

GWERSI WYTHNOS A [WEEK A LESSONS]	DYDD LLUN [MONDAY] 01.12.2025	DYDD MAWRTH [TUESDAY] 02.12.2025	DYDD MERCHER [WEDNESDAY] 03.12.2025	DYDD IAU [THURSDAY] 04.12.2025	DYDD GWENER [FRIDAY] 05.12.2025
CLYBIAU AMSER CINIO ADRAN ADD GORFF (GWYRDD) LUNCH TIME PE DEPARTMENT CLUBS (GREEN)	CLWB CODI PWYSAU BECHGYN TGAU Add Gorff BLWYDDYN 10 + BLWYDDYN 11 YSTAFELL FFITRWYDD / FITNESS ROOM WEIGHTLIFTING CLUB YEAR 10 + YEAR 11 GCSE PE BOYS STAFF: MR HUGHES	CLWB BADMINTON TGAU Add Gorff NCH / SPORTS HALL: 12.50pm – 1.20pm GCSE PE BADMINTON CLUB STAFF: MR TUDUR	RYGBI MERCHED - BL7+8+9 2ail Hanner Amser Cinio (CAE AML-DYWYDD) 12.55pm – 1.20pm GIRLS RUGBY – YR7+8+9 2nd Half of Lunch Time (ASTROTURF) 12.55pm – 1.20pm STAFF: MISS JAMES/MR TUDUR + dysgwyr 6ed Dosbarth	CLWB CODI PWYSAU BECHGYN TGAU Add Gorff BLWYDDYN 10 + BLWYDDYN 11 YSTAFELL FFITRWYDD / FITNESS ROOM WEIGHTLIFTING CLUB YEAR 10 + YEAR 11 GCSE PE BOYS STAFF: MR TUDUR	YMARFER PÊL-FASGED BL8 + BL9 NEUADD CHWARAEON (Treineru) Hanner 1af AMSER CINIO 12.35pm – 12.55pm YR8 + BL9 BASKETBALL TRAINING SPORTS HALL (Trainers) 1st Half of LUNCH TIME STAFF: MR HUGHES + GETHIN BAYLISS (BL13)
GWEITHGAREDDAU ALLGYRSIOL YN YSTOD Y DYDD (MELYN) EXTRA-CURRICULAR ACTIVITIES DURING THE DAY (YELLOW)	YMARFER RYGBI MERCHED Agored i bawb CAE GWAIR (Angen BWTS) GIRLS ONLY RUGBY TRAINING Open to everyone GRASS FIELD (BOOTS Required) STAFF: MISS JAMES	Cystadleuaeth PÊL-RWYD YR URDD TÎMOEDD BL7 + BL8/9 Gadael am 8.10am Dychwelyd erbyn tua 4.30pm (CAERDYDD) URDD Netball Tournament YEAR 7 + YEAR 8/9 TEAMS Bus leaving at 8.10am Return to school by 4.30pm (CARDIFF) STAFF: MISS REYNOLDS + MISS FAHEY-PENNELL	YMARFER PÊL-DROED BECHGYN BL7 CAE AML-DYWYDD (Treineru/Bwts addas) YEAR 7 BOYS FOOTBALL TRAINING ASTROTURF (Trainers/suitable boots) STAFF: MISS FAHEY-PENNELL	YMARFER PÊL-RWYD BL7 NEUADD CHWARAEON (Treineru) 2ail Hanner AMSER CINIO 12.55pm – 1.20pm YR7 NETBALL TRAINING SPORTS HALL (Trainers) 2nd Half of LUNCH TIME STAFF: MISS REYNOLDS + MIA JONES (BL13)	YMARFER PÊL-FASGED BL7 NEUADD CHWARAEON (Treineru) 2ail Hanner AMSER CINIO 12.55pm – 1.20pm YR7 BASKETBALL TRAINING SPORTS HALL (Trainers) 2nd Half of LUNCH TIME STAFF: MR HUGHES + GETHIN BAYLISS (BL13)
CLYBIAU AR ÔL YSGOL (GWYN) 3.00pm - 4.15pm AFTER SCHOOL CLUBS (WHITE) ----- Taflen wybodaeth i'w ddosbarthu gyda manylion penodol i gemau. Information sheets to be handed out with specific details for games. -----	YMARFER RYGBI BL7 + BL8 CAE YSGOL (Angen Bwts) YEAR 7 + YEAR 8 RUGBY TRAINING SCHOOL PITCH (Boots Required) STAFF: MR HUGHES	YMARFER PÊL-DROED BECHGYN BL8 CAE AML-DYWYDD (Treineru/Bwts addas) YEAR 8 BOYS FOOTBALL TRAINING ASTROTURF (Trainers/suitable boots) STAFF: MR BATTERICK	YMARFER PÊL-RWYD BL10 + BL11 + 6ed Dosbarth NEUADD CHWARAEON / GAMPFA YEAR 10 + YEAR 11 + 6th form NETBALL TRAINING SPORTS HALL / GYMNASIUM STAFF: MISS REYNOLDS	NOSON RHIENTI BL12 + BL13 (Wyneb i wyneb) ----- YEAR 12 + 13 PARENTS EVENING (Face to face)	GWEITHGAREDDAU CLWB DYDD GWENER GWERS 6 (Cofiwch eich cit!) Mae caniatad i ddysgwyr CA3 sydd yn gwneud clwb chwaraeon i newid yn ystod amser cinio
	GÊMAU PÊL-FASGED BL8 + BL9 PORTHCAWL (I FFWRDD) BWS 1 FFORDD YN UNIG YEAR 8 + YEAR 9 BASKETBALL GAMES PORTHCAWL (AWAY) 1 WAY BUS ONLY STAFF: MR TUDUR	GÊM HOCI dan'14 BRYNTEG (I FFWRDD) BWS 1 FFORDD YN UNIG U'14s HOCKEY GAME BRYNTEG (AWAY) 1 WAY BUS ONLY STAFF: MISS JAMES	GÊM RYGBI TÎM 1af BL11 + BL12 + BL13 Yn erbyn (ADREF) SOUTH PARADE [MAESTEG QUINS RFC] Gynghrair Ysgolion y Gweilch 1st XV Team RUGBY GAME YR11 + YR12 + YR13 vs (HOME) SOUTH PARADE [MAESTEG QUINS RFC] Ospreys Schools League PLAY-OFF: Semi-Final STAFF: MR HUGHES		LESSON 6 FRIDAY CLUB ACTIVITIES (Remember your kit!) KS3 Learners have permission to change during lunch time if they have chosen a practical sports club.
	PÊL-DROED MERCHED Agored i bawb CAE AML-DYWYDD (Treineru) GIRLS ONLY FOOTBALL Open to everyone ASTROTURF (Trainers) STAFF: MISS FAHEY-PENNELL	GÊMAU PÊL-FASGED BL10 + BL11 @PENCOED (I FFWRDD) Erbyn CCYD + PENCOED YEAR 10 + YEAR 11 BASKETBALL GAMES @PENCOED (AWAY) vs CCYD + PENCOED STAFF: MR HUGHES			

Ymarfer Pêl-Fasged Blwyddyn 7+8+9

**AMSER CINIO - POB DYDD GWENER
NEUADD CHWARAEON**

BL8 + BL9 = 12.35pm tan 12.55pm

BL7 = 12.55pm tan 1.20pm

**Does dim angen newid, dim ond angen
treineru addas i wisgo am y sesiwn.**



Basketball Training Years 7+8+9

**LUNCH TIME – EVERY FRIDAY
SPORTS HALL**

YR8 + YR9 = 12.35pm until 12.55pm

YR 7 = 12.55pm tan 1.20pm

**No need to change, just bring suitable
trainers to wear for the session.**



**Sesiynau hyfforddi o dan arweiniad GETHIN BAYLISS BL13 (Chwaraewr Pêl-Fasged Cymru) a'r adran Add Gorff.
Sessions under the guidance of GETHIN BAYLISS Yr13 (Welsh Basketball Player) and the PE department.**

MANYLION:

AMSEROEDD CINIO: Dydd Llun & Dydd Iau
LLEOLIAD: Ystafell Ffitrwydd



CLWB CODI PWYSAU

BECHGYN TGAU
ADDYSG GORFFOROL
BLWYDDYN 10 ac 11

[Digon o wagle i uchafswm o 16 person yn unig fel rhan o'r clwb]



HYFFORDDIANT ARBENIGOL
gan staff yr adran:
MR HUGHES (DYDD LLUN) + MR TUDUR (DYDD IAU)



YMUNWCH

- DILYN RHAGLEN YMARFER
- DATBLYGU TECHNEG
- GWELLA CRYFDER
- MWY PWERUS A FFRWYDROL
- ADEILADU CYHYRAU
- GWEITHIO'N GALED
- GWELLA PERFFORMIAD



BWS HWYR / LATE BUS



Gadael safle'r ysgol tua 4.15pm / Leaves school site approximately 4.15pm

Arwyddo lan ar
daflenni'r
hysbysfwrdd ar
bwys y ffreutur

DYDD LLUN / MONDAY:
**MAESTEG
NANTYFFYLLON
CAERAU**

DYDD LLUN / MONDAY:
**SHWT
BETTWS
PONTYCYMER
WILDMILL
BRACKLA**

DYDD MERCHER / WEDNESDAY:
**TONDU
ABERKENFIG
PYLE
CORNELLY
PORTHCAWL**

Sign up through
the sheets on
the notice
board by the
canteen