



GWOBRAU PELLTER NOFIO

Mae Gwobrau Pellter Nofio Dysgu Nofio Cymru wedi'u dylunio i ategu'r 8 Ton a Lefelau Nofio Uwch (1-5) Fframwaith Dysgu Nofio Cymru.

Maent yn amrywiaeth o dystysgrifau a bathodynau llachar, dwyieithog i ysgogi'r dysgwr tra ei fod yn gweithio drwy'r tonnau Dysgu Nofio unigol.

Mae Gwobrau Pellter Dysgu Nofio Cymru wedi'u targedu at nofwyr 4+ oed ac wedi'u dylunio i ddangos gallu'r unigolyn i nofio'n hyderus o un pwynt i'r llall heb oedi, stopio na phoeni.

Maent yn ffordd wych o ysgogi nofwyr i ddatblygu eu gallu a'u stamina drwy gynyddu'r pellter y gallant ei nofio yn raddol a gwobrwyo cynnydd rhwng y Tonnau.

Rhybudd – cofiwch nad yw Gwobr Pellter yn brawf bod nofiwr yn ddiogel mewn dŵr dwfn. Cofiwch gyfleu hyn wrth y rhieni/gwarcheidwaid.

Gwobrau Pellter sydd ar gael:

5 metr 10 metr 15 metr 20 metr* 25 metr 50 metr 100 metr

200 metr 400 metr 600 metr 800 metr 1000 metr 1500 metr* 1 filltir*

3000 metr* 5000 metr*

Mae'r Gwobrau Pellter yn cynnwys bathodyn â rhif arno a thystysgrif ddwyieithog.

Mae pellteroedd sydd wedi'u marcio â * yn cael bathodyn â rhif arno a thystysgrif Sgiliau ddwyieithog.

Canllawiau Asesu:

- ★ Gall disgyblion gyffwrdd â'r ochr a/neu ben y pwll (ond nid y gwaelod) er mwyn troi.
- ★ Gall pellteroedd gael eu cwblhau mewn unrhyw ddull cydnabyddedig – nofio ar y blaen, broga, nofio ar y cefn neu bili-pala.
- ★ Dylid defnyddio techneg strôc gydnabyddedig i nofio pellteroedd o 25m neu fwy (nofio ar y blaen, broga, nofio ar y cefn neu bili-pala).
- ★ Dylid defnyddio mwy nag un dull cydnabyddedig mewn unrhyw gyfuniad i nofio pellteroedd o 50m neu fwy.
- ★ Dylai pob pellter gael ei gwblhau'n hyderus heb oedi, stopio na phoeni.
- ★ Dylai pob hyd o'r pwll gychwyn drwy wthio a gleidio'n llyfn oddi ar y wal.

SWIMMING DISTANCE AWARDS

The Learn to Swim Wales Swimming Distance Awards are designed to complement the 8 Waves and Advanced Swimming Levels 1-5 of the Learn to Swim Wales Framework.

They are a range of bright bilingual certificates and badges to help keep the participant motivated while working through the individual Learn to Swim waves.

The LTSW Distance Awards are intended for swimmers from four years and older and are designed to demonstrate the participant's ability to swim confidently from one point to another without hesitation, pause or stress.

They are a great way to give swimmers the incentive to develop their swimming abilities and stamina by gradually increasing the distance they can swim and rewarding progress between achieving the Wave awards.

On a note of caution, please be aware and please communicate to parents/guardians that a participant securing a Distance Award is not an indication that he or she is safe in deep water.

Available Distance Awards:

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|--------------|--------------|------------|------------|-------------|--------------|------------|
| 5 metres | 10 metres | 15 metres | 20 metres* | 25 metres | 50 metres | 100 metres |
| 200 metres | 400 metres | 600 metres | 800 metres | 1000 metres | 1500 metres* | 1mile* |
| 3000 metres* | 5000 metres* | | | | | |

Distance Awards comprise of a numeric badge and bilingual certificate.

Distances marked with * are awarded a numeric badge and a bilingual Skills certificate.

Assessment Guidelines:

- ★ Pupils may touch the side and/or end of the pool (but not the bottom) in order to turn.
- ★ Distances may be completed using any recognised stroke - frontcrawl, breaststroke, backstroke or butterfly.
- ★ Distances of 25m and above should utilise a recognised stroke technique (frontcrawl, breaststroke, backstroke or butterfly).
- ★ Distances of 50m and above should utilise more than one recognised stroke in any combination.
- ★ All distances should be completed confidently without hesitation, pause or stress.
- ★ Each length should commence with a streamlined push and glide.