Grwp Blwyddyn Year Group:	Gwers Lesson:	Testun Topic:	Disgrifiad Descriptor:
0 – 2	Pobl sy'n Ein Helpu Ni (S) People Who Help Us (S)	Diogelwch Safety	Defnyddir amrywiaeth o bropiau gweledol a straeon i helpu disgyblion adnabod y pum gwasanaeth a all eu helpu yn ystod argyfwng. Trwy chwarae rôl maen nhw'n ymarfer gwneud galwadau 999 ac yn dysgu Tarian beth maen nhw wedi'i ddysgu. A variety of visual aids props and stories helps pupils to identify the five services that can help them during an emergency. Through role play they practise making 999 calls and teach Tarian what they have learned.
1	Chwarae'n Ddiogel (S) Playing Safe (S)	Diogelwch Safety	Gan ddefnyddio amrywiaeth o gymhorthion gweledol, propiau a stori mae'r wers yn helpu disgyblion i adnabod llefydd diogel i chwarae ac yn atgyfnerthu pwysigrwydd dweud wrth oedolyn dibynadwy lle maen nhw bob amser. Using a variety of visual aids, props and a story the lesson helps pupils to identify safe places to play and reinforces the importance of always telling a trusted adult where they are.
1 – 2	Hafan Ddiogel (T) Safe Heaven (T)	Camdrin Domestig Domestic Abuse	Mae'r wers hon yn cyflwyno'r cysyniad o gam-drin domestig mewn modd sensitif. Gan ddefnyddio chwarae rôl, amser stori a gweithgareddau rhyngweithiol eraill, mae'n

			helpu plant i archwilio a deall emosiynau anodd. Mae'r wers hefyd yn tynnu sylw at bwysigrwydd siarad ag oedolyn dibynadwy os ydynt yn teimlo'n anniogel neu'n anghyfforddus. This lesson sensitively introduces the concept of domestic abuse. Using role-play, story time and other interactive activities, it helps children explore and understand difficult emotions. The lesson also highlights the importance of talking to a trusted adult if they feel unsafe or uncomfortable.
2	Pwy? Beth? Ble? (S) Who? What? Where? (S)	Cyffuriau Drugs	Mae'r disgyblion yn cwrdd â Tarian, y pyped draig. Gyda'i gilydd maen nhw'n penderfynu beth i'w wneud â bag sydd wedi cael ei ddarganfod, sy'n cynnwys ystod o wrthrychau bob dydd a allai eu niweidio. Pupils meet up with Tarian the dragon puppet. Together they decide what to do with a bag that has been found, containing a range of everyday objects that could harm them.
2	Cywir neu Anghywir (S) Right and Wrong (S)	Ymddygiad Behaviour	Trwy gyfrwng trafodaeth a drama, mae'r disgyblion yn ystyried a yw ystod o gamau gweithredu yn gywir neu'n anghywir. Yn ystod " amser dweud Tarian", maen nhw'n atgoffa Tarian sut i ddangos parch, gofal ac ystyriaeth i eraill.

			Through discussion and drama, pupils consider whether a range of actions are right or wrong. During "tell Tarian time", they remind Tarian how to show respect, care and consideration for others.
3	Cerrig neu Ffyn (S) Sticks and Stones (S)	Bwlio Bullying	Mae'r disgyblion yn cymryd rhan mewn amrywiaeth o weithgareddau bywiog i adnabod gwahanol fathau o fwlio a deall yr effaith y mae'n ei gael ar bobl eraill. Maen nhw'n dysgu beth i'w wneud a lle i fynd am help. Pupils participate in a variety of lively activities to recognise different types of bullying and understand the effect it has on other people. They learn what to do and where to go for help.
3	Cadw'n SMART (T) Stay SMART (T)	Diolgelwch y we Internet Safety	Mae Cadw'n SMART yn wers i blant 7-9 oed, sydd yn codi ymwybyddiaeth o faterion diogelwch a phreifatrwydd pwysig wrth sgwrsio neu chwarae ar-lein. Stay SMART is a lesson for 7-9 year olds, raising awareness of important safety and privacy issues when chatting or playing online.
4	Sylweddau Sinistr (T) Sinister Substances (T)	Cyffuriau Drugs	Drwy gyfrwng stori ryngweithiol ac amrywiaeth o weithgareddau, mae disgyblion yn cynyddu eu gwybodaeth am y risgiau, y canlyniadau a'r Cyfreithiau sy'n llywodraethu sylweddau Tybaco, Alcohol a Thoddyddion.

			Through the medium of an interactive story and a variety of activities, pupils increase their knowledge of the risks, consequences and Laws governing Tobacco, Alcohol and Solvent substances.
4	Ffrind neu Elyn (T) Friend or Foe (T)	Diogelwch / Camfanteisio Safety/Abuse	Yn y wers hon, mae disgyblion yn archwilio sut i adnabod oedolion dibynadwy sy'n gallu eu helpu a'u cefnogi. Mae'r ffilm fer sy'n adrodd Stori Anwen yn annog y dosbarth i archwilio'r gwahaniaeth rhwng cyfrinach ddiogel ac anniogel ac yn tynnu sylw at bwysigrwydd siarad ag oedolyn dibynadwy os yw'n teimlo'n anniogel neu'n anghyfforddus. In Friend or Foe pupils explore how to identify trusted adults that can help and support them. The short film that tells Anwen's Story encourages the class to explore the difference between a safe and unsafe secret and highlights the importance of talking to a trusted adult if they feel unsafe or uncomfortable.
5	Byddwch yn Seiber Ddiogel (T) By Cyber Safe (T)	Seiber fwlio Cyberbullying	Mae'r wers hon yn canolbwyntio ar ferch ifanc sy'n dioddef seiberfwlio yn ddiarwybod iddi. Mae'r ffilm fer yn dangos bregusrwydd plant i'r math hwn o fwlio a'r effaith y gall ei chael ar eu bywydau. Mae'r wers yn tynnu sylw at y broblem ac yn hybu trafodaeth a dadlau ynghylch y mater. This lesson focuses on a young girl who unwittingly becomes a victim of

			cyberbullying. The DVD illustrates the vulnerability of children to this form of bullying and the impact it can have on their lives. The lesson highlights the problem and promotes discussion and debate around the issue.
5	Y Park (S) The Park (S)	Ymddygiad Gwrth-gymdeithasol Anti-Social Behaviour	Trwy weithgaredd delweddu a dylunio, mae disgyblion yn dysgu am bwysigrwydd dilyn rheolau o fewn eu cymunedau ac effeithiau ymddygiad gwrthgymdeithasol ar bobl ac i ddangos gofal, ystyriaeth a pharch tuag at eraill a'u heiddo. Through a visualisation and design activity, pupils learn about the importance of following rules within their communities and the effects of anti-social behaviour on people and to show care, consideration and respect for others and their property.
5 – 6	Wnes i ddim meddwl (T) I Didn't Think (T)	Ymddygiad Gwrth-gymdeithasol Anti-Social Behaviour	Ffilm fer fyrfyfyr am ymddygiad gwrthgymdeithasol lefel isel sy'n edrych ar yr un digwyddiadau o safbwyntiau gwahanol y dioddefwr, y drwgweithredwr, a chanlyniadau'r gweithredoedd. Dilynir hyn trwy drafod, gwaith grŵp a gweithgareddau rhyngweithiol i annog plant i ystyried beth yw ymddygiad gwrthgymdeithasol, yr effaith y mae'n ei chael ar eraill, a'r canlyniadau posibl, ac yn cynnig cyfle i wneud dewisiadau cadarnhaol.

			An impactive short film about low-level anti-social behaviour that looks at the same events from the different perspectives of the victim, the perpetrator, and the consequences of the actions. This is followed by discussion, group work and interactive activities to encourage children to consider what constitutes anti-social behaviour, the effect it has on others, and the possible consequences, and offers an opportunity to make positive choices.
5 – 6	Dychmygwch hwn! (S) Picture This! (S)	Ffonau Symudol Mobile Phones	Yn y wers hon mae disgyblion yn dysgu am y defnydd cadarnhaol o ffonau symudol. Maen nhw'n gwylio ffilm fer am gymeriad o'r enw Esther sy'n gwneud ffilm fer gan ddefnyddio ffôn camera. Yn anffodus, mae pethau'n mynd o chwith, ac mae Esther yn canfod ei hun mewn trafferth. Trwy drafod a defnyddio adnoddau rhyngweithiol, mae disgyblion yn archwilio canlyniadau camddefnyddio ffonau symudol, sut i osgoi pethau'n mynd o chwith a phwy sy'n gallu helpu os ydyn nhw'n gwneud hynny. In this lesson pupils learn about the positive uses of mobile phones. They watch a short film about a character called Esther who makes a short film using a camera phone. Unfortunately, things go wrong, and Esther finds herself in trouble. Through discussion and use of interactive resources, pupils explore the consequences of mobile phone

			misuse, how to avoid things going wrong and who can help if they do.
5 – 6	Dy Ddewis Di (C) It's Your Choice (C)	Cyffuriau Drugs	Drwy amrywiaeth o weithgareddau mae disgyblion yn dysgu y gallai cyffuriau fod yn gyfreithlon, yn anghyfreithlon neu'n feddyginiaethau. Maent yn datblygu eu hymwybyddiaeth o beryglon cyffuriau anghyfreithlon ac yn ystyried yr angen i wneud dewisiadau positif. Through a variety of activities pupils learn that drugs may be legal, illegal or medicines. They develop their awareness of the dangers of illegal drugs and consider the need to make positive choices.
6	Stori Griff (C) Griff's Story (C)	Camfanteisio Rhywiol CSE	Gwers Blwyddyn 6 yw Stori Griff sydd wedi'i chynllunio i addysgu disgyblion am fater Cam-drin Plant yn Rhywiol ac Ecsploetiaeth. Griff's Story is a Year 6 lesson designed to educate pupils about the issue of Child Sexual Abuse and Exploitation.
6	Felly, Beth yw'r broblem?(S) So, what's the problem? (S)	Cyffuriau ac Alcohol Drugs and Alcohol	Mae'r disgyblion yn cynnal amrywiaeth o weithgareddau fel parau a grwpiau i ddarganfod effeithiau niweidiol a chanlyniadau camddefnyddio alcohol a thoddyddion. Mae clip ffilm "Alcohol ar brawf" yn ysgogi trafodaeth am ymddygiadau Gwrthgymdeithasol, goryfed a'i effeithiau ar y gymuned. Maen nhw'n cael eu hannog i gadw

			meddwl a chorff yn ddiogel ac i gael parch tuag at eu hunain, eraill a'r gyfraith. Mae gwybodaeth yn cael ei roi am le i fynd am help. Pupils carry out a variety of activities as pairs and groups to discover the harmful effects and consequences of the misuse of alcohol and solvents. A film clip "Alcohol on Trial" stimulates discussion about Anti-Social behaviours, binge drinking and its effects on the community. They are encouraged to keep mind and body safe and to have respect for themselves, others and the law. Information is given on where to go for help.
6	Yr Hawl I fod yn Ddiogel (S) The Right to be Safe (S)	Perthnasau Diogel Safer Relationships	Mae'r wers hon yn canolbwyntio ar hawl pob plentyn a pherson ifanc i deimlo'n ddiogel. Trwy weithgareddau dosbarth a gwaith grŵp gofynnir i ddisgyblion ystyried gwahanol sefyllfaoedd diogel ac anniogel, sut gellir lleihau risgiau, a phwy y gallant droi atynt os oes angen cymorth neu gefnogaeth arnynt. This lesson focuses on all children and young peoples' right to feel safe. Through class activities and group work pupils are asked to consider various safe and unsafe situations, how risks can be reduced, and who they can turn to if they need help or support.