

Splash class 1

1. Wash face with water
2. Blow bubbles on surface of water
3. Blow an object for a distance of 2m
4. Kick on front using a woggle for 1m
5. Kick on back using a woggle for 1m
6. Show a floating position on back using a woggle

Dosbarth sblash 1

1. Golchi'r wyneb â dŵr
2. Chwythu swigod ar wyneb y dŵr
3. Chwythu gwrthrych am 2m
4. Cicio ar y blaen gan ddefnyddio wogl am 1m
5. Cicio ar y cefn gan ddefnyddio wogl am 1m
6. Dangos safle arnofio ar y cefn gan ddefnyddio wogl

Splash class 2

1. Submerge face confidently
2. Push an object with nose for a distance of 2m
3. Make a sitting entry into the pool with teacher support
4. With face in water kick 1m on front using a float
5. With back of head in water kick 1m on back using a float
6. Show a floating position on back using a float

Dosbarth sblash 2

1. Rhoi'r wyneb o dan y dŵr yn hyderus
2. Gwthio gwrthrych â'r trwyn am 2m
3. Mynd yn y pwll, ar ôl eistedd ar yr ymyl, gyda chefnogaeth athro
4. Cicio am 1m ar y blaen, gyda'r wyneb yn y dŵr, gan ddefnyddio arnofyn
5. Cicio am 1m ar y cefn, gyda chefn y pen yn y dŵr, gan ddefnyddio arnofyn
6. Dangos safle arnofio ar y cefn gan ddefnyddio arnofyn

Splash class 3

1. Submerge head completely
2. Jump into pool safely with teacher support
3. With face in water kick 2m on front while holding a float with extended arms
4. With back of head in water kick 2m on back while holding a float over legs with extended arms
5. Show a streamlined position on front (with face in water)
6. Show a star float on back with teacher assistance (if required)

Dosbarth sblash 3

1. Rhoi'r pen o dan y dŵr yn llwyr
2. Neidio i'r pwll yn ddiogel gyda chefnogaeth athro
3. Cicio am 2m ar y blaen, gyda'r wyneb yn y dŵr, wrth ddal arnofyn gyda'r breichiau wedi'u hystemyn
4. Cicio am 2m ar y cefn, gyda chefn y pen yn y dŵr, wrth ddal arnofyn dros y coesau gyda'r breichiau wedi'u hystemyn
5. Dangos safle llyfn ar y blaen (gyda'r wyneb yn y dŵr)
6. Dangos arnofyn seren ar y cefn gyda chymorth athro (os oes angen)

Splash class 4

1. Submerge head completely and blow bubbles
2. Jump into pool safely
3. Kick 2m in a streamlined position on front (with face in water)
4. With hands by side kick on back for 2m
5. Swim frontcrawl for 1m+
6. Show a star float on back

Dosbarth sblash 4

1. Rhoi'r pen o dan y dŵr yn llwyr a chwythu swigod
2. Neidio i'r pwll yn ddiogel
3. Cicio 2m mewn safle llyfn ar y blaen (gyda'r wyneb yn y dŵr)
4. Cicio ar y cefn am 2m gyda'r dwylo wrth yr ochrau
5. Nofio ar y blaen am 1m+
6. Dangos arnofyn seren ar y cefn

Waves 1

1. Answer 3 questions correctly on pool rules
2. Enter and exit the water safely 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 and regain a standing position
5. Float on the back and regain a standing position
6. On the front, push and glide from the wall in a streamlined position
7. Swim 3m Frontcrawl
8. Swim 3m Breaststroke or Butterfly
9. Swim 3m Backstroke
10. Demonstrate a sculling action in a standing position
11. Take part in a teacher led game in the pool

Tonnau 1

1. Ateb 3 chwestiwn yn gywir ar reolau pwll
2. Mynd i mewn i'r dŵr a'i adael yn ddiogel heb gymorth
3. Sgwpio a sbasio ddŵr ar yr wyneb a dangos hyder pan gaiff dŵr ei fwrw dros y pen gyda sbectol ddŵr a hebddi
4. Arnofio ar y blaen ac adennill safle sefyll
5. Arnofio ar y cefn ac adennill safle sefyll
6. Ar y blaen, gwthio a gleidio o'r wal mewn safle llyfn
7. Nofio am 3m ar y blaen
8. Nofio broga neu nofio pili-pala am 3m
9. Nofio am 3m ar y cefn
10. Dangos gweithred sgwlio mewn safle sefyll
11. Cymryd rhan mewn gêm dan arweiniad athro yn y pwll

Waves 2

1. Without goggles, jump into water, at least 0.9m deep, and exit the water safely
2. Float on the front and regain a standing position
3. Float on the back and regain a standing position
4. Whilst kicking with a float, blow bubbles with face in water 4 times
5. Push and glide from the wall on the front in a streamlined position
6. Push and glide from the wall on the back in a streamlined position
7. Swim 5m Frontcrawl
8. Swim 5m Backstroke
9. Swim 5m Breaststroke or Butterfly
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 5m in a horizontal position (with aids if required)

Tonnau 2

1. Heb sbectol ddŵr, neidio i mewn i'r dŵr, o leiaf 0.9m o ddyfnder, a gadael y dŵr yn ddiogel
2. Arnofio ar y blaen ac adennill safle sefyll
3. Arnofio ar y cefn ac adennill safle sefyll
4. Wrth gicio ag arnofyn, chwythu swigod â'r wyneb yn y dŵr 4 gwaith
5. Gwthio a gleidio o'r wal ar y blaen mewn safle llyfn
6. Gwthio a gleidio o'r wal ar y cefn mewn safle llyfn
7. Nofio am 5m ar y blaen
8. Nofio am 5m ar y cefn
9. Nofio broga neu nofio pili-pala am 5m
10. O arnofio ar y cefn, cylchdroi i arnofio ar y blaen, a chylchdroi i arnofio ar y cefn
11. Dangos gweithred sgwlio â'r pen gyntaf ar y cefn am 5m mewn safle gorweddol (â chymhorthion os bydd angen)

Waves 3

1. Without goggles, jump into the water (minimum depth 0.9m). Fully submerge to collect an object from the pool floor and exit the water without using the steps
2. Push and glide on the front, hold position for 5 seconds, perform a longitudinal rotation onto the back and hold this position for 5 seconds. A streamlined position should be maintained throughout
3. Swim 10m Frontcrawl (breathing bilaterally)*
4. Swim 10m Backstroke (straight arm recovery)*
5. Swim 5m Breaststroke
6. Swim 5m Butterfly
7. Push and glide on front, swim 5m, tuck and rotate onto the back and swim back to the wall*
8. Demonstrate a feet first sculling action on the back for 5m in a horizontal position (with aids if required)
9. Tread water for 15 seconds*
10. Answer correctly 4 questions on the Safe Code and Beach Flags
11. Outcomes 3, 4, 7 & 9 should be performed in deep water*

Tonnau 3

1. Heb sbectol ddŵr, neidio i mewn i'r dŵr (isafswm dyfnder 0.9m). Suddo'n llawn er mwyn casglu gwrthrych o lawr y pwll a gadael y dŵr heb ddefnyddio'r grisiau
2. Gwthio a gleidio ar y blaen, dal y safle am 5 eiliad, cyflawni cylchdro gorweddol ar y cefn a dal y safle hwn am 5 eiliad. Dylid cynnal safle llyfn trwy'r amser
3. Nofio am 10m ar y blaen (anadlu i'r ddwy ochr)*
4. Nofio am 10m ar y cefn (adferiad braich syth)*
5. Nofio broga am 5m
6. Nofio pili-pala am 5m
7. Gwthio a gleidio ar y blaen, nofio am 5m, plygu a chylchdroi i'r cefn a nofio'n ôl i'r wal*
8. Dangos gweithred sgwlio â'r traed gyntaf ar y cefn am 5m mewn safle gorweddol (â chymhorthion os bydd angen)
9. Troedio'r dŵr am 15 eiliad*
10. Ateb 4 cwestiwn yn gywir ar y Cod Diogel a Baneri Traeth
11. Dylid cyflawni deilliannau 3, 4, 7 a 9 mewn dŵr dwfn*

Waves 4

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. Kick 10m Frontcrawl in a streamlined position
4. Kick 10m Backstroke in a streamlined position
5. Swim 10m Backstroke or Frontcrawl (to expected stroke standards)
6. Kick 10m Breaststroke on front with arms extended - (1 float may be used)
7. Kick 10m Butterfly on front
8. Swim 10m Breaststroke or Butterfly (to expected stroke standards)
9. Demonstrate the HELP position
10. Perform a series of 3 floating shapes, including a tuck float
11. Tread water for 30 seconds

Tonnau 4

1. Ateb 3 chwestiwn yn gywir er mwyn dangos dealltwriaeth o baratoi at ymarfer corff
2. Dangos 3 cic dolffin o dan y dŵr ar y blaen a'r cefn
3. Cicio am 10m ar y blaen mewn safle llyfn
4. Cicio am 10m ar y cefn mewn safle llyfn
5. Nofio am 10m ar y cefn neu'r blaen (yn ôl y safonau dull disgwylledig)
6. Cicio am 10m gan nofio broga â'r breichiau wedi'u hestyn - (gellir defnyddio 1 arnofyn)
7. Cicio am 10m wrth nofio pili-pala ar y blaen
8. Nofio broga neu nofio pili-pala am 10m (yn ôl y safonau dull disgwylledig)
9. Dangos y safle HELP
10. Cyflawni cyfres o 3 siâp arnofio, gan gynnwys arnofio wrth blygu
11. Troedio'r dŵr am 30 eiliad

Waves 5

1. Without goggles, demonstrate 3 different shaped jumps into deep water
2. Swim 10m Frontcrawl (to expected stroke standards)
3. Swim 10m Backstroke (to expected stroke standards)
4. Swim 10m Breaststroke (to expected stroke standards)
5. Swim 10m Butterfly (to expected stroke standards)
6. Swim 10m, choice of stroke optional, without goggles and head out of the water
7. Swim 20m, choice of stroke optional
8. Demonstrate a series of sculling movements for 30 seconds
9. Tread water for 30 seconds whilst demonstrating an action for getting help the move into the HUDDLE position with a partner or small group
10. Perform a handstand or inverted vertical position for 5 seconds
11. Demonstrate a forward somersault in the water
12. Demonstrate an effective throwing rescue from a distance of 5m

Tonnau 5

1. Heb sbectol ddŵr, dangos 3 naid siâp gwahanol i mewn i ddŵr dwfn
2. Nofio am 10m ar y blaen (yn ôl y safonau dull disgwylidig)
3. Nofio am 10m ar y cefn (yn ôl y safonau dull disgwylidig)
4. Nofio broga am 10m (yn ôl y safonau dull disgwylidig)
5. Nofio pili-pala am 10m (yn ôl y safonau dull disgwylidig)
6. Nofio am 10m, dewis y dull yn opsiynol, heb sbectol ddŵr â'r pen allan o'r dŵr
7. Nofio am 20m, dewis y dull yn opsiynol
8. Dangos cyfres o symudiadau sgwlio am 30 eiliad
9. Troedio'r dŵr am 30 eiliad wrth ddangos gweithred ar gyfer cael help, yna symud i mewn i'r safle SWATIO gyda phartner neu grŵp bach
10. Cyflawni llawsafiad neu safle unionsyth â'r wyneb i lawr am 5 eiliad
11. Dangos trosben ymlaen yn y dŵr
12. Dangos dull achub taflu effeithiol o 5m

Waves 6

Demonstrate an underwater push and glide with 3 dolphin kicks into 20m Frontcrawl (to expected stroke standards)
Demonstrate an underwater push and glide with 3 dolphin kicks into 20m Backstroke (to expected stroke standards)
Swim 20m Breaststroke (to expected stroke standards)
Swim 20m Butterfly (to expected stroke standards)
Swim 40m - 20m Backstroke or Frontcrawl and 20m Breaststroke or Butterfly
Swim 20m with clothes on (without goggles and wearing long sleeves and full length legs items - no pyjamas)
Tread water for 1 minutes demonstrate a 'shout & signal' action for the last 45 seconds
Demonstrate an effective reaching rescue from a distance of 2m
Perform a head first surface dive
Perform a sitting dive
Demonstrate a backward somersault in the water

Tonnau 6

Dangos dull gwthio a gleidio o dan y dŵr â 3 cic dolffin i mewn i ddull nofio ar y blaen am 20m (yn ôl y safonau dull disgwylledig)
Dangos dull gwthio a gleidio o dan y dŵr â 3 cic dolffin i mewn i ddull nofio ar y cefn am 20m (yn ôl y safonau dull disgwylledig)
Nofio broga am 20m (yn ôl y safonau dull disgwylledig)
Nofio pili-pala am 20m (yn ôl y safonau dull disgwylledig)
Nofio am 40m - 20m ar y cefn neu ar y blaen a nofio broga neu nofio pili-pala am 20m
Nofio am 20m wrth wisgo dillad (heb sbectol ddŵr ac wrth wisgo llewys hir ac eitemau coesau hyd llawn - dim pyjamas)
Troedio'r dŵr am funud a dangos gweithred 'gweiddi a gwneud arwydd' am y 45 eiliad olaf
Dangos dull achub estyn effeithiol o 2m
Cyflawni plymiad arwyneb â'r pen gyntaf
Cyflawni plymiad wrth eistedd
Dangos trosben yn ôl yn y dŵr

Waves 7

1. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Frontcrawl (to expected stroke standards)
2. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Backstroke (to expected stroke standards)
3. Demonstrate an underwater push and glide into 25m Breaststroke (to expected stroke standards)
4. Demonstrate an underwater push and glide with 3 dolphin kicks into 25m Butterfly (to expected stroke standards)
5. Swim 100m Individual Medley
6. Swim 200m using at least 3 strokes
7. Perform a plunge dive
8. Tread water using an egg beater action whilst passing and catching a ball with a partner for 30 seconds
9. Complete a 100m obstacle course
10. In a group demonstrate a series of skills, including sculling, rotation, floating and treading water, for a minimum of 45 seconds
11. Take part in a relay race

Tonnau 7

1. Dangos dull gwthio a gleidio o dan y dŵr â 3 cic dolffin i mewn i nofio am 25m ar y blaen (yn ôl y safonau dull disgwylidig)
2. Dangos dull gwthio a gleidio o dan y dŵr â 3 cic dolffin i mewn i nofio am 25m ar y cefn (yn ôl y safonau dull disgwylidig)
3. Dangos dull gwthio a gleidio o dan y dŵr i mewn i nofio broga am 25m (yn ôl y safonau dull disgwylidig)
4. Dangos dull gwthio a gleidio o dan y dŵr â 3 cic dolffin i mewn i nofio pili-pala am 25m (yn ôl y safonau dull disgwylidig)
5. Nofio am 100m mewn dull cymysg unigol
6. Nofio am 200m gan ddefnyddio o leiaf 3 dull
7. Cyflawni plymiad
8. Troedio'r dŵr gan ddefnyddio gweithred curo wyau wrth basio a dal pêl gyda phartner am 30 eiliad
9. Cwblhau cwrs rhwystrau 100m
10. Dangos cyfres o sgiliau mewn grŵp, gan gynnwys sgwlio, cylchdroi, arnofio a throedio'r dŵr, am o leiaf 45 eiliad
11. Cymryd rhan mewn ras gyfnewid