

Astudiaeth Achos

Ysgol Gynradd Llanharan - Clybiau Brecwast a Chinio

Roedd Ysgol Gynradd Llanharan yn awyddus i ddarparu rhagor o gylleoedd i ddisgyblion fwynhau chwaraeon yn ystod y dydd, gan nad oedd modd i rai disgyblion ddod i glybiau ar ôl ysgol. Roedd yr ysgol hefyd eisiau mynd i'r afael â lleihau problemau o ran ymddygiad yn ystod amser cinio drwy ddarparu gweithgareddau strwythur dig.

Dangosodd ymgynghoriad â'r disgyblion fod y rhan fwyaf ohonyn nhw'n aros gartref gyda'r nos ac yn chwarae gemau cyfrifiadurol, felly bwriad yr ysgol oedd sicrhau bod cyfle i ddisgyblion fod yn heini bob dydd yn yr ysgol.

Cyflogodd yr ysgol oruchwylwr ychwanegol i gynnal sesiynau chwaraeon yn ystod y clwb brecwast ac amser cinio. Yn ogystal â hynny, roedd cyfle i ddisgyblion gymryd rhan mewn ymarferion cylch ar offer campau awyr agored a'r llwybr cadw'n heini.

Pam wnaeth yr ysgol hyn?

- Rhoi cyfle i ddisgyblion wneud rhagor o ymarfer corff
- Cynnig cymleoedd yn ystod y dydd ar gyfer plant sydd ddim yn gallu aros ar ôl yr ysgol
- Gwella ymddygiad yn ystod amser cinio

Sut mae hyn wedi helpu?

- Mae ymddygiad wedi gwella - llai o ddigwyddiadau a dim gwaharddiadau
- Mae disgyblion sydd ag Anhwylder Diffyg Canolbwytio a Gorfwywiogrwydd ac Anhwylderau'r Sbectwm Awtistig yn cymryd rhan mewn gweithgareddau
- Mae 95% o'r plant a gymerodd ran bellach yn fwy heini yn fwy aml

Nifer y Plant a gymerodd ran:

45



55%

o'r plant o'r farn bod eu
hymddygiad wedi gwella

Nifer y Sesiynau:



65

90%

yn teimlo'n
fwy hyderus



90%

o'r plant yn teimlo'n
fwy hapus

55%



wedi gwneud
ffrindiau newydd

TYMOR Y
GWANWYN



RHONDDA CYNON TAF

Case Study

Llanharan Primary – Breakfast and Lunchtime Club

Llanharan Primary school wanted to provide more sporting opportunities during the school day as some pupils were unable to attend clubs after school. They were also looking to combat and reduce behaviour issues at lunchtime by providing structured activities.

Pupil consultation had identified that the majority of pupils stay at home most evenings playing computer games, so the school wanted to ensure that pupils had the opportunity to get active every day in school.

The school employed an additional supervisor to run sports sessions during breakfast club and at lunchtime. Children were also offered circuit activities on outdoor gym equipment and trim trail activities.

Why they did it?

- To increase the amount of exercise undertaken by pupils
- To offer opportunities during the school day, for children who are unable to stay after school
- To improve behaviour at lunchtime

How has it helped?

- Behaviour has improved – reduced number of incidents and no exclusions
- Pupils with ADHD/ASD and significant behaviour issues are engaging in activities
- 95% of the children who attended are now more active, more often

Children Engaged

45



55%

Of children feel their behaviour has improved

Sessions offered



65

90%

Of children are more confident



90%

Of children feel happier

55%

Of children made new friends

SPRING TERM



RHONDDA CYNON TAF