

Astudiaeth Achos

Ysgol Gynradd Penyrenglyn – Clwb Aml-sgiliau

Roedd Ysgol Gynradd Penyrenglyn eisiau ehangu diddordebau ei disgyblion mewn chwaraeon a'u hysgogi i gymryd rhan mewn amrywiaeth fwy o chwaraeon, yn ogystal â'u hannog i fynychu clybiau chwaraeon ar ôl ysgol.

Cyflwynodd hi glwb chwaraeon ar ôl ysgol o'r enw Aml-sgiliau. Cafodd disgyblion gyfle i ddewis amrywiaeth o chwaraeon gwahanol a oedd yn eu galluogi i ddatblygu amrediad o sgiliau trosglwyddadwy. Defnyddiodd athrawon eu canlyniadau Arolwg ar Chwaraeon Ysgol i ddatblygu'r clwb gan eu bod yn awyddus i wrando ar leisiau eu disgyblion.

Pam wnaeth hyn?

- Ysgogi plant i gymryd rhan mewn chwaraeon newydd
- Annog plant i fynd i glybiau ar ôl ysgol
- Datblygu eu sgiliau symud sylfaenol

Beth mae'r ysgol wedi'i ddysgu o'r prosiect?

"Bellach, rydyn ni'n effro i'r effaith arwyddocaol a chadarnhaol mae chwaraeon yn ei chael ar les, hyder a hunan-barch ein disgyblion. Mae rhoi cyfleoedd i ddisgyblion gymryd rhan mewn amrywiaeth ehangach o chwaraeon wedi eu galluogi i ddatblygu a throsglwyddo eu sgiliau. Hefyd, mae wedi tynnu sylw at bwysigrwydd sgiliau sylfaenol y disgyblion (rhedeg, neidio, dal ac yna blaen) fel eu bod yn barod i ddysgu sgiliau penodol sy'n ofynnol ar gyfer pêl-droed, rygbi, pêl-rwyd ac ati."

“Rwy'n mwynhau mynd i Aml-sgiliau, gan fy mod yn dysgu sgiliau gwahanol ac rwy'n gwella mewn nifer o chwaraeon gwahanol. Rwy'n teimlo'n fwy heini ac yn iach ers imi ddechrau Aml-sgiliau.”

32

Nifer y sesiynau:



Nifer y plant a gymerodd ran:

27



15

Bachgen



12

Merch

Aeth

20



o blant i fwy na 60% o sesiynau



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Case Study

Penyrenglyn Primary – Multi-Skill Club

Penyrenglyn Primary school wanted to widen pupils' interests in sports and motivate them to participate in a greater variety of sports, as well as encourage them to attend after school sports clubs.

They introduced an after school sports club called Multi-Skills. Pupils were offered a variety of different sports which allowed them to develop a range of transferable skills. Teachers used their School Sport Survey results to develop the club as they were keen to listen to their pupil voice.

Why they did it?

- To motivate children to participate in new sports
- To encourage children to attend after school clubs
- To develop their fundamental movement skills

What have the school learnt from the project?

"We have developed an awareness of the significant, positive impact that playing sports can have on pupils' well-being, confidence and self-esteem. Giving pupils access to a greater variety of sports has allowed them to develop and transfer their skills. It has also highlighted the importance of pupils' fundamental skills (run, jump, catch etc) so that they are ready to learn the specific skills required for football, rugby, netball etc."

“I enjoy going to multi-skills because I get to learn different skills and I get better at lots of different sports. I feel fitter and healthier since going to Multi-skills.”



32

Sessions



Children engaged

27



20



Children attended more than 60% of sessions



15

Males



12

Females



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