

# Summer Term / Tymor Y HAF

|                                                     | Monday<br>Dydd Llun                                                                                                                                                                                                                                        | Tuesday<br>Dydd Mawrth                                                                                                                                                                                                                                           | Wednesday<br>Dydd Mercher                                                                                                                                                                                                                  | Thursday<br>Dydd Iau                                                                                                                                                                                                  | Friday<br>Dydd Gwener                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lunch/<br/>Amser cinio</b><br>12:45 – 1:20       | <b>Football/Pêl-droed</b><br>Year/Blwyddyn 7<br><i>Astroturf</i><br><br><b>Table Tennis/Tenis Fwrdd</b><br>Years/Blynyddoedd 7 & 8<br><i>Fitness suite</i><br><br><b>Ultimate Frisbee</b><br>All years/pob blwyddyn<br><i>Sports Hall/Neuadd chwaraeon</i> | <b>Football/Pêl-droed</b><br>Year/Blwyddyn 8<br><i>Astroturf</i><br><br><b>Table Tennis/Tenis Fwrdd</b><br>Years/Blynyddoedd 9,10 & 11<br><i>Fitness suite</i><br><br><b>Handball/ Pêl-Law</b><br>All years/pob blwyddyn<br><i>Sports Hall/ Neuadd chwaraeon</i> | <b>Football/Pêl-droed</b><br>Year/Blwyddyn 9<br><i>Astroturf</i>                                                                                                                                                                           | <b>Football/Pêl-droed</b><br>Year/Blwyddyn 10<br><i>Astroturf</i><br><br><b>Volleyball</b><br>All years/pob blwyddyn<br><i>Sports Hall/ Neuadd chwaraeon</i>                                                          | <b>Football/Pêl-droed</b> <u>Week1/Wythnos</u><br>Years/Blynyddoedd 7 & 8<br>Week 2/Wythnos 9 & 10<br><i>Astroturf</i><br><br><b>Dodgeball /Futsal - TEAMS ONLY</b><br>All years/pob blwyddyn<br><i>Sports Hall/ Neuadd chwaraeon</i><br><br><b>Girls ONLY Fitness</b><br>All years/pob blwyddyn<br><b>GIRLS ONLY/ Genod yn unig</b><br><i>Fitness Suite</i> |
|                                                     |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                  | <b>GIRLS ONLY ACTIVITIES/Genod yn unig</b><br>All years/pob blwyddyn<br><i>Sports Hall/ Neuadd chwaraeon</i><br><br><b>Bench Ball</b><br><b>Squash</b><br><b>Badminton</b><br><b>Dodgeball</b><br><b>Basketball</b><br><b>Table Tennis</b> |                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                              |
| <b>After School/<br/>Ar ôl ysgol</b><br>3:30 – 4:30 | <b>Rounders</b><br>All years/pob blwyddyn<br><i>Field/Sports Hall</i><br><br><b>Cricket</b><br>All years/pob blwyddyn<br><i>Field/Sports Hall</i>                                                                                                          | <b>Multi-sports</b><br>Years/Blynyddoedd 8,9, 10 & 11<br><i>Sports Hall/ Neuadd chwaraeon</i><br><br><b>Tennis/Tenis</b><br>All years/Pob Blwyddyn<br><i>Astroturf</i><br><br><b>Table Tennis/Tenis Fwrdd</b><br>Years/Blynyddoedd 7 & 8<br><i>Fitness suite</i> | <b>Rugby</b><br>All years/Pob Blwyddyn<br><i>Field/Sports Hall</i>                                                                                                                                                                         | <b>Badminton</b><br>All years/Pob Blwyddyn<br><i>Sports Hall/ Neuadd chwaraeon</i><br><br><b>Table Tennis/Tenis Fwrdd</b><br>All years/Pob Blwyddyn<br><br><b>Athletics</b><br>All years/pob blwyddyn<br><i>Field</i> | <b>Netball/Pêl Rwyd</b><br>Year 7/Blwyddyn 7<br><i>Sports Hall/ Neuadd chwaraeon</i><br><br><b>Swimming/Nofio</b><br><b>4:00-4:45 at the NOVA</b><br>All years/Pob Blwyddyn<br>30Max<br><b>Must sign up each week in PE</b><br><br>                                     |

