



Manyleb

Uned 1: Arholiad (40%)

- Arholiad sy'n ymdrin ag egwyddorion addysg gorfforol, iechyd a llesiant.

Cynnwys Uned 1:

Iechyd, Llesiant, Chwaraeon a Gweithgarwch Corfforol:

- Sut mae chwaraeon a gweithgarwch corfforol yn cyfrannu at iechyd a llesiant (corfforol, emosiynol a chymdeithasol).
- Manteision bod yn actif mewn bywyd bob dydd.

Ffactorau sy'n Effeithio ar Lefelau Gweithgarwch:

- Deiet a maeth
- Ffisioleg ymarfer corff
- Agweddau seicolegol
- Dylanwadau cymdeithasol-ddiwyllynnol.

Y Berthynas ag Iechyd Corfforol, Cymdeithasol ac Emosiynol:

- Ffitrwydd corfforol a chanlyniadau iechyd
- Llesiant emosiynol a straen
- Agweddau cymdeithasol fel gwaith tîm, ymdeimlad o berthyn a chyfranogiad yn y gymuned.

Uned 2: Asesiad Di-arholiad ~60%

- Perfformiad mewn **un** gamp/weithgaredd corfforol.
- Perfformiad mewn **ail** gamp/weithgaredd **neu ddarparu hyfforddiant** mewn gamp/weithgaredd.
- Cynllunio, cyflawni a gwerthuso gweithgaredd hyfforddiant personol.

Syllabus

Unit 1: Exam: (40%)

- An exam covering the principles of physical education, health and wellbeing.

Unit 1 topics:

Health, Wellbeing, Sport and Physical Activity:

- How sport and physical activity contribute to health and wellbeing (physical, emotional and social).
- Benefits of being active in everyday life.

Factors That Impact Levels of Activity:

- Diet and nutrition
- Exercise physiology
- Psychological aspects
- Socio-cultural influences.

Relationship With Physical, Social and Emotional Health:

- Physical fitness and health outcomes
- Emotional wellbeing and stress
- Social aspects like teamwork, belonging and community participation.

Unit 2: Non-exam assessment ~60%

- Perform in **one** sport or physical activity.
- Perform in a **second** sport/physical activity **or provide coaching** in a sport or physical activity.
- Plan, implement and evaluate a personal training activity.