Cerdded Mynyddoedd / Hillwalking

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o gerdded mynyddoedd
Use this form to record your personal hill walking experiences

Dyddiad/Date	Ardal/Mountain region	Statws/Status	Disgrifiad – tywydd, trywydd, crib, manylion y grwp ayyb Description – weather, route, peak, group details etc	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 24/02/09	Eryri / Snowdonia	aelod o grwp/ member of group	Cerdded o gwmpas Cwm Idwal hefo criw o ffrindiau fel aelod o glwb cerdded lleol. Cerdded o gwmpas y Llyn Idwal. Cymylog gyda chawodydd glaw. Walked around Cwm Idwal with a group of friends from our local outdoor club. Walked around Idwal Lake. Cloudy with rain showers.	

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Canwio/Caiacio Kayaking/Canoeing

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o ganwio/caiacio
Use this form to record you personal kayaking and or canoeing experiences

Dyddiad/Date	Afon/Môr River/Sea	Statws/Status	Disgrifiad – tywydd, trywydd, crib, manylion y grwp a digwyddiadau allweddol Description – weather, route, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 23/05/09	Afon Ogwen The River Ogwen	aelod o grwp/ member of group	Glawio'n drwm a'r afon yn uchel, mynd i'r dwr wrth Raeadr Ogwen. Y dwr yn llifo'n gyflym. eg heavy rain fall, river running high, got in at the Ogwen Falls, was running fast.	

Canwio/Caiacio Kayaking/Canoeing

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o ganwio/caiacio
Use this form to record you personal kayaking and or canoeing experiences

Dyddiad/Date	Afon/Môr River/Sea	Statws/Status	Disgrifiad – tywydd, trywydd, crib, manylion y grwp a digwyddiadau allweddol Description – weather, route, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 23/05/09	Afon Ogwen The River Ogwen	aelod o grwp/ member of group	Glawio'n drwm a'r afon yn uchel, mynd i'r dwr wrth Raeadr Ogwen. Y dwr yn llifo'n gyflym. eg heavy rain fall, river running high, got in at the Ogwen Falls, was running fast.	

Dringo / Climbing

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o ddringo
Use this form to record you personal climbing experiences

Dyddiad/Date	Lleoliad/ Venue	Statws/Status	Disgrifiad – tywydd, trywydd, manylion y grwp a digwyddiadau allweddol Route Description – weather, route, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 23/05/09	Tremadog	Dysgu arwain Learning to lead climb	Dysgu arwain hefo clwb dringo lleol. Trywydd y 'Christmas Curry', Craig Bwlch y Moch. Trywydd anodd iawn, fi'n arwain. Gorffen drwy fynd ffordd wahanol i'r arfer. Tywydd yn braf. Learning to lead climb with my local climbing club. Christmas Curry, Severe, lead climber. Did alternative finish. Weather fair.	

Dringo / Climbing

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o ddringo
Use this form to record you personal climbing experiences

Dyddiad/Date	Lleoliad/ Venue	Statws/Status	Disgrifiad – tywydd, trywydd, manylion y grwp a digwyddiadau allweddol Route Description – weather, route, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
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Hwylio / Sailing

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o hwylio
Use this form to record you personal sailing experiences

Dyddiad/Date	Lleoliad/Ardal Venue/Region	Statws/Status	Disgrifiad – tywydd, trywydd, crib, manylion y grwp a digwyddiadau allweddol Description – weather, route, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 23/05/09	Pwllheli	Dysgu arwain Learning to lead climb	O Blas Menai at Ddociau Caernarfon, diwrnod gwyntog iawn, methu mynd ymhellach gyda chlwb hwylio lleol. Sailed from Plas Menai to Caernarfon Docks, very windy day, could not go further. As member of local sailing club	

Hwylio / Sailing

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Use this form to record you personal sailing experiences

Dyddiad/Date	Lleoliad/Ardal Venue/Region	Statws/Status	Disgrifiad – tywydd, trywydd, crib, manylion y grwp a digwyddiadau allweddol Description – weather, route, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
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Bowldro / Bouldering

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o bowldro
Use this form to record you personal bouldering experiences

Dyddiad/Date	Lleoliad/Venue	Statws/Status	Disgrifiad - adnabyddiaeth y broblem, graddfa, nifer o gynigion Description – problem ID, grade, no. of attempts	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 23/05/09	Canolfan Dringo'r Beacon Climbing Centre	Dysgu arwain Learning to lead climb	Clwblhau 6 problem newydd, yr un anoddaf oedd 5b. Gweithio tuag at drwydd newydd O 5c yn barod am y sesiwn nesaf. Completed 6 new problems, the hardest problem being 5b. Working towards new 5c route ready for next season.	

Bowldro / Bouldering

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o bowldro
Use this form to record you personal bouldering experiences

Dyddiad/Date	Lleoliad/Venue	Statws/Status	Disgrifiad - adnabyddiaeth y broblem, graddfa, nifer o gynigion Description – problem ID, grade, no. of attempts	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
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Beicio Mynydd / Mountain Biking

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o feicio mynydd
Use this form to record you personal mountain biking experiences

Dyddiad/Date	Lleoliad/Ardal Venue/Region	Statws/Status	Disgrifiad – tywydd, trywydd, llwybr, manylion y grwp a digwyddiadau allweddol Description – weather, route, trail, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 23/05/09	Marin - Llanrwst	Dysgu arwain Learning to lead climb	Cyflawni trac Marin fel rhan o sesiwn clwb beicio mynydd lleol. Tywydd braf, helpu arweinydd y grwp gyda 8 o blant ifanc. Gweithio tuag at fy Wobr Arweinydd Beicio Llwybr. Completed the Marin Trail as part of mountain bike club session. Sunny weather and assisted club coach with a group of young people. Working towards my Trail Cycle Leader award.	

Beicio Mynydd / Mountain Biking

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol o feicio mynydd
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Gweithgareddau Eraill, chwaraeon eira, cyfeinadu ayyb.
Other Activities, Snowsports, Orienteering, etc.

Defnyddiwch y ffurflen yma i gofnodi'ch profiadau personol mewn gweithgareddau awyr agored eraill
Use this form to record you personalexperiences in other outdoor activities

Dyddiad/Date	Lleoliad Venue	Statws/Status	Disgrifiad – tywydd, trywydd, crib, manylion y grwp a digwyddiadau allweddol Description – weather, route, peak, group details and notable events	Llofnod athro /rhiant/arweinydd clwb Signed off by teacher/parent/club leader
Eg 22/06/09	Parc Bodlondeb, Conwy	Aelod o dîm ysgol Part of school team	Cystadlu mewn Gwyl Cyfeiriannu Ysgolion Conwy. Cyflawni'r cwrs mewn hanner awr, a dod yn ail yn y gystadleuaeth. Tywydd gwlyb ac yn wyntog. Competed in the Conwy Schools Orienteering Festival. Completed course in half an hour and came overall second. Wet and windy conditions.	

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Addysg, Cyrsiau Hyfforddi, Gweithdai, Cymwysterau a Phrofiad Gwaith
Education, Training Courses, Workshops, Awards and Work Experiences

Dyddiad/Date	Enw'r Cwrs Course Name	Oriau Hours	Lleoliad Venue	Llofnod Cydlynydd y Cwrs Signature of Course Co-ordinator	Cymwysterau a gafwyd - os yn berthnasol Qualifications achieved if applicable
Eg 22/06/09	Gowbr UCP 1 * BCU 1* Award	8 awr 8 hours	Llyn Padarn, Llanberis		Gowbr UCP 1 * BCU 1* Award

Addysg, Cyrsiau Hyfforddi, Gweithdai, Cymwysterau a Phrofiad Gwaith
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Dyddiad/Date	Enw'r Cwrs Course Name	Oriau Hours	Lleoliad Venue	Llofnod Cydlynydd y Cwrs Signature of Course Co-ordinator	Cymwysterau a gafwyd - os yn berthnasol Qualifications achieved if applicable
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