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

ECAD4017C
Iechyd a Lles

Cynllunio i gefnogi ymgyrch Cenedlaethol Pwysau Iach Cymru Iach

ECAD40017
Health & Wellbeing

Planning to support National initiative Healthy Weight Healthy Wales

Ymgyrch Cenedlaethol National Initiative

Strategaeth pwysau iach (Pwysau Iach Cymru Iach) | LLYW.CYMRU

Healthy weight strategy (Healthy Weight Healthy Wales) | GOV.WALES

Cwricwlwm Iechyd a Lles

2. Datganiadau o'r hyn sy'n bwysig

Gwyliwch y datganiadau o'r hyn sy'n bwysig yn BSL.

Mandadol

Mae datblygu iechyd a lles y corff yn arwain at fuddiannau gydol oes.

Gall y Maes hwn fod o gymorth i ddysgwyr ddeall y ffactorau sy'n effeithio ar iechyd a lles y corff. Mae hyn yn cynnwys arferion sy'n hybu iechyd megis gweithgareddau corfforol gan gynnwys chwaraeon a gweithgareddau eraill; deiet cytbwys; gofal a hylendid personol; cwsg; ac amddiffyn rhag haint. Mae hefyd yn cynnwys dealltwriaeth o arferion sy'n niweidio iechyd.

Trwy ddeall hyn, gall dysgwyr ddatblygu arferion gwybodus, cadarnhaol sy'n eu hannog i warchod, yn ogystal â pharchu eu hunain ac eraill. Mae'r arferion hyn yn cefnogi ymdeimlad dysgwyr o hunan-werth, eu hwyliau'n gyffredinol a'u lefelau egni.

Bydd dysgwyr yn cael eu hannog i ddatblygu'r hyder, cymhelliant, gallu corfforol, gwybodaeth a dealltwriaeth a fydd o gymorth iddyn nhw fyw bywyd iach a gweithredol sy'n hyrwyddo iechyd a lles y corff cadarnhaol.

- Outlook | Disgrifiadau dysgu - Hwb

gov.wales/cwricwlwm-i-gymru/iechyd-a-lles/disgrifiadau-dysgu/

Measuring wellbein... | The Science of Well... | Cite it! | Interim references | Interactive lessons | Mental health toolk...

Mae datblygu iechyd a lles y corff yn arwain at fuddiannau gydol oes.

Cam cynnydd 1	Cam cynnydd 2	Cam cynnydd 3
Rwy'n dechrau gwneud cysylltiadau rhwng fy neiet a'm hiechyd a lles corfforol.	Rwyf wedi datblygu dealltwriaeth fy mod angen deiet cytbwys, ac rwy'n gallu gwneud dewisiadau gwybodus am y bwyd rwy'n ei fwyta a'i baratoi i gefnogi fy iechyd a lles corfforol.	Rwy'n gallu egluro pwysigrwydd deiet cytbwys a maeth, a'r effaith mae fy newisiadau yn eu cael ar fy iechyd a lles corfforol. Rwy'n gallu cynllunio a pharatoi prydau maethlon, sylfaenol.

Health and Wellbeing curriculum

2. Statements of what matters

View these statements of what matters in British Sign Language (BSL).

Mandatory

Developing physical health and well-being has lifelong benefits.

This Area can help learners to understand the factors that affect physical health and well-being. This includes health-promoting behaviours such as physical activity, including but not limited to sport; balanced diet; personal care and hygiene; sleep; and protection from infection. It also includes an understanding of health-harming behaviours.

From this understanding, learners can develop positive, informed behaviours that encourage them both to care for and respect themselves and others. These behaviours support learners' sense of self-worth, their overall mood and energy levels.

Learners will be encouraged to develop the confidence, motivation, physical competence, knowledge and understanding that can help them lead healthy and active lifestyles which promote good physical health and well-being.

Developing physical health and well-being has lifelong benefits.

Progression step 1	Progression step 2	Progression step 3
I have the confidence and motivation to move in different ways and I am beginning to develop control of gross motor movements and fine motor movements in different environments, moving safely in response to instructions.	I can use and improve basic movement skills in familiar and unfamiliar situations. I can respond to prompts in imaginative and creative ways. I have the confidence and motivation to persevere when faced with physical challenges.	I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli. I can motivate myself to engage confidently in regular physical activity and sport, and am aware of my own progress.
I am beginning to make connections between my diet and my physical health and well-being.	I have developed an understanding that I need a balanced diet and I can make informed choices about the food I eat and prepare to support my physical health and well-being.	I can explain the importance of a balanced diet and nutrition and the impact my choices have on my physical health and well-being. I can plan and prepare basic, nutritious meals.

Please register below to receive the latest guide for schools and ongoing campaign updates for schools participating in Eat Them To Defeat Them 2024 - The Big Chomp!

Cofrestrwch isod i dderbyn y canllaw diweddaraf i ysgolion a diweddariadau am yr ymgyrch i ysgolion sy'n cymryd rhan yn Bwytewch y Llysiau i'w Llethu 2024 - Llond Ceg!

[Sign up for Eat Them To Defeat Them 2024 - Wales (mailchi.mp)]

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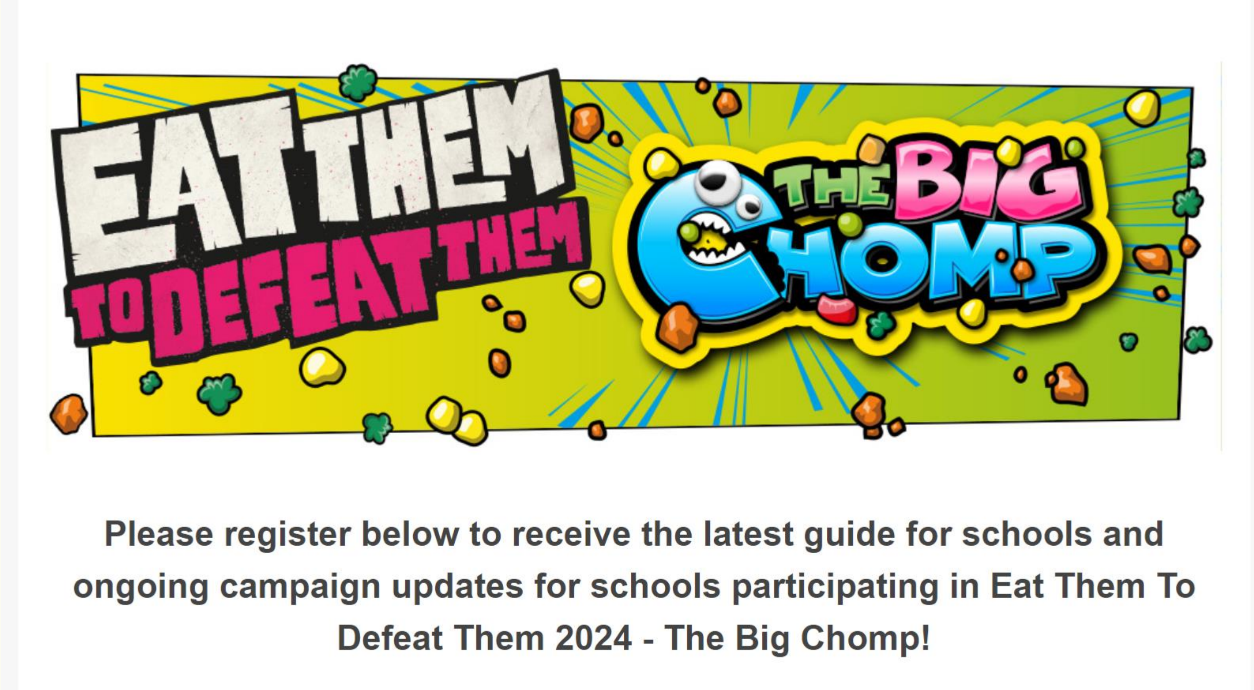

[Schools - Eat Them To Defeat Them]

[Sign up for Eat Them To Defeat Them 2024 - Schools (mailchi.mp)]

Tasg

Mewn parau, ewch ati i gynllunio a chwblhau gwers i hybu **Bwytewch y Llysiau i'w Llethu** mewn dosbarth Dysgu Sylfaen.
Ystyriwch beth yw 'Bwriad y wers' a'r 'Meini Prawf Llwyddiant' y wers.

Task

In pairs, plan and complete to promote **Eat them to defeat them** in a Foundation learning class. Consider the Learning Intention and the Success Criteria for your lesson.

Cynlluniau Gwersi / lesson plans - Eat Them To Defeat Them

Ysgolion - Eat Them To Defeat Them