



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Yr Athrofa
Centre *for* Education
Addysg i Gymru | Education for Wales



Partneriaeth Dysgu Proffesiynol **Yr Athrofa**
Yr Athrofa Professional Learning Partnership

Trawsnewid Addysg Gyda'n Gilydd Transforming Teaching Together

ECAD6051

Arwain y Dysgu
Leading the Learning

Iechyd a Lles
Health and Wellbeing



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Cynllunio...

Mae'r sesiwn yma yn mynd i roi cyfle i chi gynllunio wrth i chi baratoi ar gyfer PAP1.

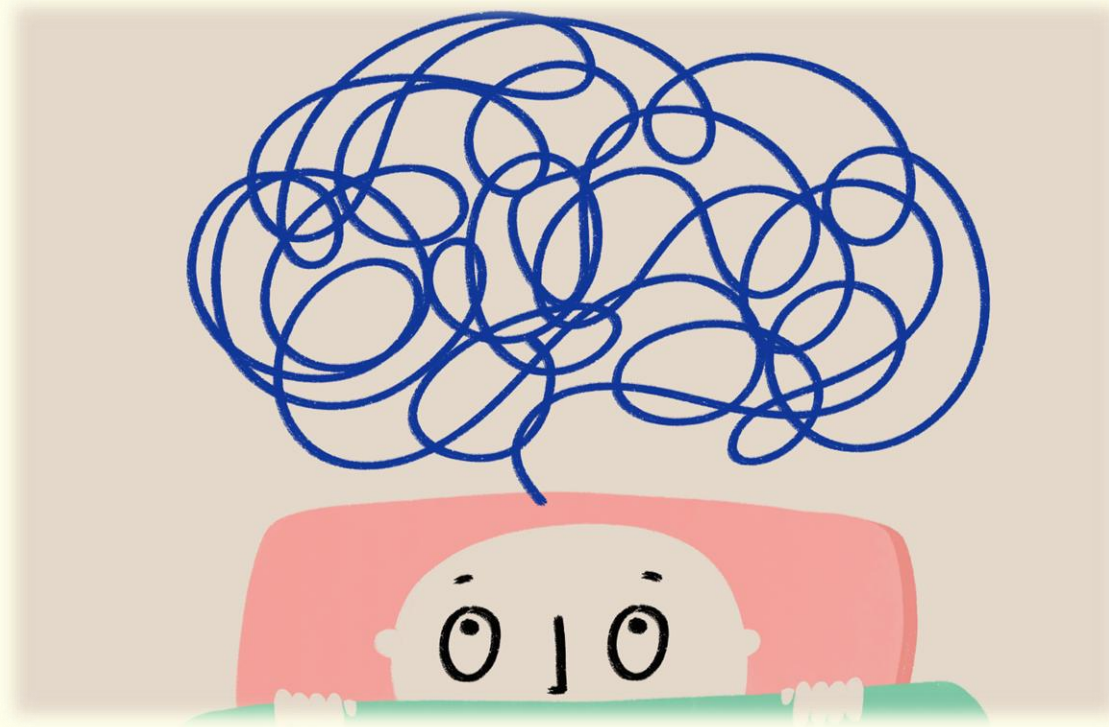
Ffocws y wers bydd yr hyn sy'n deillio o'r datganiadau yr hyn sy'n bwysig;
Mae'r ffordd rydym yn gwneud penderfyniadau yn effeithio ar ansawdd ein bywydau ni a bywydau eraill neu Mae'r ffordd rydym yn ymwneud â dylanwadau cymdeithasol yn siapio pwy ydyn ni, ac yn effeithio ar ein hiechyd a'n lles.

Planning...

This session is going to give you the opportunity to plan as you prepare for PTE1.

The focus of the lesson will be what emerges from the what matters statements;
Our decision-making impacts on the quality of our lives and the lives of others or How we engage with social influences shapes who we are and affects our health and well-being.

Mae'r ffordd rydym yn gwneud penderfyniadau yn effeithio ar ansawdd ein bywydau ni a bywydau eraill.



- Gall y Maes hwn helpu dysgwyr i ddeall sut mae penderfyniadau a gweithredoedd yn cael effaith ar y dysgwyr eu hunain, ar eraill, ac ar y gymdeithas ehangach, a hynny yn y presennol a'r dyfodol. Gall hefyd fod o gymorth i ddysgwyr ddeall y ffactorau sy'n dylanwadu ar wneud penderfyniadau, gan eu rhoi mewn gwell safle i wneud penderfyniadau gwybodus ac ystyriol.
- Gall dysgu a phrofiad yn y Maes hwn alluogi dysgwyr i ddatblygu'r sgiliau meddwl beirniadol angenrheidiol er mwyn gallu pwysu a mesur goblygiadau posibl eu penderfyniadau, gan gynnwys y risg, iddyn nhw ac i eraill. Gall hyn gynnig cyfleoedd i ddysgwyr gymryd rhan mewn penderfyniadau ar y cyd, a deall pwysigrwydd eu cyfraniad i'r broses hon.
- Un penderfyniad allweddol sy'n effeithio ar ddysgwyr am oes yw'r un sy'n ymwneud â'u llwybrau gyrfa.

Adnoddau...

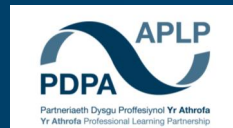
The screenshot shows the BBC Bitesize website interface. At the top, there is a navigation bar with the BBC logo, a 'Sign in' button, and links to 'CBBC', 'CBBC iPlayer', 'Newsround', 'Bitesize', 'CBeebies', 'CBBC on TV', and 'CBBC Help'. A search bar labeled 'Search Bitesize' is on the right. Below this is a purple header with the word 'BITESIZE' in white. Underneath is a white navigation bar with links: 'Home', 'Learn', 'Study support', 'Careers', 'Teachers', 'Parents', 'Trending', 'My Bitesize', and a 'More' button with a hamburger menu icon. The main content area has a pink background with abstract geometric shapes. It features the text 'CA2' in a small font, followed by the main title 'Sut mae ein penderfyniadau yn effeithio arnon ni ac eraill?' in large white letters. Below the title, it says 'Part of [Dinasyddiaeth](#) | [Cymuned a chymdeithas](#)'. At the bottom left of this section is a button with a bookmark icon and the text 'Save to My Bitesize'.

[Sut mae ein penderfyniadau yn effeithio arnon ni ac eraill? -
Dinasyddiaeth 8-11 - BBC Bitesize](#)



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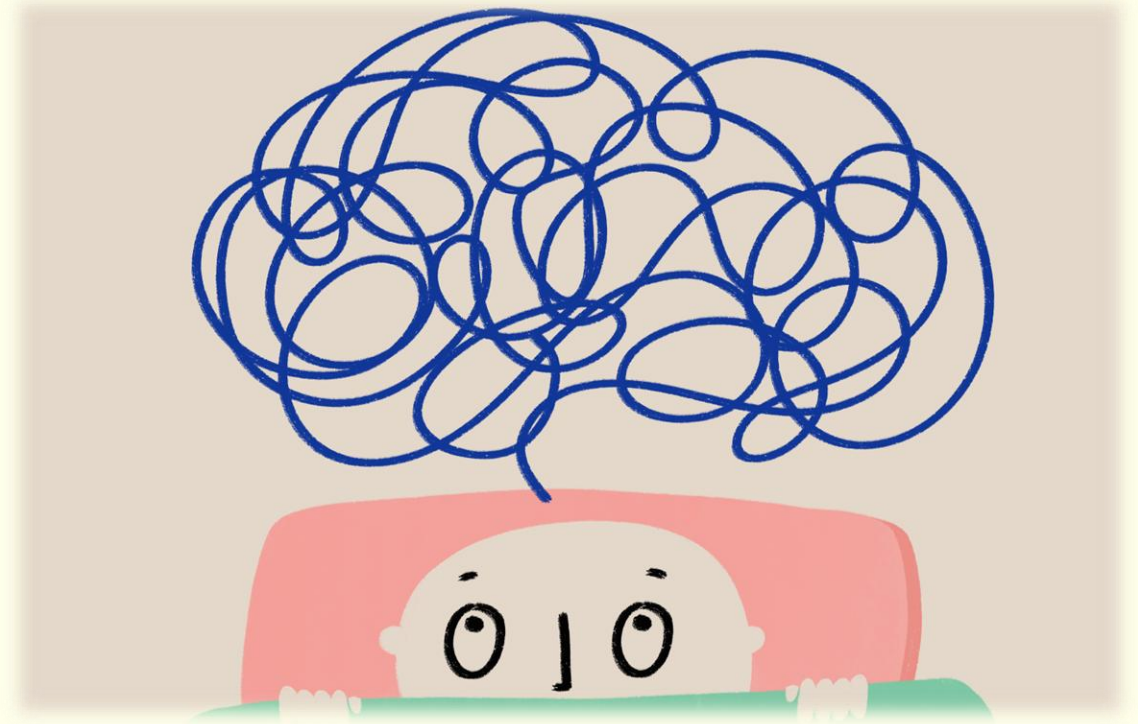
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Trawsnewid Addysg, Trawsnewid Bywydau
Transforming Education, Transforming Lives

Our decision-making impacts on the quality of our lives and the lives of others.

- This Area can help learners to understand how decisions and actions impact on themselves, on others and on wider society, both now and in the future. It can also help learners understand the factors that influence decision-making, thus placing them in a better position to make more informed and considered decisions.
- Learning and experience in this Area can enable learners to develop the critical-thinking skills necessary to consider their decision-making in terms of possible implications, including risks, for themselves and others. This can offer learners opportunities to engage in collective decision-making and to understand the importance of their contributions to this process.
- A key decision that affects learners for life is around their career pathways.



Resources...

The screenshot shows the BBC Bitesize website interface. At the top, there is a navigation bar with the BBC logo, a 'Sign in' button, and links to CBBC, CBBC iPlayer, Newsround, Bitesize, CBeebies, CBBC on TV, and CBBC Help. A search bar labeled 'Search Bitesize' is on the right. Below this is a purple header with the word 'BITESIZE' in white. A secondary navigation bar contains links for Home, Learn, Study support, Careers, Teachers, Parents, Trending, and My Bitesize, followed by a 'More' button with a hamburger menu icon. The main content area has a pink background with abstract geometric shapes. It features the text 'KS2' in a small box, followed by the title 'How do our decisions affect us and others?' in large white font. Below the title, it says 'Part of [Citizenship \(Wales\)](#) | [Community and society](#)'. At the bottom left of this section is a button that says 'Save to My Bitesize' with a bookmark icon.

[How do our decisions affect us and others? - Citizenship 8-11 - BBC Bitesize](#)

Mae'r ffordd rydym yn ymwneud â dylanwadau cymdeithasol yn siapio pwy ydyn ni, ac yn effeithio ar ein hiechyd a'n lles

Gall y Maes hwn fod o gymorth i ddysgwyr ddeall rôl bwysig [dylanwadau cymdeithasol](#) ar eu bywydau. Mae'r dylanwadau hyn yn cynnwys rheolau, [normau cymdeithasol](#), [agweddau](#) a [gwerthoedd](#) sy'n cael eu creu a'u hatgyfnerthu gan wahanol grwpiau cymdeithasol. Trwy ymwneud â grwpiau cymdeithasol yr ydyn ni'n profi'r dylanwadau hyn. Maen nhw'n effeithio ar ein hunaniaeth, ein [gwerthoedd](#), ein hymddygiad ac ar ein hiechyd a lles, yn aml heb i ni sylweddoli hynny. Bydd angen i ddysgwyr ymwneud yn feirniadol â'r dylanwadau cymdeithasol hyn o fewn eu diwylliant eu hunain yn ogystal â diwylliannau eraill, a hyn er mwyn deall sut y mae normau a gwerthoedd yn datblygu. Gall hyn eu galluogi i ddeall sut mae eu hymddygiad, eu perthynas ag eraill a'u profiadau yn cael eu llywio



[Cadw'n ddiogel ar-lein - Hwb](#)

[Iechyd meddwl a'r rhyngwrwyd: adnodd ar gyfer ymarferwyr](#)



[Teachers and school staff - UK Safer Internet Centre](#)

How we engage with social influences shapes who we are and affects our health and well-being.

This Area can help learners understand the important role of *social influences* on their lives. These influences are comprised of rules, *social norms*, *attitudes* and *values* that are created and reinforced by different social groups. It is through interaction with social groups that we experience these influences. They affect our identity, *values*, behaviours and health and well-being, and often do so without our being aware of it.

Learners will need to engage critically with these social influences within their own culture, as well as those of others, in order to understand how norms and values develop. This can enable them to understand how their own behaviours, relationships and experiences are shaped

[Mental health and the internet: resource for practitioners](#)

Keeping safe online

The latest news, guidance, resources and training to help you, your school and your family stay safe, secure and smart online.

Advice for children and young people

This area has been created so you know what to do and where to turn for help if you have any *online* issues or worries.

[Learn more >](#)

[Keeping safe online - Hwb](#)



[Teaching resources - UK Safer Internet Centre](#)



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Canllawiau a chefnogaeth ar gyfer lles digidol ac iechyd meddwl

Ar gyfer staff ysgol, dysgwyr a'u teuluoedd mae gwybodaeth ac adnoddau ar gael ar y dudalen [Adnoddau - Hwb](#) Mae hyn yn cynnwys cyngor sydd wedi'i gynllunio'n benodol i blant a phobl ifanc gael mynediad yn annibynnol at bynciau gan gynnwys [lles digidol ac iechyd meddwl](#) a [delwedd corff ar-lein a hunan-barch](#).

Mae gweithgareddau [Common Sense Education](#) yn archwilio llawer o themâu, gan gynnwys pwysigrwydd [cydbwysedd cyfryngau](#) a all helpu dysgwyr i fyfyrir ar bwysigrwydd lles cymdeithasol ac emosiynol yn eu bywydau digidol.

Guidance and support for digital well-being and mental health

For school staff, learners and their families there is information and resources available on the [Resources – Hwb](#) page. This includes advice designed specifically for children and young people to independently access topics including [digital well-being and mental health](#), and [online body image and self-esteem](#).

[Common Sense Education activities](#) explore many themes, including the importance of [media balance](#) that can help learners reflect on the importance of social and emotional well-being in their digital lives.

Ewch amdani...

Go for it...

Cofiwch lawrlwytho cyn golygu!!

Remember to download before editing!!

[Cynllun Gwers 26-27.docx](#)

[Lesson Plan 26 - 27.docx](#)