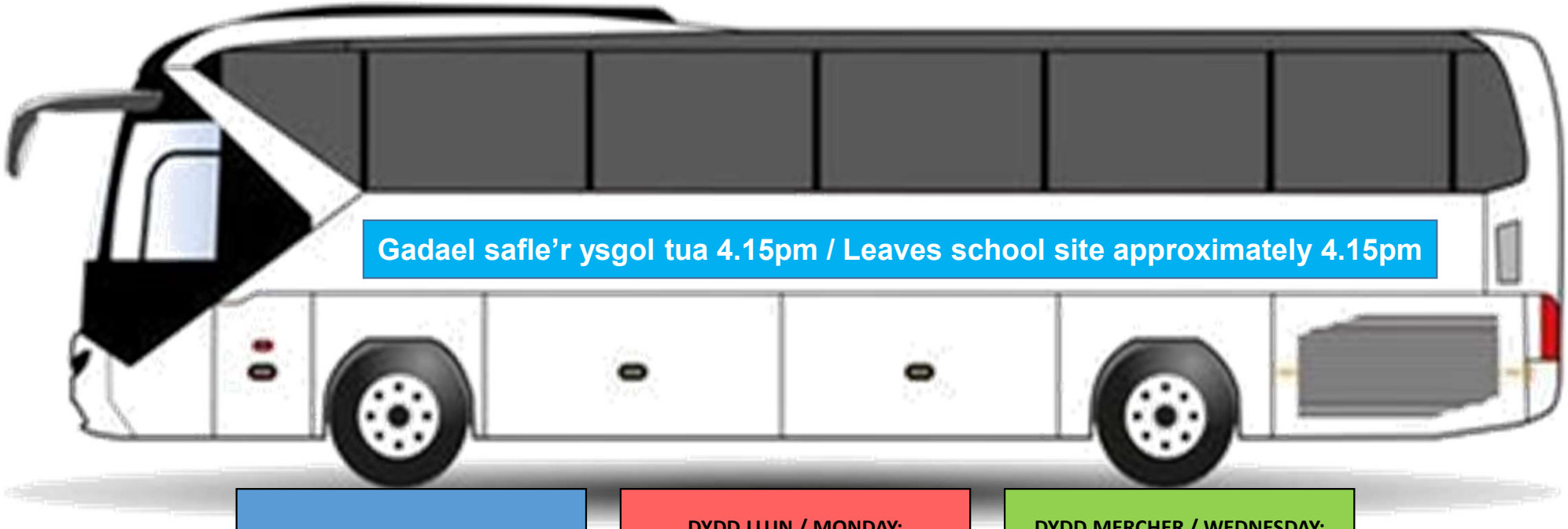
AMSERLEN ALLGYRSIOL CYFNOD ALLWEDDOL 3 [BLYNYDDOEDD 7, 8 & 9]
KEY STAGE 3 EXTRACURRICULAR ACTIVITIES TIMETABLE [YEARS 7, 8 & 9]

GWERSI WYTHNOS A [WEEK A LESSONS]	DYDD LLUN [MONDAY] 09.11.2026	DYDD MAWRTH [TUESDAY] 10.11.2026	DYDD MERCHER [WEDNESDAY] 11.11.2026	DYDD IAU [THURSDAY] 12.11.2026	DYDD GWENER [FRIDAY] 13.11.2026
CLYBIAU AMSER CINIO ADRAN ADD GORFF (GWYRDD) LUNCH TIME PE DEPARTMENT CLUBS (GREEN) GWEITHGAREDDAU ALLGYRSIOL YN YSTOD Y DYDD (MELYN) EXTRA-CURRICULAR ACTIVITIES DURING THE DAY (YELLOW)	**CLWB TENIS FWRDD TABLE TENNIS CLUB** Hanner 1af Amser cinio 1st Half of Lunch Time 12.35pm – 1.00pm BL8 yn unig / YR8 only 2ail Hanner Amser Cinio 2nd Half of Lunch Time 1.00pm – 1.20pm BL7 yn unig / YR7 only **STAFF: Swyddog Yr URDD + MR C THOMAS**	**YMARFER PÊL-DROED BL7** CAE AML-DYWYDD (Angen treineru / bwts addas) Ystafelloedd newid tu fewn **YEAR 7 FOOTBALL TRAINING** ASTROTURF PITCH (Trainers / suitable Boots Required) Indoor changing rooms **STAFF: MR EDWARDS**	**DIWRNOD HERIAU YSGOL GYFAN** --- **WHOLE SCHOOL CHALLENGES DAY**	CYFARFODYDD STAFF DIM GEMAU CYSTADLEUOL --- STAFF MEETINGS NO COMPETITIVE GAMES	**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 --- **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.
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 PÊL-RWYD BL7** NEUADD CHWARAEON **YEAR 7 NETBALL TRAINING** SPORTS HALL **STAFF: MISS REYNOLDS**	**YMARFER PÊL-DROED MERCHED BLWYDDYN 7+8** CAE AML-DYWYDD (Angen treineru / Bwts addas) Ystafelloedd newid tu fewn **YEAR 7+8 GIRLS FOOTBALL TRAINING** ASTROTURF PITCH (Trainers / suitable boots required) Indoor changing rooms **STAFF: MISS FAHEY-PENNELL**	**YMARFER RYGBI BLWYDDYN 7** CAE YSGOL (Angen Bwts) Ystafelloedd newid y Pafiliwn **YEAR 7 RUGBY TRAINING** SCHOOL PITCH (Boots Required) Pavilion changing rooms **STAFF: MR TUDUR**		
BWS HWYR / LATE BUS Arwyddo lan ar daflenni'r hysbysfwrdd ar bwys y ffreutur. --- Sign up through the sheets on the notice board by the canteen.   **AR GAEL PRYD???** DYDD LLUN + DYDD MERCHER --- **AVAILABLE WHEN???** MONDAY + WEDNESDAY	**YMARFER PÊL-DROED MERCHED BLWYDDYN 9+10** CAE AML-DYWYDD (Angen treineru / Bwts addas) Ystafelloedd newid tu fewn **YEAR 9+10 GIRLS FOOTBALL TRAINING** ASTROTURF PITCH (Trainers / suitable boots required) Indoor changing rooms **STAFF: MISS FAHEY-PENNELL**	**YMARFER RYGBI MERCHED BL7+8+9** CAE YSGOL (Angen Bwts) Ystafelloedd newid tu fewn **YEAR 7+8+9 GIRLS RUGBY TRAINING** SCHOOL PITCH (Boots Required) Indoor changing rooms **STAFF: MISS JAMES**	**YMARFER PÊL-DROED BL8** CAE AML-DYWYDD (Angen treineru / bwts addas) Ystafelloedd newid tu fewn **YEAR 8 FOOTBALL TRAINING** ASTROTURF PITCH (Trainers / suitable Boots Required) Indoor changing rooms **STAFF: MISS FAHEY-PENNELL**		
	GÊM PÊL-DROED BL9/10 BRYNTEG (I FFWRDD) CAE AML-DYWYDD (Treineru – Dim bŵts) BWS 2 FFORDD OS OES ANGEN GÊM GYFEILLGAR **YEAR 9/10 FOOTBALL GAME BRYNTEG (AWAY)** ASTROTURF FOOTBALL PITCH (Trainers – No boots) 2 WAY BUS IF NEEDED FRIENDLY GAME **STAFF: MR BATTERICK**	**GÊM RYGBI BL8 PENCOED (I FFWRDD)** CAE RYGBI YR YSGOL BWS 1 FFORDD YN UNIG **YEAR 8 RUGBY GAME BRYNTEG (AWAY)** SCHOOL RUGBY PITCH 1 WAY BUS ONLY **STAFF: MR HUGHES**	**YMARFER PÊL-RWYD BL8 + BL9** NEUADD CHWARAEON **YEAR 8 + YEAR 9 NETBALL TRAINING** SPORTS HALL **STAFF: MISS REYNOLDS**		
			YMARFER HOCI CYFNODAU ALLWEDDOL 3+4 CAE AML-DYWYDD (Treineru) **HOCKEY TRAINING Key Stages 3+4** ASTROTURF (Trainers) **STAFF: MISS JAMES**		

BWS HWYR / LATE BUS



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