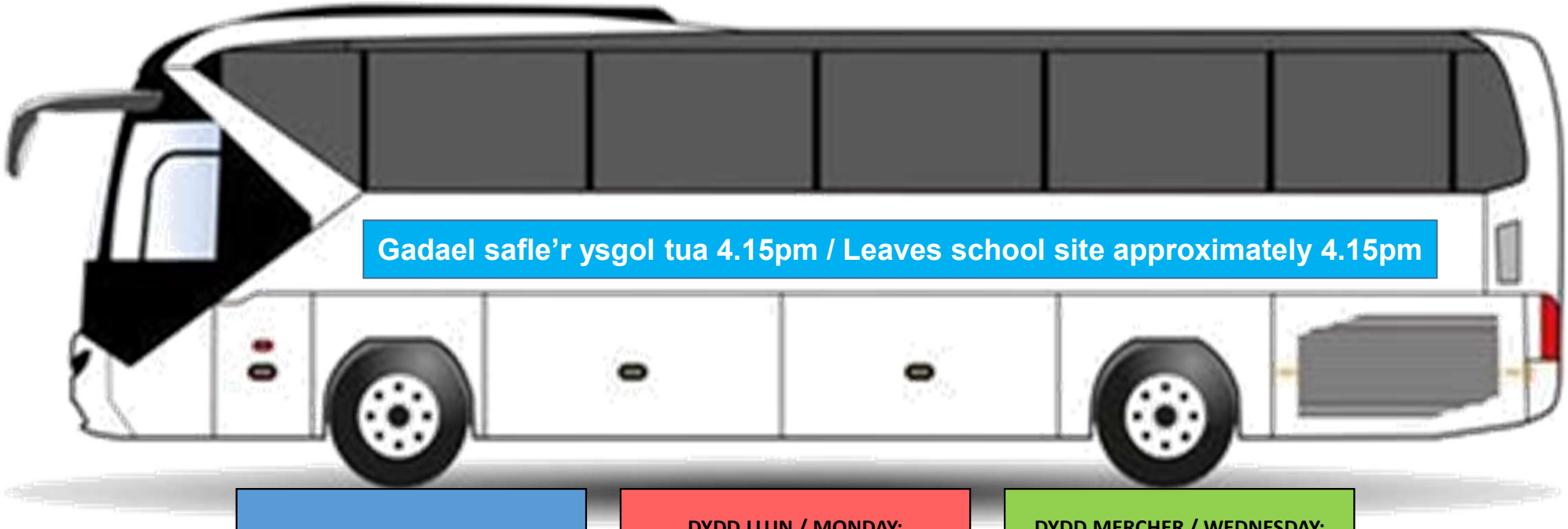
AMSERLEN ALLGYRSIOL CYFNOD ALLWEDDOL 4 a 5 [BLYNYDDOEDD 10, 11 & 6ED DOSBARTH]
KEY STAGE 4 EXTRACURRICULAR ACTIVITIES TIMETABLE [YEARS 10, 11 & 6TH FORM]

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)	**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 TÎM 1af** **UNEDAU: BLAENWYR (Llinellau)** NEUADD CHWARAEON 2ail Hanner Amser Cinio 12.55pm – 1.15pm **SENIORS 1st XV RUGBY TRAINING UNITS: FORWARDS (Lineouts)** SPORST HALL 2nd half lunch time 12.55pm – 1.15pm **STAFF: MR HUGHES**	**DIWRNOD HERIAU YSGOL GYFAN** --- **WHOLE SCHOOL CHALLENGES DAY**	**YMARFER CÔR HŶN YR10/YR11/6th FORM** 2ail Hanner Amser Cinio 12.55pm – 1.15pm **SENIORS CHOIR PRACTICE BL10/BL11/6ed Dosbarth** 2nd half lunch time 12.55pm – 1.15pm **STAFF: MR HUGHES, MR LLOYD + MRS MURPHY**	**GWEITHGAREDDAU CLWB DYDD GWENER GWERS 6 CA3** **BL12 yn arwain** (Cofiwch eich cit!) Mae caniatad i ddysgwyr i newid yn ystod amser cinio os yw'n arwain clwb chwaraeon ymarferol. --- **LESSON 6 FRIDAY CLUB ACTIVITIES** **YR12 leading** (Remember your kit!) Learners have permission to change during lunch time if they are leading 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.			**GÊM RYGBI TÎM 1af** BL11 + BL12 + BL13 Yn erbyn PORTHCAWL (I FFWRDD) CAE RYGBI YR YSGOL Gynghrair Ysgolion y Gweilch GADAEL ERBYN 2.10pm BWS 2 FFORDD os oes angen **1st XV Team RUGBY GAME** YR11 + YR12 + YR13 vs PORTHCAWL (AWAY) SCHOOL RUGBY PITCH Ospreys Schools League LEAVING BY 2.10pm 2 WAY BUS if needed **STAFF: MR HUGHES**		
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**	**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 BL10** **ARCHBISHOP McGRATH (ADREF)** Cwpan Ysgolion y Gweilch CAE RYGBI YSGOL **YEAR 10 RUGBY GAME** **ARCHBISHOP McGRATH (HOME)** Ospreys Schools Cup SCHOOL RUGBY PITCH **STAFF: MR TUDUR**	**YMARFER HOCI** **CYFNODAU ALLWEDDOL 3+4** CAE AML-DYWYDD (Treineru) **HOCKEY TRAINING** **Key Stages 3+4** ASTROTURF (Trainers) **STAFF: MISS JAMES**	**NOSON AGORED CYFNOD ALLWEDDOL 5 OPSIYNAU 6ed DOSBARTH** --- **KEY STAGE 5 OPEN EVENING** **6th FORM OPTIONS**	

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