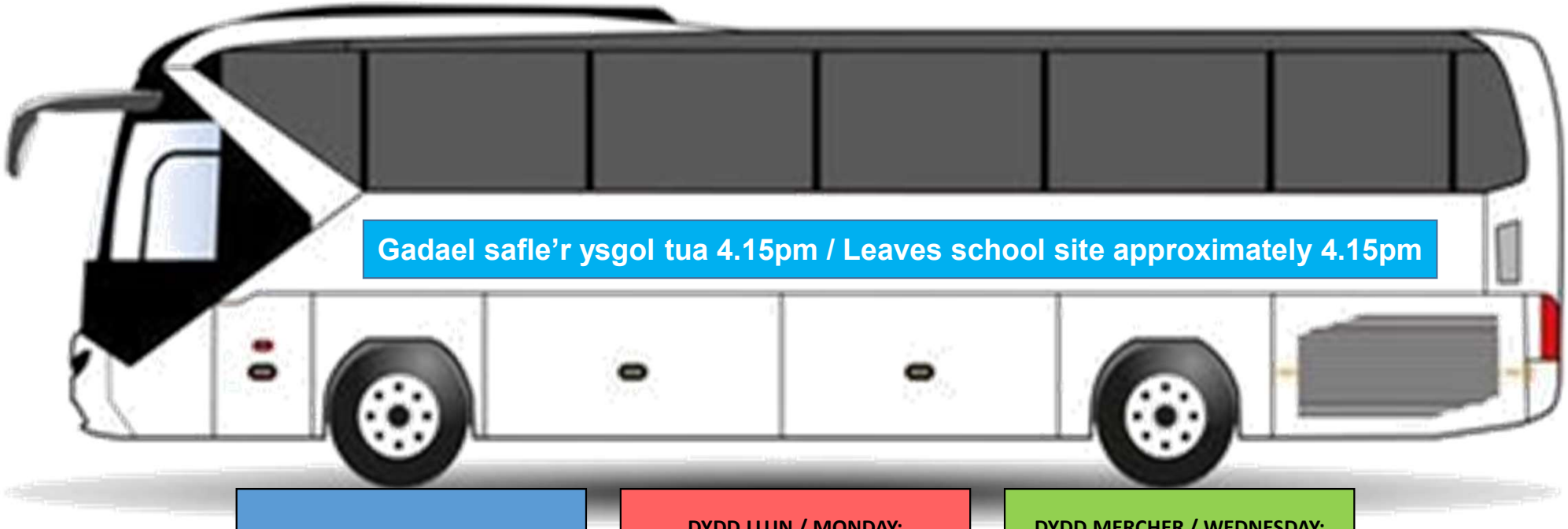
AMSERLEN ALLGYRSIOL CYFNOD ALLWEDDOL 3 [BLYNYDDOEDD 7, 8 & 9]
KEY STAGE 3 EXTRACURRICULAR ACTIVITIES TIMETABLE [YEARS 7, 8 & 9]

GWERSI WYTHNOS A [WEEK A LESSONS]	DYDD LLUN [MONDAY] 30.11.2026	DYDD MAWRTH [TUESDAY] 01.12.2026	DYDD MERCHER [WEDNESDAY] 02.12.2026	DYDD IAU [THURSDAY] 03.12.2026	DYDD GWENER [FRIDAY] 04.12.2026
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) **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.	**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**	**GÊMAU PÊL-DROED BL7** **2 GARFAN (TÎM A & TÎM B)** **COLEG Y DDERWEN** **(I FFWRDD)** CAE 3G ARTIFISIAL + CAE AML-DYWYDD (Angen treineru / bwts addas) BWS 1 FFORDD **YEAR 7 FOOTBALL GAMES** **2 SQUADS (A TEAM & B TEAM)** **CCYD (AWAY)** ARTIFICIAL 3G PITCH + ASTROTURF PITCH (Trainers / suitable Boots Required) 1 WAY BUS **STAFF: MR EDWARDS + MR C THOMAS**	**YMARFER HOCI** **CYFNODAU ALLWEDDOL 3+4** CAE AML-DYWYDD (Treineru) **HOCKEY TRAINING** **Key Stages 3+4** ASTROTURF (Trainers) **STAFF: MISS JAMES**	**Cystadleuaeth PÊL-RWYD** **YR URDD** **TÎM BLWYDDYN 7** **TÎM BLWYDDYN 8/9** Cwrdd erbyn 7.50am Gadael am 8.00am Dychwelyd erbyn tua 4.30pm (CAERDYDD) **THE URDD** **Netball Tournament** **YEAR 7 TEAM** **YEAR 8/9 TEAM** Meet by 7.50am Bus leaving at 8.00am Return to school by 4.30pm (CARDIFF) **STAFF: MISS REYNOLDS + MISS FAHEY-PENNELL**	**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 **BL12 yn arwain** (Cofiwch eich cit!) --- **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. **YR12 leading** (Remember your kit!)
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 7+8** NEUADD CHWARAEON (Angen treineru) Ystafelloedd newid tu fewn **YEAR 7+8 GIRLS FOOTBALL TRAINING** SPORTS HALL (Trainers required) Indoor changing rooms **STAFF: MISS FAHEY-PENNELL**	**YMARFER PÊL-RWYD BL8+BL9** NEUADD CHWARAEON **YEAR 8+9 NETBALL TRAINING** SPORTS HALL **STAFF: MISS REYNOLDS**		NOSON RHIENI CA5 6ed Dosbarth DIM SESIYNAU YMARFER DIM GEMAU CYSTADLEUOL --- KS5 PARENTS EVENING 6th Form NO TRAINING SESSIONS NO COMPETITIVE GAMES	
	GÊM RYGBI BL9 **CWM BROMBIL (ADREF)** Chwarteri BOWLEN Y GWEILCH CAE RYGBI YR YSGOL **YR9 RUGBY GAME** **CWM BROMBIL (HOME)** OSPREYS BOWL Q-FINAL SCHOOL RUGBY PITCH **STAFF: MR HUGHES**				
	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**				

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