

GWERSI WYTHNOS B [WEEK B LESSONS]	DYDD LLUN [MONDAY] 08.12.2025	DYDD MAWRTH [TUESDAY] 09.12.2025	DYDD MERCHER [WEDNESDAY] 10.12.2025	DYDD IAU [THURSDAY] 11.12.2025	DYDD GWENER [FRIDAY] 12.12.2025
<p>CLYBIAU AMSER CINIO ADRAN ADD GORFF (GWYRDD)</p> <p>LUNCH TIME PE DEPARTMENT CLUBS (GREEN)</p>	<p>CLWB CODI PWYSAU BECHGYN TGAU Add Gorff BLWYDDYN 10 + BLWYDDYN 11 YSTAFELL FFITRWYDD / FITNESS ROOM</p> <p>WEIGHTLIFTING CLUB YEAR 10 + YEAR 11 GCSE PE BOYS STAFF: MR HUGHES</p>	<p>CLWB BADMINTON TGAU Add Gorff NCH / SPORTS HALL: 12.50pm – 1.20pm</p> <p>GCSE PE BADMINTON CLUB STAFF: MR TUDUR</p>	<p>RYGBI MERCHED - BL7+8+9 Zail Hanner Amser Cinio (CAE AML-DYWYDD) 12.55pm – 1.20pm</p> <p>GIRLS RUGBY – YR7+8+9 2nd Half of Lunch Time (ASTROTURF) 12.55pm – 1.20pm STAFF: MISS JAMES/MR TUDUR + dysgwyr 6ed Dosbarth</p>	<p>CLWB CODI PWYSAU BECHGYN TGAU Add Gorff BLWYDDYN 10 + BLWYDDYN 11 YSTAFELL FFITRWYDD / FITNESS ROOM</p> <p>WEIGHTLIFTING CLUB YEAR 10 + YEAR 11 GCSE PE BOYS STAFF: MR TUDUR</p>	<p>YMARFER PÊL-FASGED BL8 + BL9 NEUADD CHWARAEON (Treineru) Hanner 1af AMSER CINIO</p> <p>12.35pm – 12.55pm</p> <p>YR8 + BL9 BASKETBALL TRAINING SPORTS HALL (Trainers) 1st Half of LUNCH TIME STAFF: MR HUGHES + GETHIN BAYLISS (BL13)</p>
<p>GWEITHGAREDDAU ALLGYRSIOL YN YSTOD Y DYDD (MELYN)</p> <p>EXTRA-CURRICULAR ACTIVITIES DURING THE DAY (YELLOW)</p>	<p>PÊL-DROED MERCHED Agored i bawb CAE AML-DYWYDD (Treineru)</p> <p>GIRLS ONLY FOOTBALL Open to everyone ASTROTURF (Trainers)</p> <p>STAFF: MISS FAHEY-PENNELL</p>	<p>Gŵyl RYGBI MERCHED BL7 @Ysgol BRYNTIRION (I FFWRDD) – Gadael am 1.15pm BWS 1 FFORDD YN UNIG</p> <p>YEAR 7 GIRLS RUGBY Festival @BRYNTIRION Comp (AWAY) – Leaving at 1.15pm 1 WAY BUS ONLY STAFF: MISS JAMES</p>	<p>GÊM HOCI BLWYDDYN 7 BRYNTEG (I FFWRDD) BWS 1 FFORDD YN UNIG</p> <p>YEAR 7 HOCKEY GAME BRYNTEG (AWAY) 1 WAY BUS ONLY STAFF: MISS JAMES</p>	<p>YMARFER PÊL-RWYD BL7 NEUADD CHWARAEON (Treineru) Zail Hanner AMSER CINIO</p> <p>12.55pm – 1.20pm</p> <p>YR7 NETBALL TRAINING SPORTS HALL (Trainers) 2nd Half of LUNCH TIME STAFF: MISS REYNOLDS + MIA JONES (BL13)</p>	<p>YMARFER PÊL-FASGED BL7 NEUADD CHWARAEON (Treineru) Zail Hanner AMSER CINIO</p> <p>12.55pm – 1.20pm</p> <p>YR7 BASKETBALL TRAINING SPORTS HALL (Trainers) 2nd Half of LUNCH TIME STAFF: MR HUGHES + GETHIN BAYLISS (BL13)</p>
<p>CLYBIAU AR ÔL YSGOL (GWYN)</p> <p>3.00pm - 4.15pm</p> <p>AFTER SCHOOL CLUBS (WHITE)</p> <p>----- Taflen wybodaeth i'w ddosbarthu gyda manylion penodol i gemau. -----</p> <p>Information sheets to be handed out with specific details for games. -----</p>	<p>STAFF: MISS FAHEY-PENNELL</p>	<p>GÊM RYGBI BL7 CWM BROMBIL (I FFWRDD) BWS 2 FFORDD</p> <p>YEAR 7 RUGBY GAME vs CWM BROMBIL (AWAY) 2 WAY BUS STAFF: MR HUGHES</p>	<p>YMARFER PÊL-DROED BECHGYN BL7 CAE AML-DYWYDD (Treineru/Bwts addas)</p> <p>YEAR 7 BOYS FOOTBALL TRAINING ASTROTURF (Trainers/suitable boots) STAFF: MR EDWARDS</p>	<p>CYFARFODYDD STAFF</p> <p>-----</p> <p>STAFF MEETINGS</p>	<p>GWEITHGAREDDAU CLWB DYDD GWENER GWERS 6 (Cofiwch eich cit!)</p> <p>Mae caniatad i ddysgwyr CA3 sydd yn gwneud clwb chwaraeon i newid yn ystod amser cinio</p> <p>-----</p> <p>LESSON 6 FRIDAY CLUB ACTIVITIES (Remember your kit!)</p> <p>KS3 Learners have permission to change during lunch time if they have chosen a practical sports club.</p>
<p>STAFF: MISS FAHEY-PENNELL</p>	<p>YMARFER PÊL-RWYD BL7 + BL8 NEUADD CHWARAEON / GAMPFA</p> <p>YEAR 7+8 NETBALL TRAINING SPORTS HALL / GYMNASIUM STAFF: MISS REYNOLDS</p>	<p>YMARFER PÊL-RWYD BL9 NEUADD CHWARAEON / GAMPFA</p> <p>YEAR 9 NETBALL TRAINING SPORTS HALL / GYMNASIUM STAFF: MISS FAHEY-PENNELL</p>			
<p>GÊMAU PÊL-FASGED BL10 + BL11 @PORTHCAWL (I FFWRDD) Erbyn PORTHCAWL + BRYNTEG BWS 1 FFORDD YN UNIG</p> <p>YEAR 10 + YEAR 11 BASKETBALL GAMES @PORTHCAWL (AWAY) vs PORTHCAWL + BRYNTEG 1 WAY BUS ONLY STAFF: MR HUGHES</p>	<p>GÊM PÊL-DROED BL8 yn erbyn PORTHCAWL (ADREF) CAE PÊL-DROED ASTRO</p> <p>YEAR 8 FOOTBALL GAME vs PORTHCAWL (HOME) ASTROTURF FOOTBALL PITCH STAFF: MR BATTERICK</p>	<p>YMARFER RYGBI BL10 + YMARFER RYGBI TÎM 1af BL11 + BL12 + BL13 CAE YSGOL (Angen Bwts)</p> <p>YEAR 10 RUGBY TRAINING + 1st XV Team RUGBY TRAINING YR11 + YR12 + YR13 SCHOOL PITCH (Boots Required) STAFF: MR HUGHES</p>			
<p>GÊMAU PÊL-FASGED BL9 @PORTHCAWL (I FFWRDD) Erbyn PORTHCAWL + PENCOED BWS 1 FFORDD YN UNIG</p> <p>YEAR 9 BASKETBALL GAMES @PORTHCAWL (AWAY) vs PORTHCAWL + PENCOED 1 WAY BUS ONLY STAFF: MR TUDUR</p>	<p>GÊMAU PÊL-FASGED BL9 @PORTHCAWL (I FFWRDD) Erbyn PORTHCAWL + PENCOED BWS 1 FFORDD YN UNIG</p> <p>YEAR 9 BASKETBALL GAMES @PORTHCAWL (AWAY) vs PORTHCAWL + PENCOED 1 WAY BUS ONLY STAFF: MR TUDUR</p>	<p>YMARFER RYGBI BL10 + YMARFER RYGBI TÎM 1af BL11 + BL12 + BL13 CAE YSGOL (Angen Bwts)</p> <p>YEAR 10 RUGBY TRAINING + 1st XV Team RUGBY TRAINING YR11 + YR12 + YR13 SCHOOL PITCH (Boots Required) STAFF: MR HUGHES</p>			

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)



YMUWCH

- 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