

Trefnwr Sesiynau Chwaraeon RhCT • Sport RCT Session Planner

Chwaraeon RhCT
Sport RCT

Enw(au): | Name(s):

Gweithgaredd/Camp: | Activity/Sport:

Canolfan: | Venue: Dyddiad ac Amser: | Date & Time:

Sawl cyfranogwr: | No. of participants: Oed: | Age:

Amcan(ion) y sesiwn: | Aim(s) of Session:

Cyfarpar sydd ei angen: | Equipment needed:

Gweithgaredd | Activity: **1**

10-15
munud
minutes

Gweithgaredd | Activity: **2**

10-15
munud
minutes

Gweithgaredd | Activity: **3**

10-15
munud
minutes

ANAFIADAU/DIGWYDDIADAU | INJURIES/ INCIDENTS

Beth ddigwyddodd? I bwy ydych chi wedi rhoi gwybod? | What happened and who was it reported to?

SYLWADAU | COMMENTS

Beth aeth yn dda? Beth allai gael ei wella? Gawsoch chi unrhyw adborth gan eraill?

What went well? What could be improved? Any feedback from others?