

Iechyd a lles yng Nghwricwlwm Dysgu Sylfaen
Health and well-being in the Foundation Learning Curriculum



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
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Nodau *Aims*

- Ystyried sut mae athroniaeth ac ymarfer cwricwlwm y Cyfnod Sylfaen blaenorol wedi dylanwadu ar Cwricwlwm i Gymru
- Nodweddion allweddol Cwricwlwm i Gymru
- Trosolwg o sut yr ymgorfforir Iechyd a Lles o fewn y cwricwlwm.
- *Consider how philosophy and practice of the former Foundation Phase curriculum has influenced Curriculum for Wales*
- *The key characteristics of Curriculum for Wales*
- *An overview of how Health and Well-being are embedded within the curriculum.*

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Beth wyddoch chi'n barod am y cwricwlwm ar gyfer dysgwyr 3-7 oed?

Cyn cychwyn ...
Before starting ...

What do you already know about the curriculum for learners between 3-7 years old?

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child-centred
well-being
play
voice
experiential
learner
environment
practitioner

WordIt

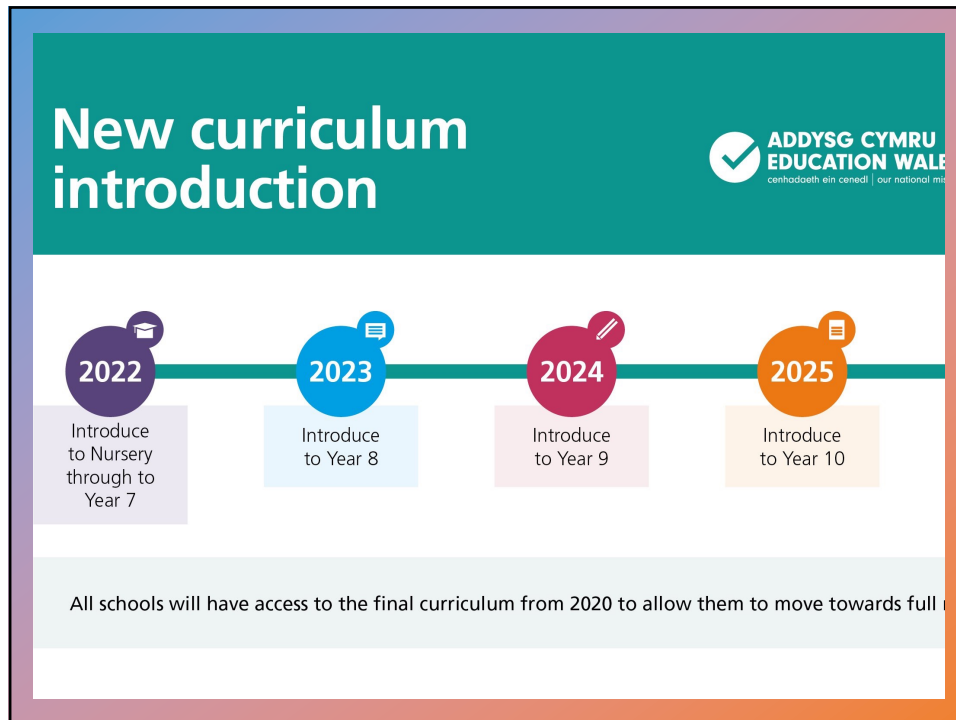
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Datblygiad y cwricwlwm newydd *The development of a new curriculum*

- Gweledigaeth ac athroniaeth ar gyfer newid
- Dulliau – e.e.
 - i) cwricwla rhyngwladol
 - ii) ymchwil empirig
- Cyngor ac arweiniad arbenigol
- Adborth parhaus
- *Vision and philosophy for change*
- *Approaches e.g.*
 - i) *international curricula*
 - ii) *Empirical research*
- *Expert advice and guidance*
- *Ongoing feedback*

Adeiladu ar gryfderau *Building on strengths*

- “The existing curriculum arrangements in Wales have some very real strengths upon which we can build – not least the pedagogy underpinning the Foundation Phase and the commitment to Welsh language and culture. However, the need for change is also very clear if we are to develop a curriculum which supports and enables world-class teaching and learning in the twenty-first century...” (Donaldson, 2015, p.19)
- “A curriculum based on Areas of Learning and Experience instead of subjects will enable schools to build on successful ‘Foundation’ practice into the middle and later years of primary education and beyond. A few schools have already extended the ‘Foundation’ philosophy and pedagogy into the 7–11 age range in this way. Often they have found it successful in increasing children and young people’s engagement and removing the subject barriers that are often seen as inhibitors to creativity and flexibility in the curriculum.” (Donaldson, 2015, p. 87)



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Trosolwg o'r cwricwlwm *Overview of curriculum*

- 4 diben
- 12 egwyddor addysgeg
- 6 Maes Dysgu a Phrofiad & disgrifiadau dysgu
- 3 cyfrifoldeb trawsgwricwlaidd
- 4 purposes
- 12 pedagogical principles
- 6 Areas of Learning and Experience & descriptions of learning
- 3 cross-curricular responsibilities

<https://hwb.gov.wales/curriculum-for-wales/introduction/#the-curriculum-for-wales-framework>

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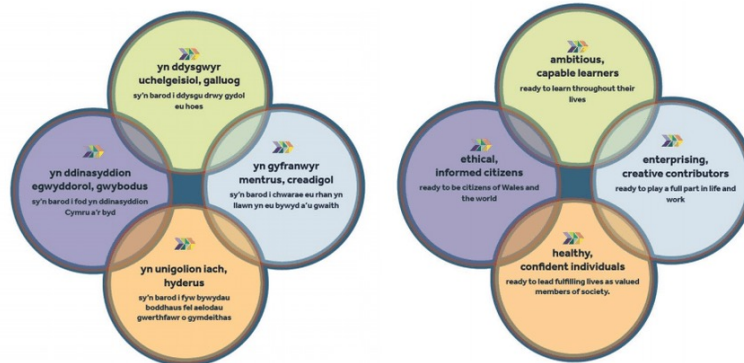
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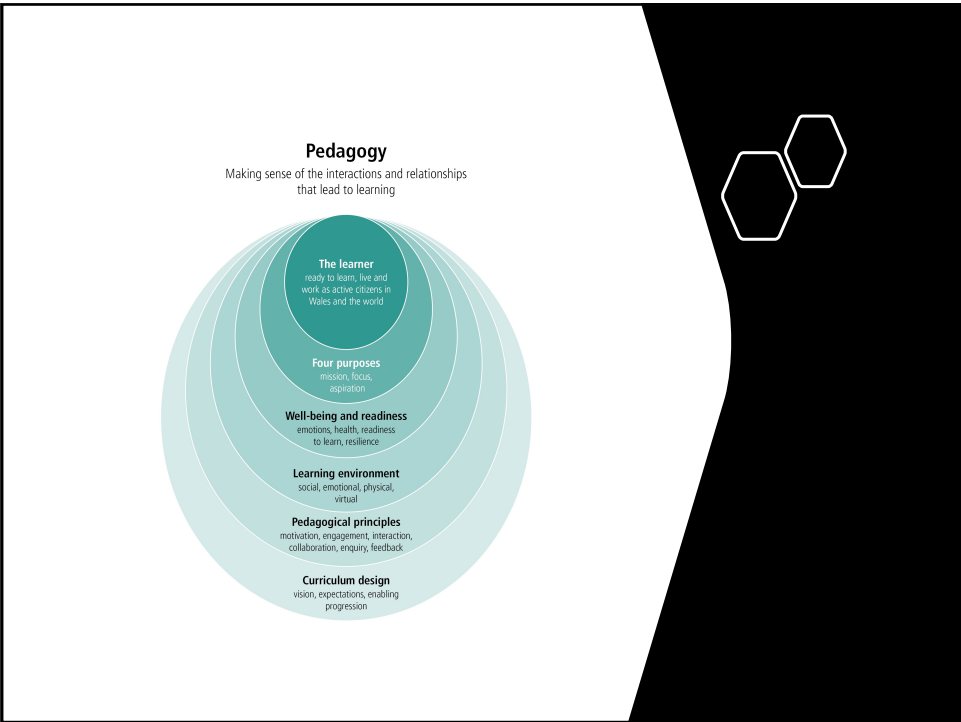


Dibenion y cwricwlwm *Purposes of the curriculum*

Dibenion y cwricwlwm yng
Nghymru yw ceisio sicrhau
bod plant a phobl ifanc yn
datblygu i fod:

*The purposes of the
curriculum in Wales should
be that children and young
people develop as:*





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Ystyriwch *Consider*

Beth ydych chi'n meddwl ddylai gael ei gynnwys yn y Maes Dysgu a Phrofiad Iechyd a Lles?

What do you think should be included in the Health and Well-being Area of Learning and Experience?

Note down your key points on the post-it.

Nodwch y pwyntiau allweddol ar y 'post-it'.



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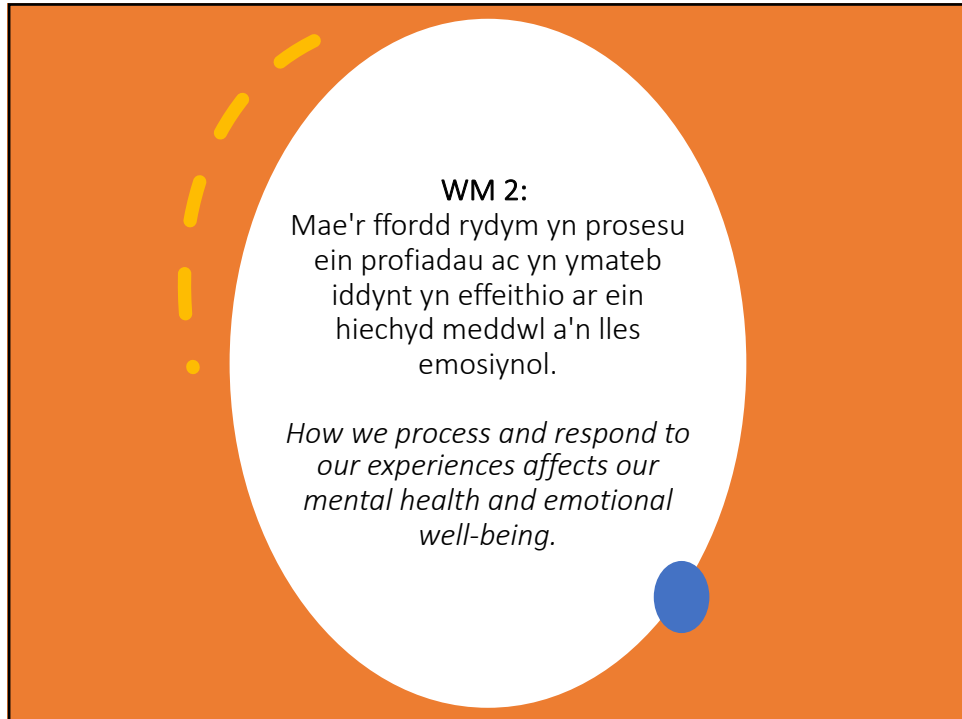


WM 1:

Mae buddiannau gydol oes yn gysylltiedig â datblygu iechyd a lles corfforol

Developing physical health and well-being has lifelong benefits.

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WM 2:
Mae'r ffordd rydym yn prosesu
ein profiadau ac yn ymateb
iddynt yn effeithio ar ein
hiechyd meddwl a'n lles
emosiynol.

*How we process and respond to
our experiences affects our
mental health and emotional
well-being.*

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WM 3:
Mae'r
penderfyniadau a
wnawn yn effeithio
ar ansawdd ein
bywydau ni ac
eraill.

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

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WM 4:
Mae'r ffordd
rydym yn
ymgysylltu â
dylanwadau
cymdeithasol
gwahanol yn siapio
pwy ydym ni a'n
hiechyd a'n lles

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

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WM 5:
Mae cydberthnasau
iach yn hanfodol ar
gyfer ein
hymdeimlad o
berthyn a lles.

*Healthy relationships
are fundamental to
our sense of
belonging and well-
being.*

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MDaPh Iechyd a Lles Health and Well-being AoLE



The mountain tops are the progression steps



The base of the mountains is the curriculum

Dysgu Sylfaen – Cam 1&2

Foundation Learning –Steps 1&2

TASG:

1. Darllenwch y camau cynnydd
2. Penderfynwch pa drefn dylent fod
3. I ba 'Beth sy'n bwysig' maent yn perthyn?

TASK

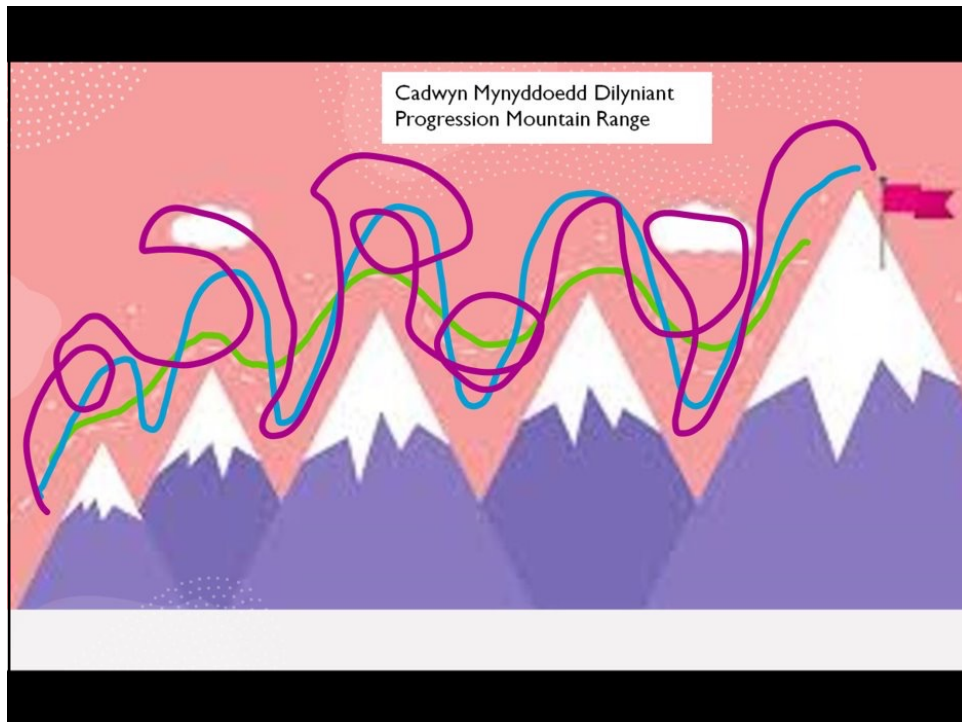
1. *Read the progression steps*
2. *Decide which order they should be in*
3. *To which 'What Matters' do they belong?*

Modelau o ddilyniant mewn I&L

Models of progression in H&WB

- | | |
|---|---|
| • Dod yn fwy hunan-reoleiddiedig | • <i>Becoming more self-regulated</i> |
| • Dod yn fwy cyfrifol yn gymdeithasol | • <i>Becoming more socially responsible</i> |
| • Soffistigieddrwydd gwybodaeth a sgiliau | • <i>Sophistication of knowledge and skills</i> |
| • Twf datblygiadol | • <i>Developmental growth</i> |

<https://hwb.gov.wales/curriculum-for-wales/health-and-well-being/statements-of-what-matters/>



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Dechrau wrth dy ddrws *Start on your doorstep*

TASK

- Choose 1 progression step (PS1or2) from the What Matters statement you've been given
- Go outside and choose an area to promote learning within this progression step
- What activities would you plan?
- What would the learners be learning (not doing)?
- What would be your role as a practitioner?
- Are there any challenges?

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Beth am
fynediad i bawb?
*What about
access for all?*

Welsh Government (2022)
'A curriculum for funded
non-maintained nursery
settings'. Available at: [non-
maintained settings
curriculum](#)

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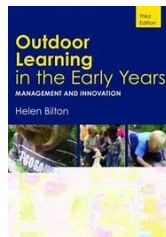
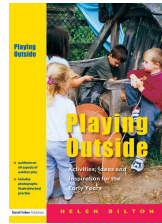
Adnoddau/Resources

[1. Outdoor Learning ideas](#) | [Outdoor Lesson ideas](#) | [Outdoor Learning Resources \(ltl.org.uk\)](#)

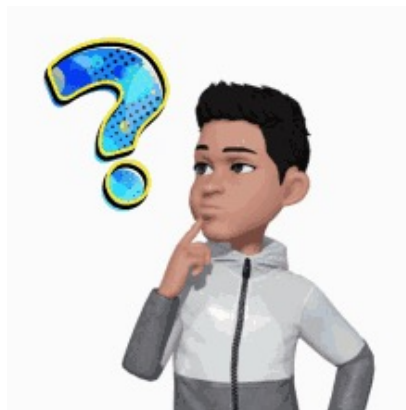
[2. Space \(earlyyearsresources.co.uk\)](#)

[3. Resources](#) | [earlyyearswellbeing](#)

[4. Well Being Resources](#) | [Bristol Early Years](#)



Unrhyw gwestiwn?
Any questions



References

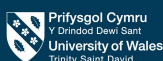
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