

Hierarchaeth o Sgiliau Echddygol Bras

Cyfnod	Symudiadau	Gweithrediadau Rheoli'r Corff	Gweithrediadau Trafod a Thrin
Wrth iddynt ddatblygu	<p>Cropian Milwyr yn Cropian Cerdded Llwynogod Rhedeg Neidio a Glanio (Neidio fel Broga)</p>	<p>Ymwbyddiaeth o'r Corff Siâp Syth Siâp Seren Cath Flin Cadw Cydbwysedd (ar un droed) Dringo Gwthio Gwrthrych Rholio'n Unionsyth</p> <p>Diogelwch yn y Pull* Mynd i Mewn i'r Dŵr a Dod Allan Ohono* Anadlu ac Arnofio*</p>	<p>Rholio dan Ysgwydd Taflu dan Ysgwydd</p>
Wrth iddynt wneud cynnydd	<p>Hercian Neidio (pellter)</p>	<p>Tynnu Gwrthrych</p>	<p>Dal Gwrthrych Cicio Pêl</p>
Wrth iddynt ddod yn fwy medrus	<p>Llamu Carlamu Sgipio</p>	<p>Rhagwthio Ochrgamu</p>	<p>Taflu â Dwy Law Bounsio Pêl Taflu dros Ysgwydd Driblo â'r Traed Driblo â'r Dwylo Trapio â'r Traed Taro Gwrthrych â'r Dwylo neu Fat</p>

*Mae'r sgiliau hyn a gaiff eu hyrmarfer yn y dŵr wedi'u hynnu o'r pecyn adnoddau 'Plymio i'r Pull yn y Cyfnod Sylfaen'

Hierarchy of Cross Motor Skills

Stage	Locomotor	Body Management Actions	Manipulative Actions
As they develop	<ul style="list-style-type: none"> Crawling Crawling Soldiers Walking Foxes Running Jumping and Landing (Frog Hopping) 	<ul style="list-style-type: none"> Body Awareness Straight Shape Star Shape Angry Cat Balance (one foot) Climbing Pushing an Object Log Roll <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <ul style="list-style-type: none"> Pool Safety* Entries and Exits* Bubbles and Breathing* </div>	<ul style="list-style-type: none"> Underarm Roll Underarm Throw
As they progress	<ul style="list-style-type: none"> Hopping Jumping (distance) 	<ul style="list-style-type: none"> Pulling an Object 	<ul style="list-style-type: none"> Catching an Object Kicking a Ball
As they become more skilful	<ul style="list-style-type: none"> Leaping Galloping Skipping 	<ul style="list-style-type: none"> Lunging Dodging 	<ul style="list-style-type: none"> Two-handed Throw Bouncing a Ball Overarm Throw Dribbling with Feet Dribbling with Hands Trapping with Feet Striking an Object with Hands or Bat

*These water-based skills have been taken from the 'Making a Splash in the Foundation Phase' resource pack