



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

EAE5005 EAE5010

Darlith 3
Lecture 3
Symud
Movement

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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When I grow up



"The most fun you can
have is the messiest
kind"

Lucy, aged 7

Pam mai symud yn bwysig ar gyfer plentyn?

Why is movement important for a child?

Meddylwch am sgiliau motor bras a motor cain

Think about gross-motor and fine motor skills





Meddyliwch am ddefnyddio'r corff

Think about using the body





Meddylwch am space, boundaries and risk

Think about gofod, ffiniau a risg



Meddylwch am cydweitho neu chwarae unigol

Think about cooperation and individual play





Meddyliwch am natur ac empathi am y byd nad sy'n ddynol

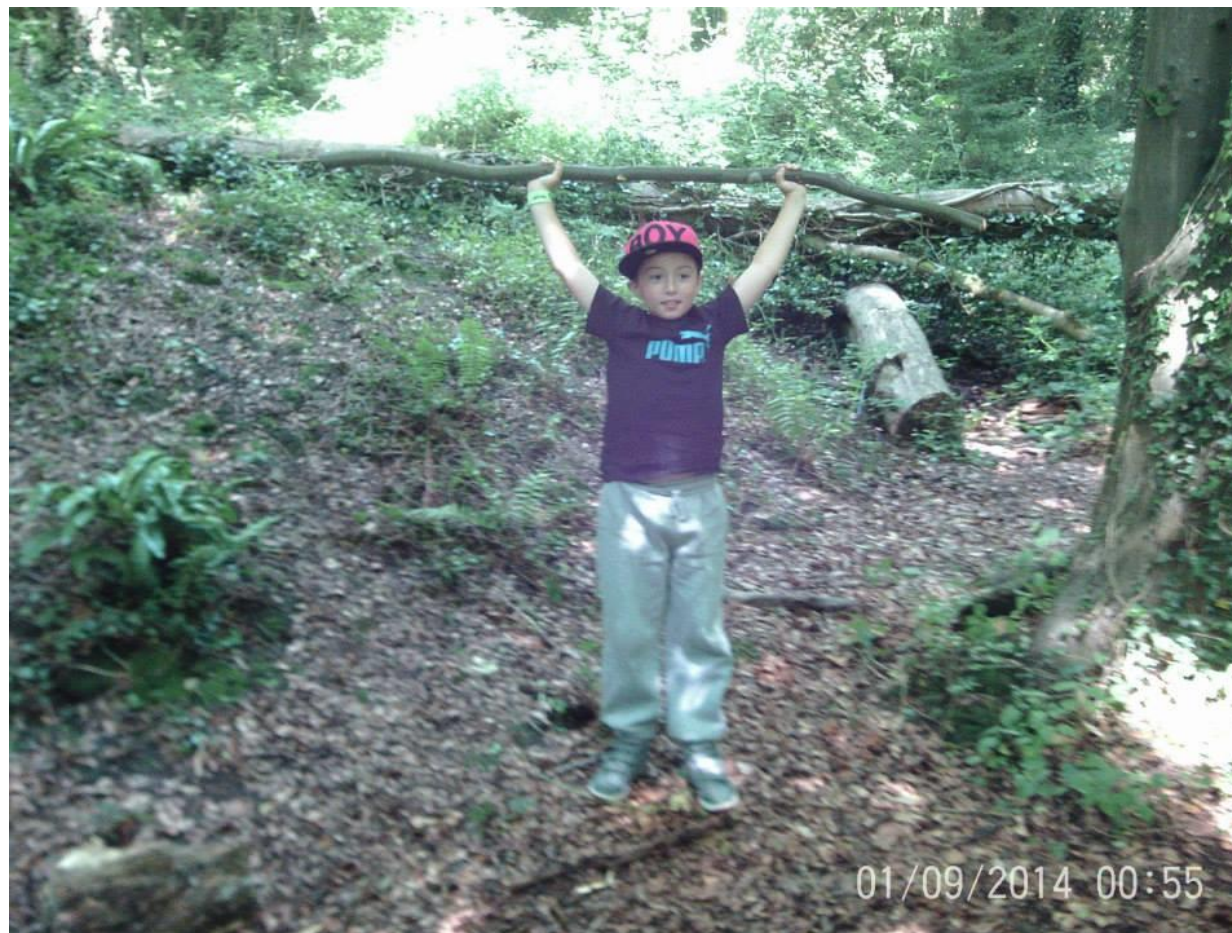
Think about nature and empathy for the non-human world



Symud Movement

- Cynnal iechyd meddyliol
 - Datblygu iechyd corfforol
 - Hybu dysgu
 - Cefnogi iechyd personol a chymdeithasol
 - Gosod sylfaen i agweddau a diddordebau gydol oes
- *Underpins mental health*
 - *Develops physical health*
 - *Aids learning*
 - *Supports personal and social health*
 - *Lays the foundations for attitudes and interests for life*





Meddyliwch tra yn y tu-allan am symud
Think while outdoors about significance of movement

Symud

Movement

- Mae symud a gwneud yn adeiladu'r ymennydd a'r corff
- *Movement and doing builds the brain and the body*

Symud Movement

“Physical development is the key that unlocks all learning.” (MacKintyre and Mcvitty, 2004)

- Dysgu trwy symud a gwneud: ymennydd a chorff yn datblygu gyda'i gilydd
- Symud sy'n deffro'r ymennydd a'i baratoi ar gyfer dysgu
- Mae'n adeiladu'r ymennydd yn gorfforol trwy greu rhwydweithiau nerfol
- Mae'n hwyluso mynegiant o beth ddysgwyd, gan ddyfnhau'r dysgu
- *Learning through moving and doing: brain and body develop together*
- *Movement activates the brain to make it ready for new learning*
- *It physically builds the brain through the creation of nerve networks*
- *And it facilitates expression of what has been learned, deepening the learning*

Symud

Movement

- Chwarae corfforol yn hyrwyddo iechyd personol a chymdeithasol
- Dysgu sut i chwarae gydag eraill a ffurfio perthnasau trwy symud
- *Physical play promotes personal and social health*
- *Learning how to play with others and forming relationships through movement*

Symud

Movement

- Dysgu trwy
wneud gyda'ch
holl gorff -
achos ac effaith
- *Learning through
doing with your
whole body -
cause and effect*

Symud

Movement

Beth all symud wneud
dros y plentyn sy'n
datblygu

- Datblygu, integreiddio adeiladweithiau sensorï trwy'r corff
- Datblygu cydbwysedd trwy'r synnwyr cynteddol
- Datblygu synnwyr - corff: teimlad o'ch corff a'i leoliad (*proprioception*)
- Datblygu cydlynïad a chysylltiad ar draws yr ymennydd a'r corff

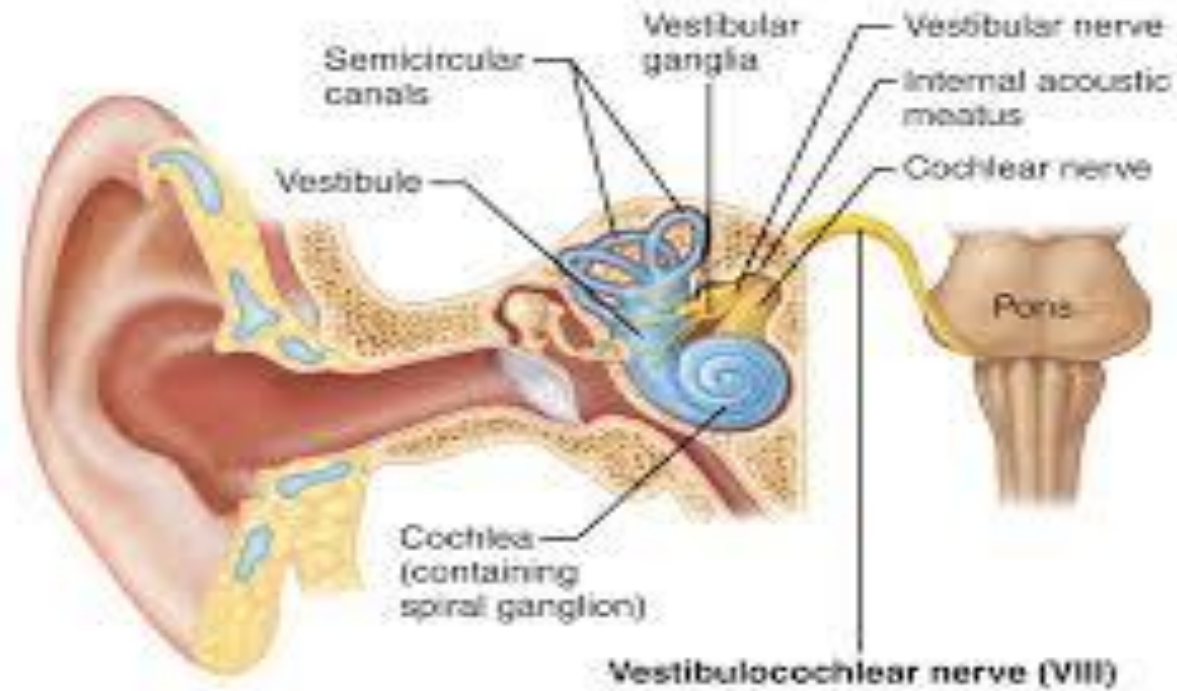
*What can movement do
for the developing
child?*

- *Develop, integrate sensory structures throughout the body*
- *Develop balance through the vestibular sense*
- *Develop body - sense: a feeling of your body and where it is (proprioception)*
- *Develop coordination and linkage across the brain and body*

Cynteddol- Cydbwysu

Vestibular / Balance

The Vestibulocochlear Nerves - VIII





Symud

Movement

- Cydbwysedd yn datblygu trwy symud
- Synnwyr corff trwy ‘*proprioception*’
- *Balance develops through movement*
- *Body sense through proprioception*

Gweithgaredd a symud

Activity and movement

- Meddyliwch am ofod i symud
- Meddyliwch am fathau o symud
- Sgiliau motor bras
- Sgiliau motor cain
- Meddyliwch am ddefnydd egni
- *Think about space for movement.*
- *Thinks about types of movement.*
- *Gross motor skills.*
- *Fine motor skills.*
- *Think about use of energy.*

Adfyfrio

Reflect

- Pa adnoddau rydym yn cynnig?
 - Sut ydym yn cynllunio gofod?
 - Sut ydym yn cynllunio adnoddau
 - Oes adnoddau pen agored?
 - Oes darnau rhydd?
 - Rol arylwi
 - Rol llais y plentyn?
- *What resources do we offer children ?*
 - *How do we set up space?*
 - *How do we set up resources.*
 - *Is there open ended materials?*
 - *Loose parts ?*
 - *Role of observation?*
 - *Role of child's voice?*

Cyfeiriadau

References

Macintyre, C. and McVitty, K. (2004) *Movement and learning in the early years: supporting Dyspraxia and other leaning difficulties*. London: Paul Chapman.