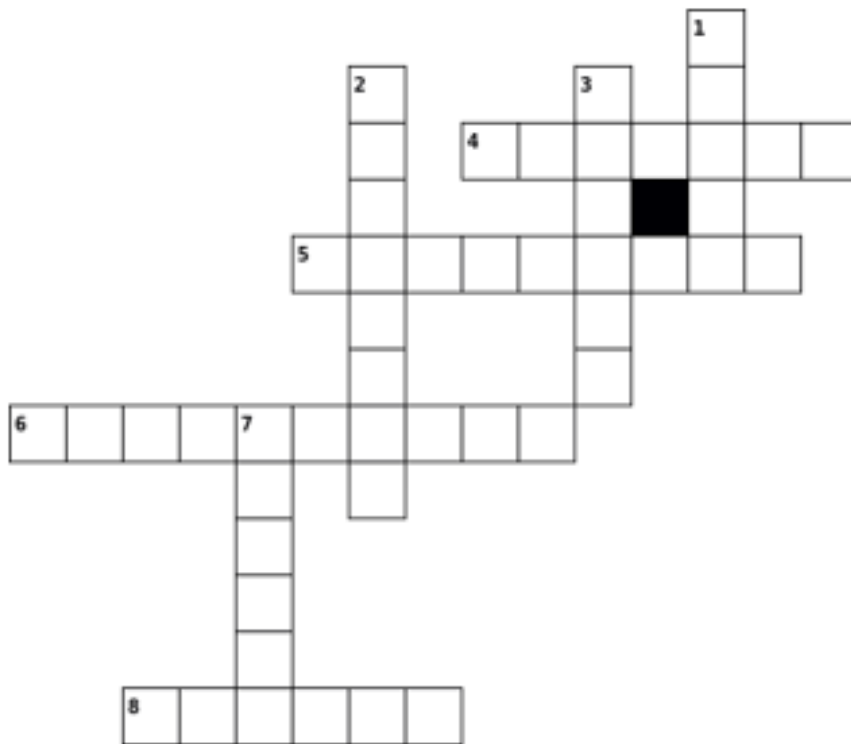
Name _____

Date _____

CYMHWYSEDD DŴR

Allwch chi ddod o hyd i'r holl eiriau cudd?

Pob Lwc



Ar draws

4. Mae Gallu ----- yn y dŵr yn bwysig.
5. Rydwyf angen dysgu ----- o'r blaen i'r cefn yn y dŵr.
6. Rydwyf angen gwybod sut i aros yn yr unfan yn y dŵr. Mae hyn yn cael ei alw yn ----.
8. Mae symud trwy y dŵr yn gwisgo ----- yn anoddach na dim ond gwisg nofio.

I lawr

1. Rydwyf angen gwybod sut i symud trwy y dŵr.
2. Rydwyf angen gwybod sut i adnabod y --- ----- cyn mynd i nofio.
3. Rydwyf angen dysgu rheoli fy ----- yn y dŵr.
7. Rydwyf angen dysgu modd ----- o fynd i mewn i'r dŵr

