



PRIFYSGOL

ABERYSTWYTH
UNIVERSITY



Chwaraeon



Gwasanaeth
Awyr Agored

Urdd Gobaith Cymru

mewn partneriaeth â
in partnership with

Prifysgol Aberystwyth University

Cyrsiau Hyfforddi
Adran Chwaraeon Yr Urdd

Urdd Sports Coaching Courses

Partneriaid | Partners



Chwaraeon

Mae'r pecyn hwn yn rhestru'r holl gyrsiau, cymwysterau ac achrediadau chwaraeon mae'r Urdd yn eu cynnig i blant a phobl ifanc ar draws Cymru. Os oes gennych ddiddordeb mewn cynnal unrhyw un o'r cyrsiau a restrwyd yn y pecyn yma, cysylltwch gyda'r aelod priodol o staff.

Am gyrsiau hyfforddi'r 'Sports Leaders UK' a chwaraeon yr Urdd, cysylltwch â:

Aled Lewis 02920 635 687 aledlewis@urdd.org

Am gymwysterau ac achrediadau awyr agored cysylltwch â:

Sion Lloyd 01678 541 017 sionlloyd@urdd.org

This brochure details all sports courses, qualifications and accreditations the Urdd can offer children and young people. If you are interested in delivering any of the courses listed in this brochure, please contact the relevant member of staff.

For Urdd 'Sports Leaders UK' and sports specific courses contact:

For outdoor qualifications and accreditations, contact:

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Pam dewis Aberystwyth?

- ✓ Bywyd cymdeithasol arbennig o dda
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- ✓ Gwarant o lety am y flwyddyn gyntaf
- ✓ Dewis eang o gyrsiau a chynlluniau gradd cyfrwng Cymraeg
- ✓ Pecyn ysgoloriaethau a bwrsariaethau mynediad hynod o werthfawr
- ✓ Aelod allweddol o'r Coleg Cymraeg Cenedlaethol
- ✓ Cartref UMCA, Undeb Myfyrwyr Cymraeg Aberystwyth
- ✓ Adnoddau chwaraeon gwych

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Rydym yn cynnig y cyrsiau israddedig canlynol:

Addysg ac Astudiaethau Plentynod
Astudiaethau Gwybodaeth
Astudiaethau Theatr, Ffilm a Theledu
Celf
Cyfrifeg a Chyllid
Cyfrifiadureg
Cymraeg, Astudiaethau Celtaidd a Gwyddeleg
Cyrsiau Cefn Gwlad

Daearyddiaeth a Gwyddorau Daear
Drama
Economeg
Ffiseg
Gwleidyddiaeth Ryngwladol
Gwyddor / Astudiaethau Ceffylau
Gwyddor Chwaraeon ac Ymarfer Corff
Gwyddorau Amaethyddol

Gwyddorau Biolegol
Hanes a Hanes Cymru
Ieithoedd Ewropeaidd
Llenyddiaeth Saesneg ac Ysgrifennu Creadigol
Mathemateg
Rheolaeth a Busnes
Seicoleg
Trosedddeg
Twristiaeth
Y Gyfraith

www.aber.ac.uk/cy

Why choose Aberystwyth?

- ✓ University by the sea
- ✓ Guaranteed first year accommodation
- ✓ Safe and friendly place to study
- ✓ Valuable awards, bursaries and scholarships
- ✓ Great sports facilities
- ✓ Particularly good social life

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We offer the following undergraduate courses:

Accountancy and Finance
Agricultural Sciences
Art
Biological Sciences
Business and Management
Computer Sciences
Countryside Courses
Criminology
Drama
Economics

Education and Childhood Studies
English Literature and Creative Writing
Equine Science / Studies
European Languages
Geography and Earth Sciences
History and Welsh History
Information Studies
International Politics

Law
Mathematics
Physics
Psychology
Sport and Exercise Science
Theatre, Film and Television Studies
Tourism
Welsh, Celtic and Irish Studies

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Cyrsiau Hyfforddi'r Urdd

Isod gweler restr o wobrau, dan arweiniad staff chwaraeon yr Urdd, sydd yn datblygu sgiliau hyfforddi ac arwain.

Gwobr Arweinwyr Ifanc

Oedran: 9 – 11 (Blwyddyn 5 a 6)

Oriau: 4

Cyfleoedd gweithredu: Cynorthwyo sesiynau chwaraeon cwricwlaidd neu allgyrsiol, gweithgareddau amser chwarae a hyrwyddo clybiau chwaraeon yr ysgol neu'r Urdd yn y gwasanaeth ysgol.

Mae'r wobwr Arweinwyr Ifanc yn gyflwyniad gwyb i arweinyddiaeth i blant ysgolion cynradd. Mae'r wobwr yn ceisio datblygu sgiliau arweinyddiaeth fel trefnu, cyfathrebu a gwaith tîm, yn ogystal ag ennyn hyder a hunan-barch. Gall y wobwr gael ei chynnal fel dau weithdy dwy awr neu gwsr un diwrnod.

Gwobr Cyflwyniad i Hyfforddiant Chwaraeon

Oedran: 11 – 13 (Blwyddyn 7 a 8)

Oriau: 6

Cyfleoedd gweithredu: Cynorthwyo sesiynau chwaraeon cwricwlaidd neu allgyrsiol a chefnogi clybiau chwaraeon ysgol yr Urdd.

Mae'r wobwr yma yn gyflwyniad gwyb i arweinyddiaeth, yn rhoi gwybodaeth ar sut i drefnu ac arwain gemau bach a gweithgareddau y gellir eu defnyddio fel rhan o sesiynau ysgol neu glwb chwaraeon. Mae'r wobwr yn ceisio helpu arweinwyr i ddatblygu sgiliau arwain megis trefnu, cyfathrebu a gwaith tîm Mae hefyd o gymorth iddynt ennyn hyder a hunan-barch wrth iddynt gymryd cyfrifoldeb o arwain eu cyd-ddisgyblion a phlant iau.

Gwobr Hyfforddiant Chwaraeon

Oedran: 13 – 16 (Blwyddyn 9 – 11)

Oriau: 6

Cyfleoedd gweithredu: Cynorthwyo sesiynau chwaraeon cwricwlaidd neu allgyrsiol a chefnogi clybiau chwaraeon ysgol a chymunedol yr Urdd.

Mae'r wobwr yma yn edrych ar arweinyddiaeth mewn mwy o ddyfnder, yn rhoi gwybodaeth i arweinwyr sut i strwythuro sesiynau chwaraeon a sut i gyfathrebu yn effeithiol gyda chyfranogwyr. Mae'r wobwr hefyd yn cynnig cyfleoedd ymarferol i arweinwyr i ymarfer eu sgiliau mewn amgylchedd naturiol.



Chwaraeon

Urdd Leadership Awards

Below you will find a list of Leadership Awards delivered by Urdd sports staff that develops pupils' leadership and coaching skills.

Young Leaders Award

Age: 9 – 11 (Year 5 & 6)

Hours: 4

Deployment opportunities: Assist curricular or extra-curricular sports sessions, support playtime activities and promote school and Urdd sports clubs in school assemblies

The Urdd Young Leaders Award is a great introduction into leadership for primary school pupils. The award aims to help learners develop leadership skills such as organisation, communication and teamwork, as well as helping to develop confidence and self-esteem. The award can be delivered as two 2 hour workshops or as a one day course.

Introduction to Sports Leadership Award

Age: 11 – 13 (Year 7 & 8)

Hours: 6

Deployment opportunities: Assist curricular or extra-curricular sports sessions and support delivery of Urdd school based sports clubs

This award is a great introduction to leadership, giving learners knowledge of how to organise and lead small games and activities that can be used as part of school, community club or sports club sessions. The award aims to help learners develop leadership skills such as organisation, communication and teamwork, as well as helping to build confidence and self-esteem as they take on responsibility of leading their peers and younger children.

Sports Leadership Award

Age: 13 – 16 (Year 9 – 11)

Hours: 6

Deployment opportunities: Assist curricular or extra-curricular sports sessions and support delivery of Urdd school and community based sports clubs

This award takes a more in-depth look at leadership, giving learners knowledge of how to structure sports sessions and how to communicate effectively with participants. The award also provides practical opportunities for learners to practice their leadership skills in a realistic environment.



Cyrsiau Hyfforddiant 'Sports Leaders UK'

Isod mae rhestr o gyrsiau 'Sports Leaders UK', dan arweiniad staff chwaraeon yr Urdd, sydd yn datblygu sgiliau hyfforddi ac arwain disgyblion. Mae 'Sports Leaders UK' yn gyfundrefn sy'n darparu cymwysterau hyfforddiant chwaraeon galwedigaethol.

Cwrs Arweinwyr Chwaraeon Diwrnod

Oedran: 16 – 21

Oriau: 6

Cyfleoedd gweithredu: Arwain (o dan oruchwyliaeth uniongyrchol) neu gynorthwyo sesiynau chwaraeon ysgol neu gymunedol.

Mae'r cwrs yma wedi ei gynllunio i adnabod a chyflwyno egwyddorion craidd arweinyddiaeth chwaraeon er mwyn cefnogi arweinwyr i gynorthwyo neu arwain sesiynau mewn amryw o leoliadau. Gall y cwrs yma weithredu fel rhaganghenraid er mwyn lleihau'r oriau dysgu sydd ei angen ar gyfer Cwrs Lefel 2 mewn Arweinyddiaeth Chwaraeon Cymunedol.

Cwrs Lefel 1 mewn Arweinyddiaeth Chwaraeon

Oedran: 13 – 16

Oriau: 25 awr / 3 diwrnod

Oriau hyfforddiant: Lleiafswm o 1 awr

Cyfleoedd gweithredu: Cynorthwyo sesiynau chwaraeon ysgol neu gymunedol.

Mae'r wobwr yma yn cynnig man cychwyn delfrydol i arweinwyr sydd am ddatblygu eu sgiliau arwain. Gall y maes llafur gael ei chymhwyso i amryw o chwaraeon yn ogydal â chyfrannu ar ddatblygiad personol yr arweinwr. Mae'r wobwr yn gymhwyster ymarferol lle mae rhaid i arweinwyr arddangos eu gallu i arwain eraill mewn gweithgaredd chwaraeon syml.

Cwrs Lefel 2 mewn Arweinyddiaeth Chwaraeon Cymunedol

Oedran: 16+

Oriau: 35 awr / 4 diwrnod

Oriau hyfforddiant: Lleiafswm o 10 awr

Cyfleoedd gweithredu: Arwain (o dan oruchwyliaeth anuniongyrchol) neu gynorthwyo sesiynau chwaraeon ysgol neu gymunedol.

Mae'r wobwr yma yn gymhwyster cenedlaethol cydnabyddedig sy'n galluogi arweinwyr llwyddiannus i arwain grwpiau o bobl mewn gweithgareddau chwaraeon. Mae'r wobwr yn dysgu sgiliau arwain cyffredinol megis trefnu, cynllunio, cyfathrebu a gwaith tîm trwy chwaraeon. Mae'n gymhwyster ymarferol a rhyngweithiol, heb ddim anghenion mynediad nag arholiadau i'w cwblhau ar ddiwedd y cwrs.

Cwrs Lefel 1 mewn Arweinyddiaeth Dawns

Oedran: 13+

Oriau: 25 awr / 3 diwrnod

Oriau hyfforddiant: Lleiafswm o 1 awr

Cyfleoedd gweithredu: Arwain (o dan oruchwyliaeth uniongyrchol) neu gynorthwyo sesiynau dawns ysgol neu gymunedol.

Mae'r wobwr yma yn gymhwyster cenedlaethol cydnabyddedig sy'n galluogi arweinwyr llwyddiannus i arwain grwpiau o bobl mewn gweithgareddau dawns. Mae'r wobwr yn dysgu sgiliau arwain cyffredinol trwy ddawns. Mae'n gymhwyster ymarferol a rhyngweithiol.



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'Sports Leaders UK' Leadership Courses

Below you will find a list of 'Sports Leaders UK' leadership awards delivered by Urdd sports staff that extensively develops pupils' leadership and coaching skills. Sports Leaders UK is an organisation that provides recognised vocational sports leadership qualifications.

Day Certificate in Sports Leadership

Age: 16 – 21

Hours: 6

Deployment opportunities: Lead (under direct supervision) or assist school or community based sports sessions

This course has been designed to identify and introduce core sports leadership skills in order to support learners to assist and lead sport sessions in a variety of settings. This course can act as a prerequisite, to reduce the number of learning hours needed for Level 2 Award in Community Sports Leadership.

Level 1 Award in Sports Leadership

Age: 13 – 16

Hours: 25 hours / 3 days

Demonstration of coaching: Minimum 1 hour

Deployment opportunities: Assist school or community based sports sessions

This award provides the ideal starting point for learners who wish to develop their leadership skills. The syllabus can be applied to a variety of sports as well as contributing to the personal development of the learner. The award is a practical qualification in which learners must demonstrate their ability to lead others in simple sport/activity.

Level 2 Award in Community Sports Leadership

Age: 16+

Hours: 35 hours / 4 days

Demonstration of coaching: Minimum 10 hours

Deployment opportunities: Lead (under indirect supervision) or assist school or community based sports sessions

This award is a nationally recognised qualification that enables successful learners to lead groups of people in sport/activity. The award teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification with no entrance requirements or final examinations to sit.

Level 1 Award in Dance Leadership

Age: 13+

Hours: 25 hours / 3 days

Demonstration of coaching: Minimum 1 hour

Deployment opportunities: Lead (under direct supervision) or assist school based dance sessions

This award is a nationally recognised qualification that enables successful learners to lead small groups in simple dance activities. The course teaches generic leadership skills through the medium of dance. It is a fun and practical qualification.

Cyrsiau Chwaraeon Penodol

Isod mae rhestr o gyrsiau chwaraeon penodol, dan arweiniad staff chwaraeon yr Urdd neu'r Corff Llywodraethu Chwaraeon, sydd yn galluogi y bobl ifanc i arwain eraill mewn chwaraeon o'u dewis hwy.

Cwrs Arweinwyr Athletau

Oedran: 14+

Oriau: 3 awr

Cwrs Hyfforddi Hoci

Oedran: 14+

Oriau: 3 / 6 awr (yn ddibynol ar gymwysterau blaenorol)

Cwrs Hyfforddi Gymnasteg

Oedran: 14+

Oriau: 3 / 6 awr (yn ddibynol ar gymwysterau blaenorol)

Cwrs Arweinwyr Nofio

Oedran: 14+

Oriau: 3 / 6 awr (yn ddibynol ar gymwysterau blaenorol)

Cwrs Hyfforddi Pêl-droed

Oedran: 14+

Oriau: 14 awr (2 ddiwrnod)

Cwrs Hyfforddi Pêl-rwyd

Oedran: 14+

Oriau: 3 awr

Cwrs Dyfarnu Pêl-rwyd

Oedran: 14+

Oriau: 3 awr

Cwrs Hyfforddi Rygbi

Oedran: 14+

Oriau: 3 awr

Cwrs Arweinwyr Tennis

Oedran: 14+

Oriau: 3 awr

Cwrs Arweinwyr Tennis Bwrdd

Oedran: 14+

Oriau: 3 awr



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Sports Specific Coaching Qualifications

These awards put basic leadership skills such as communication and organisation into a sports specific context, with the aim of training young people so that they can lead others in a sport of their choice.

Athletics Leaders Award

Age: 14+

Hours: 3

Football Leaders Award

Age: 14+

Hours: 14 (2 days)

Hockey Leaders Award

Age: 14+

Hours: 3 / 6 (dependant on previous qualifications)

Gymnastics Leaders Award

Age: 14+

Hours: 3 / 6 (dependant on previous qualifications)

Netball Leaders Award

Age: 14+

Hours: 3 / 6 (dependant on previous qualifications)

Netball Referee Award

Age: 14+

Hours: 3

Swimming Leaders Award

Age: 14+

Hours: 3 / 6 (dependant on previous qualifications)

Rugby Leaders Award

Age: 14+

Hours: 3 / 6 (dependant on previous qualifications)

Tennis Leaders Award

Age: 14+

Hours: 3

Table Tennis Leaders Award

Age: 14+

Hours: 3

Cymwysterau ac Achrediadau Awyr Agored



DRINGO

NICAS – Gwobr dringo dan do

- Lefel 1 – Dringwr Sylfaen
- Lefel 2 – Dringwr Rhaff Uwch
- Lefel 3 – Dringwr Technegol

Mae'r wobwr dringo dan do cenedlaethol wedi ei chynllunio i gyflwyno unigolion i ddringo ar waliau dringo ac yna achredu eu cyrhaeddiad. Mae'n darparu'r strwythur a'r ysbrydoliaeth i ddringwyr newydd allu datblygu eu sgiliau er mwyn iddynt elwa cyn gymaint â sydd yn bosibl o'u dringo yn ogystal a chydabod eu llwyddiant.



CANŴIO A CEUFADU

Gwobrau Seren

Pŵer padlo – Canŵ Cymru / BCU

Cwrs Sylfaenol Achub a Diogelwch BCU

- Gwobr Seren 1–2
- Gwobr Seren 3 Canŵ
- Gwobr Seren 3 Ceufad
- Pŵer Padlo Lefel 1–9

Darperir yr achrediadau canŵio a cheufadu ar lynnoedd ac afonydd Cymru ben baladr.



GWOBR JOHN MUIR

Gwobr Darganfod

Gwobr yr Archwiliwr

Gwobr y Gwarchodwr

Mae'r cwrs yn cyfuno gweithgareddau cyffrous â gweithgareddau amgylcheddol penodol i hybu dealltwriaeth a pharch at yr amgylchfyd.



BEICIO MYNYDD

Gwobr Beicio Mynydd Go MTB

Achrediad Beicio Mynydd

Cyfle i unigolion ddysgu a datblygu sgiliau technegol beicio mynydd.

Outdoor Qualifications and Accreditations

CLIMBING

NICAS – Indoor Climbing Award

- Level 1 – Foundation Climber
- Level 2 – Top Rope Climber
- Level 3 – Technical Climber

The National Indoor Climbing Award Scheme has been developed to introduce people to climbing on artificial walls, and to accredit their achievements, through 5 progressive levels.



CANOEING AND KAYAKING

Star Awards

Paddle Power Canoe Wales / BCU

BCU Foundation Safety and Rescue

- Star Award 1–2
- Star Award 3 Canoe
- Star Award 3 Kayak
- Paddle Power Level 1–9

Canoe and kayak accreditation utilising the best natural water resources Wales has to offer.



JOHN MUIR AWARD

Discovery Award

Explorer Award

Conservation Award

By combining adventurous and environmental activities, this course promotes understanding, care and respect for the environment.



MOUNTAIN BIKING

Go MTB Mountain Bike Award

Mountain Biking Accreditation

An opportunity for individuals to learn and develop technical mountain biking.



Cymwysterau ac Achrediadau Awyr Agored



CYMORTH CYNTAF

Cyrsiau Cymorth Cyntaf

- Gwobr Presenoldeb – 4 awr
- Cymorth Cyntaf – 8 awr
- Cymorth Cyntaf – 16 awr

Cyrsiau cymorth cyntaf i bobl ifanc a staff trwy gyfrwng y Gymraeg



MORDRWYO

Gwobr Seren Mordwyo Ifanc (YNSA)

- Gwobr Efydd
- Gwobr Arian
- Gwobr Aur

Annog archwilio a theithio yn yr ardal leol gan ddefnyddio mapiau syml megis mapiau ffyrdd, mapiau llun o barciau a mapiau cyfeiriannu.

Gwobr Mordwyo Cenedlaethol

- Gwobr Efydd
- Gwobr Arian
- Gwobr Aur

Gwobr sydd yn canolbwyntio ar allu technegol unigolion i ddarllen map a defnyddio cwm pawd yn ddiogel gan hybu annibyniaeth yn yr awyr agored.



MYNYDDA

Achrediad Mountain Training Cymru

Sgiliau Bryniau

I ddechreuwr sydd â diddordeb mewn datblygu dealltwriaeth ymarferol o gynllunio teithiau cerdded, dod yn gyfarwydd â defnyddio map, dysgu am yr offer a ddefnyddir a chael dealltwriaeth o effeithiau'r tywydd, sut i ymdopi ag argyfwng a dealltwriaeth werthfawr o awyrgylch yr ucheldir.

Achrediad Mountain Training Cymru

Sgiliau Mynydd

I gerddwyr sydd â diddordeb trosglwyddo eu sgiliau cerdded yn y wlad i'r mynydd. Yn ddelfrydol bydd ymgeiswyr efo rhyw brofiad blaenorol o gerdded brynau a lefel ffitrwydd rhesymol. Mae sgiliau map a chwmpawd, rhagweld tywydd ar y mynydd, symud trwy dir serth, cynllunio a pharatoi, trefn argyfwng, effeithiau tymhorol ac amgylchedd y mynydd i gyd yn rhan o'r cwrs yma.



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Outdoor Qualifications and Accreditations

FIRST AID

First Aid Courses

- Attendance Award – 4 hours
- First Aid – 8 hours
- First Aid – 16 hours

Welsh medium first aid courses for young people and staff.



NAVIGATION

Young Navigator Star Award (YNSA)

- Bronze Award
- Silver Award
- Gold Award

Encourage exploration and journeying in local areas using simple maps such as street maps, pictorial park maps and orienteering maps.

National Navigation Award

- Bronze Award
- Silver Award
- Gold Award

Focuses on the individuals technical abilities to safely navigate with map and compass, and to promote independence when travelling through the outdoors.



HILL & MOUNTAIN WALKING

Mountain Training Cymru Accreditation

Hill Skills

Aimed at the beginner hill walker and ideal for those interested in developing a practical understanding of how to plan walks, become familiar with the use of a map, learn about the equipment required and also gain an understanding of the effects of weather, how to deal with emergencies and gain a valuable understanding of the upland environment.

Mountain Training Cymru Accreditation

Mountain Skills

For walkers interested in applying their countryside walking skills to the mountain environment. Ideally, participants would have done some basic hill walking previously and have a reasonable level of fitness. Skills in map and compass, mountain weather forecasting, movement through steep ground, planning and preparation, emergency procedures, seasonal effects and the mountain environment all form the syllabus of this course.



Cymwysterau ac Achrediadau Awyr Agored



CYFEIRIANNU

Gwobr Arweinwyr Cyfeiriannu Ifanc

- Gwobr Efydd
- Gwobr Arian
- Gwobr Aur

Gwobr sy'n hybu unigolion i fentro allan ac archwilio yn eu cymunedau lleol gan ddefnyddio amryw o fapiau cyfeiriannu.

ALLDEITHIAU

Gwobr Dug Caeredin

- Alldeithiau Efydd
- Alldeithiau Arian
- Alldeithiau Aur

O dan ofal hyfforddwyr profiadol y Gwasanaeth Awyr Agored mae modd mynychu alldeithiau ar hyd a lled Cymru ar ddŵr ac ar dir.

CYMWYSTERAU ADDYSGIADOL FFURFIOL BTEC

Amryw o Unedau BTEC sydd yn ymwneud â'r awyr agored.

Agored Cymru

Unedau Awyr Agored Lefel 1–2 Dringo, Canŵio, Ceufadu, Cyfeiriannu, Beicio Mynydd, Mynydda, Profiadau Awyr Agored, Gwylltigrfft, Alldeithio – ymysg eraill.

Cymwysterau Fframwaith Credyd a Chymwysterau Cymru (NOCN)



Chwaraeon

Outdoor Qualifications and Accreditations

ORIENTEERING

Orienteering Young Leaders Award

- Bronze Award
- Silver Award
- Gold Award

Promotes individuals to venture out and explore their local communities by using various orienteering maps.

EXPEDITIONS

Duke of Edinburgh Award

- Bronze Expedition
- Silver Expedition
- Gold Expedition

Training and assessments for all expedition levels on land and water throughout the country.

FORMAL EDUCATIONAL QUALIFICATIONS BTEC

Various BTEC Units to do with the outdoors.

Agored Cymru

Outdoor units Level 1–2 Climbing, Canoeing, Kayaking, Orienteering, Mountain Biking, Mountaineering, Outdoor Experiences, Bushcraft, Expeditioning – amongst others.

NOCN Qualifications and Credit Frameworks



www.urdd.cymru/chwaraeon
www.urdd.cymru/awyragored

