

## Maes Dysgu a Phrofiad **lechyd a Lles**

### Area of Learning and Experience **Health and well-being**



**Bwriad y Maes Dysgu a Phrofiad hwn yw** /The purpose of this Area of Learning and Experience is:

Mae'r gwersi **lechyd a Lles** yn cynnig iaith gyffredin sy'n dod â disgyblion at ei gilydd waeth beth fo'u tarddiad, cefndir, credoau a gwerthoedd i fod yn unigolion iach a hyderus; yn uchelgeisiol wrth ddysgu; yn ymwybodol o beth ydyw i fod yn Gymro/Cymraes, yn egwyddorol a gwybodus er mwyn ymdopi gydag ansicrwydd a sialensiau bywyd ac yn fentrus a chreadigol wrth wneud y gorau o'r cyfleoedd a ddaw ei ffordd.

Rhennir y Maes Dysgu a Phrofiad lechyd a Lles i dair elfen wahanol: **lechyd a Lles Corfforol**, **lechyd a Lles Cyfannol**, **lechyd a Lles Maeth**

Mae'r gwersi **corfforol** yn meithrin cymeriad a'r parch at reolau a rheoliadau tra bod yr elfen gystadleuol yn hyrwyddo dealltwriaeth a pharch at amrywiaeth ac yn meithrin perthnasau cadarnhaol. Wrth gyflawni sgiliau newydd yn y Maes, gellir creu ymdeimlad dyfnach o falchder a hyder wrth wella iechyd a ffitrwydd y corff, cynyddu creadigrwydd ac ennyn ymdeimlad o les. Yn y gwersi **lechyd a Lles Cyfannol**, ein nod yw codi ymwybyddiaeth o iechyd meddwl a lles emosiynol, deallusol a chymdeithasol, gan ymgorffori diwylliant o wydnwch, cyfrifoldeb a dealltwriaeth er mwyn cyfoethogi bywydau pob disgybl ac unigolion eraill fel aelodau gwerthfawr yn ein cynefin, Cymru a'r byd, tra'n codi ymwybyddiaeth o fod yn Gymro/Cymraes. Mae'r gwersi **lechyd a Lles Maeth** yn ffordd o sicrhau bod ein disgyblion yn deall y pwysigrwydd o faeth da er mwyn hyrwyddo bwyta'n iach gydol oes. Gan fod maeth yn dylanwadu ar les, twf a datblygiad pob disgybl, mae dysgu arferion yn ifanc yn ffordd o osgoi clefydau cronig a gordewdra pan fyddant yn oedolion.

*The Health and **Wellbeing** lessons offer a common language that bring pupils together regardless of their origins, background, beliefs and values to be healthy and confident individuals; ambitious in their learning; understand the importance of being Welsh, principled and knowledgeable in order to cope with the uncertainties and challenges of life and adventurous and creative in making the most of the opportunities that come their way. The Health and Well-being Area of Learning and Experience is divided into three different components: **Physical Health and Wellbeing**, **Holistic Health and Wellbeing**, **Nutritional Health and Wellbeing**. The **physical** aspects of the area of learning sets out to build character and respect for rules and regulations while the competitive element promotes understanding and respect for diversity and fosters positive relationships. In achieving new skills in the health and well-being lessons, a deeper sense of pride and confidence can be created in improving body health and fitness, increasing creativity and instilling a sense of well-being. In the **holistic Health and Wellbeing** lessons, we aim to raise awareness of mental/psychological, emotional, intellectual and social well-being, embedding a culture of resilience, responsibility and understanding to enrich the lives of all pupils and other individuals as valued members of our habitat, Wales and the world, whilst raising an awareness of being Welsh. The **nutrition health and wellbeing** lessons are a way of ensuring that our pupils understand the importance of good nutrition to promote healthy eating throughout life. As nutrition influences the well-being, growth and development of all pupils, learning habits at a young age is a way of avoiding chronic diseases and obesity in adulthood.*

Sut i gynnal profion ffitrwydd gwahanol/How to set up

different methods of testing fitness

Creu bocys cymorth cyntaf iechyd emosiynol  
Create a mental and emotional first aid box

Y sefyllfa Cymreig/Wales

Dysgu am empathy/  
The importance of Empathy

I barchu pawb yn ein cynefin /  
How to respect every individual in our habitat

**Am facteria a hylendid/about bacteria and hygiene**

Seibr ddiogelwch/Cyber safety

Am beth bydd y disgyblion yn dysgu a sut byddan nhw'n dysgu?

What will the pupils learn and how will they learn?

Ym Mlwyddyn 7 In Year 7

**Am y canlliwau bwyta'n dda/**

**About the government food guidelines**

Dysgu rheolau gemau gwahanol/  
Learning rules of different games

Am y sgiliau echddygol manwl a bras sydd angen i symud yn effeithiol/About the gross and fine motor skills needed to move effectively

**Cydbwysedd egni/energy balance**

Perthynasion cadarnhaol/positive relationships

Sgiliau creadigol wrth ddatblygu dilyniant gymnasteg/

developing creative skills when designing a gymnastic sequence

**Peryglon braster a siwgr/ The danger of fats and sugars**

Am beth bydd y disgyblion yn dysgu a sut byddan nhw'n dysgu?

What will the pupils learn and how will they learn?

Ym Mlwyddyn 8 In Year 8

Datblygu sgiliau mwy cymhleth/  
developing more complex skills

Dysgu tactegau gemau gwahanol/developing knowledge on different tactics  
across a range of games

**Macrofaetholion/macroutrients**

Arwyddion o iechyd emosiynol cadarnhaol a negyddol/Signs of positive and negative Emotional health

Elfenau gwahanol o ffitrwydd/the different components of fitness

Delwedd corff/body image

Ecsblotio rhywiol/  
sexual exploitation

Cyfle i arborofi gyda gwahanol rolau ee hyfforddwr, dyfarnwr/ an opportunity to try out different roles in sport e.g. coach, referee

**Deiet ffordd o fyw llyseieuwyr a diwyllianau gwahanol yng Nghymru a'r Byd/**

**vegetarian diets and diets of different cultures in Wales and the World**

**Sgiliau coginio mwy cymhleth**  
**/more complex cooking skills**

Am beth bydd y disgyblion yn dysgu a sut byddan nhw'n dysgu?

What will the pupils learn and how will they learn?

Ym Mlwyddyn 9 In Year 9

Atal genhedlu/Sex  
and relationships

**Symptomau a achosir gan ddeiet gwael/**  
**symptoms caused by diet**

Gosod targedau personol am wella ffitrwydd/setting personal fitness targets

Y gymuned LGBT+/The LGBT+Community

Addasu a chymhwyso sgiliau ar draws amrywiaeth o weithgareddau ac amgylcheddau/applying and adapting a range of skills across a range of activities and different environments.

## Dulliau/egwyddorion pedagogaid-Pedagogical methods and principles

- Annog dysgwyr i **gymeryd cyfrifoldeb am ei dysgu**-er mwyn dod yn fwy annibynol  
*Encourage learners to **take responsibility for their own learning**-becoming more independent*
- Sefydlu perthynasion cadarnhaol ymhob agwedd o'r gwrs/ *Establish **positive relationships** in all lessons*
- Defnyddio'r **Model Chwaraeon** fel dull o ddatblygu rolau gwahanol mewn chwaraeon  
*Using the **Sports Coaching model** method to develop different roles within sports*
- Diogelu **cyfradd llwyddiant uchel** wrth herio'r dysgwyr yn barhaol  
*Ensuring a **high success rate** by challenging pupils practically and theoretically*
- **Adalw** gwybodaeth/ *Recall information*
- Defnyddio adborth ac anogaeth **Grym Meddwl**. Annog gweld y grym gall **ymdrech** gael a **gosod disgwyliadau uchel**  
*By using **growth mindset** concepts and language. Encouraging the **power of effort** and setting **high expectations***
- **Adeiladu ar wybodaeth a phrofiadau blaenorol** i ennyn diddordeb ac hyder  
*Build on **previous knowledge and experience** to engage interest.*
- **Dysgu arbrofol** e.e. wrth ymchwil dulliau gwahanol o symud,  
*Experimental learning e.g. trying out different movement patterns to move most effectively*
- **Sgaffaldu gwybodaeth** ar gyfer tasgau anodd e.e. wrth greu rhaglen ffirwydd addas  
*Scaffolding information for complex tasks-e.g. when designing a personal fitness plan*
- **Gofyn cwestiynau** -ymhob gwrs i brofi pa mor dda y dysgwyd y deunydd  
*Questioning- in all lessons to test the learning.*
- **Asesu ar gyfer Dysgu/ Assessment For Learning**
- **Gosod disgwyliadau allgyrsiol** yn enwedig mewn timoedd chwaraeon a gweithgareddau gwahanol  
*Encourage expectations of **extra curricular participation** in different sporting activities in and out of school*
- **Annog cydweithredu** e.e. mewn gwahanol dimoedd a grwpiau ac annog ymgysylltiad mewn dysgu cydweithredol (rhyngddibynnol) i wella cymhelliant, datrys problemau a chyflawniad.  
*Encourage **collaboration** e.g. in different teams and groups and encouraging engagement in cooperative (interdependent) learning to improve motivation, problem solving and achievement.*
- Gwneud y dysgu yn **real** a'i wneud yn **addas a dilys** e.e fel i ddefnyddio gwybodaeth i wella ei steil bywyd personol  
*Making the experiences **real and authentic**, so there is relevance to their learning e.g. choosing fitness tests or/and methods for their personal goals and needs.*
- Sicrhau **dysgu dwfn, beimiadol a chreadigol** wrth annog gwneud cysylltiadau, datblygu dealltwriaeth gysyniadaol ac addasu gwybodaeth a sgiliau i sefyllfaoed newydd ee gemau newydd, ryseits newydd.  
***Deepening thinking: critical and creative** and encouraging making connections and developing a deep conceptual understanding and transfer knowledge and skills to new situations e.g. new games or new recipes.*