Cymru
National Day Nurseries Association

Factsheet

Transition and Partnership Working Toolkit- Learning Together Sessions

Wales

Transition and Partnership Working Toolkit - Learning Together Sessions

Successful early education happens when families and education professionals join together to support children's development. Learning should be play-based, fun and engaging to capture children's enthusiasm. Here we have included some ideas and activities for sessions that will support children's transition to school and nurture connection in families.

These ideas can be used in any way you wish to support family engagement in settings. It may be helpful to invite different school professionals to attend the settings too (see letter templates document) as this is a nice, informal way to support parent/teacher meetings initially. Involving children in the process of inviting their family members is a lovely way to engage families in these sessions. Consider supporting children to design their own invitations to these sessions, and discuss with children who they would like to invite. As every family is unique, it may be that grandparents, guardians, older siblings, aunts and uncles, foster carers or family friends attend. Be mindful of this in the language that you use on the invitations, in order to ensure these sessions are inclusive of all children and their important people.

Love reading

Purpose

This session will focus on nurturing a love of reading for children and their families. Research shows that the earlier parents become involved in their children's literacy practices, the more profound the results and the longer-lasting the effects (Mullis, Mullis, Cornille et al. 2004). The aim of this session is to model story sharing, extend children's thinking and create fun opportunities for children's play from the stories they have read.

What you will need:

- A variety of stories, fiction, and nonfiction books
- Story sacks and/or puppets
- Audiobooks and headphones
- Cushions, blankets, and cosy areas
- Enhanced resources for stories (see extension ideas below)
- Camera.

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Activity outline

1. Welcome the families to the 'Love Reading' session
2. Explain that there is no right or wrong way to engage in this session. The purpose is to spend time together, sharing stories and playing
3. Read a short story to the children and parents, model using puppets and/or story sacks during the story. Ensure you pause to ask children questions and encourage them to participate in the story
4. Ask the children to visit the different areas of the room with their families to play and share stories together. Explain to families that in each area of the room are activities linked to some of the stories that children enjoy in the setting. For example, you may have set up a Gingerbread making activity (or modelling with playdough and cutters) alongside the Gingerbread man story book or even set up an outdoor bear hunt to act out the story 'We're Going on a Bear Hunt.' For more ideas, see the extension task and photographs below
5. Give children and families time to move around the setting, exploring the stories and play opportunities. During this time speak with families about the importance of nurturing a love of reading in their children and how audiobooks can be used to help with this too
6. Share the 'Love Reading' tips and links below with parents to continue the learning after the session.

Extension ideas

- ✓ If this session proves popular with families, consider making it a regular occurrence across your setting. Invite families to share the stories that they have enjoyed reading with their children at home
- ✓ If schoolteachers can attend the session, ask them if they could read a story with the group, or focus on chatting with parents about how they support early reading once children start school
- ✓ Provide enhanced activities for families to look at during the session. Examples of activities could be: The Hungry Caterpillar story in a tuff spot with some of the different foods that the caterpillar ate available for children to explore; This is Our House story with resources to support den building such as a large cardboard box, blankets, and pegs; Barry the Fish with Fingers in a tray with different colour and textured fabrics, sea creatures and fish resources

- ✓ The list is endless, any way in which you can bring stories to life for children and their families will support their engagement in early literacy and the development of a love of reading
- ✓ Remember to provide a mix of books, including non-fiction. If you have a bug investigation area, set families a challenge to name the bugs using a book to support them.

Including us all

Ensure this session is accessible to all children and families. Providing audiobooks, practical and sensory activities throughout these sessions will give families the opportunity to spend connection time with their children, sharing stories, songs and playing together. Spending time together with a joint focus supports children to develop attachments and maintain connections, which nurtures children's skills across all areas of learning.

Tips and links to share

- Words for life resources: https://bit.ly/3g7Y3zb
- Oxford Owl: https://bit.ly/3ofbAsW
- World Book Day ideas: https://bit.ly/3GmEhuw
- Cbeebies radio: https://bbc.in/3udZBzD
- Storynory free audiobooks: https://bit.ly/3AKmgoB
- BBC audio books: https://bbc.in/3KXrCBD

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Love maths

Purpose

This session will focus on supporting the early maths skills of children and extending families' understanding of how to support children's maths through play and song. Research shows that early mathematical knowledge predicts later reading ability and general education and social progress. (Duncan et. Al, 2007) However, research also shows that when it comes to their children's maths education, parents feel less confident in supporting their learning (NCETM, 2019). The aim of this session is to model the use of mathematical language to families and talk to them about which key number skills will be helpful for their child's transition into the next stage of learning.

What you will need:

- Songs and rhymes involving numbers (see examples in extension ideas)
- Number and shape resources
- Adults to model maths language
- Containers of different shapes and sizes
- Water tray
- Storybooks with numbers and/or shapes in them such as: How Many Seeds in a Pumpkin? by Margaret McNamara; One is a Snail, Ten is a Crab written by April Pulley Sayre and How Big is a Million by Anna Milbourne and Serena Riglietti
- Question prompt cards with questions such as: I wonder how many I will have if I add two more? How many blocks do I need to add to my tower to make it the same as yours?
- Games such as Dominoes, Connect 4, jigsaws and number snap.

Activity outline

1. Explain to families that today's session is to support them to see that early maths is in nearly all activities that children do. The goal is not to make anyone feel worried, but to reassure families that they have the skills to support in this area

2. Sing a selection of number songs with families and children to model the use of these songs to teach numbers. Consider providing families with the lyrics to some of these songs to take home with them

3. Encourage children and their families to move around the activities set out. Practitioners and school staff to model the language and questioning techniques to support maths teaching

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4. If school staff are attending, ask them to talk to parents about some of the skills they will focus on at school with the children. For example, some parents may be unsure about what the term number composition means, but when they are given examples, this is something they will be able to support children with at home in play.

Extension ideas

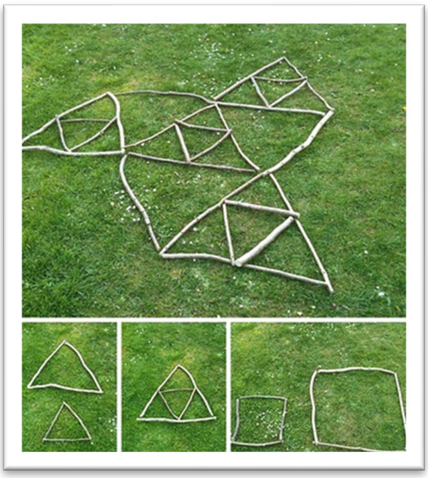
- ✓ Provide enhanced activities for families to look at during the session. Examples of activities could be hiding cards with numbers and the corresponding number of dots on them in the sand tray or in the garden for families to discover; a scavenger hunt with different shaped items on it e.g., Find an item that is a circle, find two rectangles sat next to each other; dominoes with animals on one half and the number of animals on the other half
- ✓ Number songs such as: Ten Little Monkeys, Five Little Speckled Frogs, 1,2,3,4,5 Fish Alive and Five Little Men in a Flying Saucer
- ✓ Provide opportunities for families to engage in maths activities outdoors, such as running races with numbers of laps; an obstacle course with numbered milestones and weighing scales with pebbles to explore the concept of heavy and light
- ✓ Once the session has finished, share the tips and links below with families to continue the learning at home.

Including us all

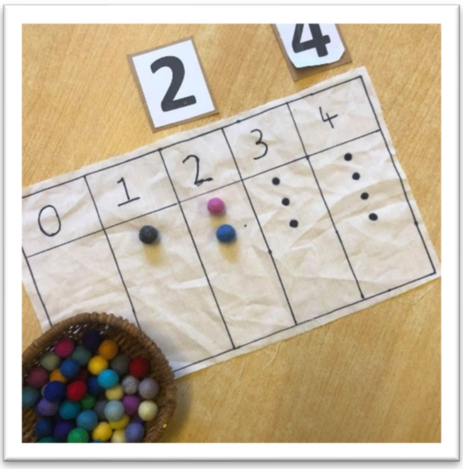
Reflect on how you can meet the needs of all children through this number session. Consider the balance of the activities you are providing. For example: are you giving children the opportunity to move around during activities? Have you got lots of practical activities that children can access? Are you using song and rhyme to ensure all children can be involved in the group activities throughout the session? Reflecting on the activities you have provided for all will support you to provide an inclusive learning session.

Tips and links to share

- NCETM Maths Excellence resources: https://bit.ly/3HjclbV
- CBeebies maths games: https://bbc.in/3GfEUpz
- Family maths toolkit: https://bit.ly/3HclpPU



Mother Goose Nursery



Little Miss Early Years

NDNA Maths guide

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Let’s get moving

Purpose

This session will focus on supporting some of the physical skills that will support children in their transition to school. Often parents and carers worry that their children may not be able to write their name when they start school or know all their colours. Whilst these skills are important, there are other essential building blocks that will ensure children get a flying start in their new school. Developing gross and fine motor skills so that children can dress themselves independently, hold a pencil correctly and move safely around the indoor and outdoor environment is crucial. The aim of this session is to demonstrate to families some activities that can help children in this area and model high expectations of children to them in order that they may continue this support at home.

What you will need:

- Songs and rhymes involving movement (see examples in extension ideas)
- Indoor physical resources such as large Pilates balls for balance; bean bag and a bucket game; lycra bands to practise stretching and mini tweezers to develop fine motor control (see extension ideas for more information)
- Adults to model the types of language and interactions with children
- Mark-making games and materials such as sand, sticks, paint brushes (small and large), chalks (egg and long shapes), pencils
- Yoga and movement cards
- Games such as: Twister, dough gym or disco (see tips and links), catching bubbles and musical statues.

Activity outline

1. Explain to families that today’s session is to support them to see some of the different ways that children can develop their physical abilities, both gross and fine, through play
2. If a schoolteacher is attending, ask them to consider leading a five-minute PE session like the one the children will do in school
3. Sing some large group movement songs to get children and their families moving. Model the movements and songs to families to demonstrate the different songs and the skills children can develop through them. Consider creating a list of the songs that families can take home with them after the session
4. Set up half the room with activities to support gross motor development (such as Twister, beanbag toss and an obstacle course. Set up the other half with activities to develop children’s fine motor skills such as: mark making in the sand, pipettes in the water tray, threading activities and activities that encourage finger isolation such as dough gym

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5. Talk to parents whilst they play, explaining some of the skills their children are developing in this play and how this will support early writing and independence skills.

Extension ideas

- ✓ Provide enhanced activities for families to look at during the session. Examples of activities could be tennis balls with slits in them (for mouths), children can then use tweezers to feed their tennis ball monsters mini pom poms; threading Cheerios onto dried spaghetti to practise hand-eye co-ordination; a fine motor board (variety of locks, buttons, and zips for children to practise on)
- ✓ Extend these activities outdoors and provide more opportunities for children to do some of these activities on a larger scale. For example, beanbag toss can become a ball and a large circular hula hoop. Encourage children to bounce the ball to their family member but it must land in the hoop on its way. Handprint and footprint obstacle courses (see images for more information) and obstacle courses with crates and planks built by children and their families
- ✓ If this session is popular, consider holding another event where children and their families take part in a group aerobics session, practising moving their bodies in different ways such as: hopping, crawling, running, and skipping.

Including us all

Providing opportunities for children to get moving is central to nurturing the physical development of all children. Reflect on the additional needs of the group and whether they can access all of the activities you are providing. How can you adapt each of these to meet each child's specific needs? Ensure you make physical space to support children who use physical aids to be able to move around the environment with their families.

Tips and links to share

- HENRY resources: https://bit.ly/3AKtCZ6
- CBeebies join in: https://bbc.in/3odvdBA
- Physical literacy Cymru: https://bit.ly/3L19h6M
- CBBC workout: https://bbc.in/35xoWKF
- Dough Disco: https://bit.ly/32NaBcb

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Forbes Children's Nursery

Monkton Nursery School

Kids Inc

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***Brighter thinking for early years**

Factsheet

Our factsheets are written by early years experts for the early years workforce. Most NDNA factsheets are free to our members.

NDNA is the national charity and membership association representing children's nurseries across the UK. We are a charity that believes in quality and sustainability, so we put our members' businesses at the very heart of ours.

We are the voice of the 21,000-strong nursery sector, an integral part of the lives of more than a million young children and their families. We provide information, training and advice to support nurseries and the 250,000 people who work in them to deliver world-class early learning and childcare.

See the full range of NDNA factsheets at www.ndna.org.uk/factsheets

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Pecyn Cymorth Pontio A Gweithio Mewn Partneriaeth - Sesiynau Dysgu Gyda'n Gilydd

Mae addysg gynnar lwyddiannus yn digwydd lle mae teuluoedd a gweithwyr addysg proffesiynol yn ymuno gyda'i gilydd i gefnogi datblygiad plant. Dylai dysgu fod yn seiliedig ar chwarae, yn hwyl ac yn ennyn brwdfrydedd plant. Yma rydym wedi cynnwys rhai syniadau a gweithgareddau ar gyfer sesiynau a fydd yn cefnogi'r cyfnod trosglwyddo plant i'r ysgol ac yn meithrin cysylltiad o fewn teuluoedd.

Gellir defnyddio'r syniadau hyn mewn unrhyw ffordd yr hoffech er mwyn cefnogi gwaith ymgysylltu gyda theuluoedd mewn lleoliadau. Efallai y byddai'n ddefnyddiol gwahodd gwahanol weithwyr proffesiynol o wahanol ysgolion i fynychu'r lleoliadau hefyd (gweler y ddogfen templedi llythyrau) gan fod hon yn ffordd braf, anffurfiol o gefnogi cyfarfodydd rhieni/athrawon i ddechrau. Mae cynnwys plant yn y broses o wahodd aelodau eu teulu yn ffordd hyfryd o ennyn diddordeb teuluoedd yn y sesiynau hyn. Ystyriwch gefnogi plant i gynllunio eu gwahoddiadau eu hunain i'r sesiynau hyn, a thrafod gyda phlant pwy yr hoffent eu gwahodd. Gan fod pob teulu'n unigryw, efallai bydd neiniau a theidiau, gwarcheidwaid, brodyr a chwiorydd hŷn, modrybedd ac ewythrod, gofalwyr maeth neu ffrind i'r teulu yn mynychu. Byddwch yn ymwybodol o hyn yn yr iaith rydych chi'n ei defnyddio ar y gwahoddiadau, er mwyn sicrhau bod y sesiynau hyn yn cynnwys pob plentyn a'r bobl sy'n bwysig iddynt.

Caru Darllen

Pwrpas

Bydd y sesiwn hon yn canolbwyntio ar feithrin cariad at ddarllen i blant a'u teuluoedd. Dengys ymchwil mae'r cynharaf bydd rhieni yn cymryd rhan yn arferion llythrennedd eu plant, y mwyaf effeithiol fydd y canlyniadau yn y tymor hir. (Mullis, Mullis, Cornille et al. 2004). Nod y sesiwn hon yw modelu rhannu stori, ymestyn meddwl plant a chreu cyfleoedd hwyliog ar gyfer chwarae plant ar sail y straeon y maent wedi'u darllen.

Yr hyn y bydd ei angen arnoch:

- Amrywiaeth o straeon, ffuglen a llyfrau ffeithiol
- Sachau stori a/neu bypedau
- Llyfrau sain a chlustffonau

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- Clustogau, blancedi, ac ardaloedd clyd
- Adnoddau ychwanegol ar gyfer straeon (gweler y syniadau ychwanegol isod)
- Camera.

Amlinelliad o'r gweithgaredd

1. Croesawu'r teuluoedd i'r sesiwn 'Caru Darllen'
2. Eglurwch nad oes unrhyw ffordd gywir neu anghywir o gymryd rhan yn y sesiwn hon. Y pwrpas yw treulio amser gyda'n gilydd, rhannu straeon a chwarae
3. Darllenwch stori fer i'r plant a'r rhieni, gan ddefnyddio pypedau a/neu sachau stori yn ystod y stori. Sicrhewch eich bod yn oedi i ofyn cwestiynau i blant a'u hannog i gymryd rhan yn y stori
4. Gofynnwch i'r plant ymweld â gwahanol rannau'r ystafell gyda'u teuluoedd i chwarae a rhannu straeon gyda'i gilydd. Eglurwch i deuluoedd fod gweithgareddau ym mhob rhan o'r ystafell yn gysylltiedig â rhai o'r straeon y mae'r plant yn eu mwynhau yn y lleoliad. Er enghraifft: efallai eich bod wedi sefydlu gweithgaredd gwneud bara sinsir (neu fodelu gyda thoes chwarae a thorwyr toes) ochr yn ochr â llyfr stori'r 'Dyn Sunsur' neu hyd yn oed sefydlu helfa arth awyr agored i actio'r stori 'Mynd ar Helfa Arth'. Am fwy o syniadau, gweler y dasg ychwanegol a'r ffotograffau isod
5. Rhowch amser i blant a theuluoedd symud o amgylch y lleoliad, gan archwilio'r straeon a'r cyfleoedd chwarae. Yn ystod y cyfnod hwn siaradwch â theuluoedd am bwysigrwydd meithrin cariad at ddarllen yn eu plant a sut y gellir defnyddio llyfrau sain i helpu gyda hyn hefyd
6. Rhannwch yr awgrymiadau 'Caru Darllen' a dolenni isod gyda rhieni i barhau â'r dysgu ar ôl y sesiwn.

Syniadau ychwanegol

- ✓ Os yw'r sesiwn hon yn boblogaidd gyda theuluoedd, ystyriwch ei gwneud yn ddigwyddiad rheolaidd ar draws eich lleoliad. Gwahoddwch deuluoedd i rannu'r straeon y maen nhw wedi mwynhau eu darllen gyda'u plant gartref

- ✓ Os gall athrawon ysgol fynychu'r sesiwn, gofynnwch iddyn nhw ddarllen stori gyda'r grŵp, neu ganolbwyntio ar sgwrsio â rhieni am sut maen nhw'n cefnogi darllen cynnar unwaith y bydd plant yn dechrau yn yr ysgol

- ✓ Darparu gweithgareddau ychwanegol i deuluoedd edrych arnynt yn ystod y sesiwn. Dyma enghreifftiau o weithgareddau: Stori Lindys Llwglyd gyda rhai o'r gwahanol fwydydd y mae'r lindysyn yn eu bwyta ar gael i'r plant eu harchwilio; stori Dyma Ein Tŷ gydag adnoddau i gefnogi adeiladu denau fel blwch cardfwrdd mawr, blancedi a phegiau; stori Diwrnod Golchi

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(Rala Rwdins) gyda pegiau, lein ddillad a gwahanol ddeunyddiau. Mae'r rhestr yn ddiddiwedd, bydd unrhyw ffordd y gallwch ddod â straeon yn fyw i blant a'u teuluoedd yn cefnogi eu hymgysylltiad â llythrennedd cynnar ac yn datblygu cariad at ddarllen

✓ Cofiwch ddarparu cymysgedd o lyfrau, gan gynnwys rhai ffeithiol. Os oes gennych ardal trychfilod, gosodwch her i deuluoedd enwi'r trychfilod gan ddefnyddio llyfr i'w cefnogi.

Ein cynnwys i gyd

Sicrhau bod y sesiwn hon yn hygyrch i bob plentyn a theulu. Bydd darparu llyfrau sain, gweithgareddau ymarferol a synhwyraidd drwy gydol y sesiynau hyn yn rhoi cyfle i deuluoedd dreulio amser cyswllt â'u plant, rhannu straeon a chaneuon a chwarae gyda'i gilydd. Mae treulio amser efo'i gilydd yn canolbwyntio ar un peth, yn cefnogi plant i ddatblygu perthnasau, yn cryfhau a chynnal cysylltiadau, a meithrin sgiliau plant ar draws pob maes dysgu.

Awgrymiadau a dolenni i'w rhannu

- Adnoddau Geiriau am byth: https://bit.ly/3g7Y3zb
- Oxford Owl: https://bit.ly/3ofbAsW
- Syniadau Diwrnod y Llyfr: https://bit.ly/3GmEhuw
- Radio CBeebies: https://bbc.in/3udZBzD
- Llyfrau sain am ddim: https://bit.ly/3AKmgoB
- Llyfrau sain y BBC: https://bbc.in/3KXrCBD

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Caru Mathemateg

Pwrpas

Bydd y sesiwn hon yn canolbwyntio ar gefnogi sgiliau mathemateg gynnar plant ac ymestyn dealltwriaeth teuluoedd o sut i gefnogi mathemateg plant drwy chwarae a chân. Mae ymchwil yn dangos bod gwybodaeth fathemategol gynnar yn ragfynegiant o allu darllen diweddarach ac addysg gyffredinol a chynnydd cymdeithasol. (Duncan et. Al, 2007) Fodd bynnag, mae ymchwil hefyd yn dangos, pan ddaw'n fater o addysg fathemategol eu plant, fod rhieni'n teimlo'n llai hyderus wrth gefnogi eu dysgu (NCETM, 2019). Nod y sesiwn hon yw modelu'r defnydd o iaith fathemategol i deuluoedd a siarad â hwy ynghylch pa sgiliau rhif allweddol fydd o gymorth ar gyfer trosglwyddo eu plentyn i'r cam dysgu nesaf.

Yr hyn y bydd ei angen arnoch:

- Caneuon a rhigymau sy'n cynnwys rhif (gweler enghreifftiau yn y syniadau ychwanegol)
- Adnoddau rhif a siâp
- Oedolion i fodelu iaith mathemateg
- Cynwysyddion o siapiau a meintiau gwahanol
- Hambwrdd dŵr
- Llyfrau stori gyda rhif a/neu siapiau ynddynt megis: Alun yr Arth yn Dysgu Cyfrif, Dechrau Cyfrif gyda Sali Mali, llyfrau tebyg i How Many Many Seeds in a Pumpkin? gan Margaret McNamara; One is a Snail, Ten is a Crab gan April Pulley Sayre a How Big is a Million gan Anna Milbourne a Serena Riglietti
- Cardiau gyda chwestiynau megis: Tybed faint fydd gen i os byddaf yn ychwanegu dau arall? Faint o flociau sydd angen i mi eu hychwanegu at fy nhŵr i'w wneud yr un fath â'ch un chi?
- Gemau fel Dominos, Connect 4, jig-sos a snap rhif.

Amlinelliad o'r gweithgaredd

1. Eglurwch i deuluoedd mai nod y sesiwn heddiw yw eu cefnogi i weld bod mathemateg gynnar ym mron pob gweithred y mae plant yn ei wneud. Y nod yw peidio â gwneud i unrhyw un deimlo'n bryderus, ond sicrhau teuluoedd bod ganddynt y sgiliau i gefnogi'r plant yn y maes hwn

2. Canwch ddetholiad o ganeuon rhif gyda theuluoedd a phlant i fodelu'r defnydd o'r caneuon hyn i ddysgu rhif. Ystyriwch roi'r geiriau i deuluoedd i rai o'r caneuon hyn i fynd â nhw adref gyda nhw

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3. Annog plant a'u teuluoedd i symud o amgylch y gweithgareddau a nodir. Ymarferwyr a staff yr ysgol i fodelu'r iaith a thechnegau holi i gefnogi addysgu mathemateg

4. Os yw staff yr ysgol yn mynychu, gofynnwch iddynt siarad â rhieni am rai o'r sgiliau y byddant yn canolbwyntio arnynt yn yr ysgol gyda'r plant. Er enghraifft: efallai y bydd rhai rhieni'n ansicr ynghylch beth mae'r term cyfansoddiad rhif yn ei olygu, ond pan fyddant yn cael enghreifftiau, mae hyn yn rhywbeth y byddant yn gallu cefnogi plant adref drwy chwarae.

Syniadau ychwanegol

- ✓ Darparu gweithgareddau ychwanegol i deuluoedd edrych arnynt yn ystod y sesiwn. Gallai enghreifftiau o weithgareddau fod yn cuddio cardiau gyda rhifau a'r nifer cyfatebol o ddotiau arnynt yn yr hambwrdd tywod neu yn yr ardd i deuluoedd eu darganfod; helfa am eitemau siâp gwahanol arnynt e.e., dod o hyd i eitem sy'n gylch, dewch o hyd i siâp ddau betryal ochr yn ochr, dominos gydag anifeiliaid ar un hanner a nifer yr anifeiliaid ar yr hanner arall
- ✓ Caneuon rhif fel: Un bys, dau fys, tri bys yn dawnsio, Deg Mwnci Bach, Adeiladu Tŷ Bach, 1,2,3
- ✓ Darparu cyfleoedd i deuluoedd gymryd rhan mewn gweithgareddau mathemateg yn yr awyr agored, fel rhedeg rasys gan fynd rownd y cwrs sawl gwaith, cwrs rhwystrau gyda cherrig milltir wedi'u rhifo a chlorian pwyso gyda cherrig mân er mwyn archwilio'r cysyniad o drwm ac ysgafn
- ✓ Unwaith y bydd y sesiwn wedi gorffen, rhannwch yr awgrymiadau a'r dolenni isod gyda theuluoedd i barhau â'r dysgu gartref.

Ein cynnwys i gyd

Myfyriwch ar sut y gallwch ddiwallu anghenion pob plentyn drwy'r sesiwn rhif hon. Ystyriwch gydbwysedd y gweithgareddau rydych chi'n eu darparu. Er enghraifft: ydych chi'n rhoi cyfle i blant symud o gwmpas yn ystod gweithgareddau? Oes gennych chi lawer o weithgareddau ymarferol y gall plant eu profi? Ydych chi'n defnyddio cân ac odl i sicrhau bod pob plentyn yn gallu bod yn rhan o weithgareddau'r grŵp drwy gydol y sesiwn? Bydd adlewyrchu ar y gweithgareddau rydych wedi'u darparu i bawb yn eich cynorthwyo i ddarparu sesiwn ddysgu

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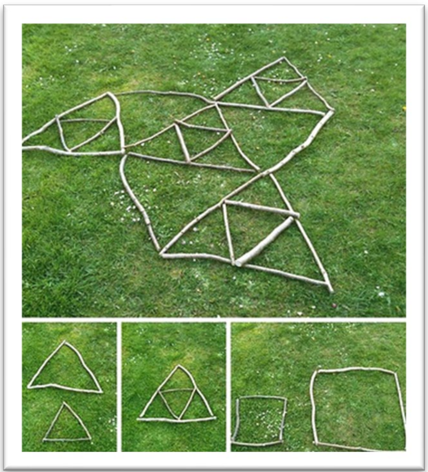
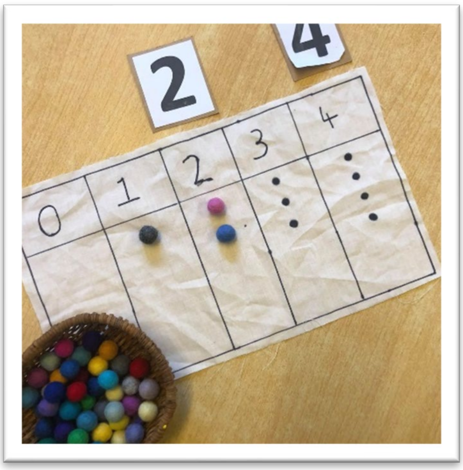
Awgrymiadau a dolenni i'w rhannu

- Adnoddau Rhagoriaeth Mathemateg NCETM: https://bit.ly/3HjclbV
- Gemau mathemateg CBeebies: https://bbc.in/3GfEUpz
- Pecyn cymorth mathemateg i deuluoedd: https://bit.ly/3HclpPU





Mother Goose Nursery

Little Miss Early Years

NDNA Maths guide

Houghton Community Nursery

Cymru
National Day Nurseries Association

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Sesiwn Gadewch i ni symud

Pwrpas

Bydd y sesiwn hon yn canolbwyntio ar gefnogi rhai o'r sgiliau corfforol fydd yn cefnogi plant wrth iddynt drosglwyddo i'r ysgol. Yn aml, mae rhieni a gofalwyr yn poeni efallai na fydd eu plant yn gallu ysgrifennu eu henw pan fyddant yn dechrau yn yr ysgol neu'n adnabod eu lliwiau i gyd. Er bod y sgiliau hyn yn bwysig, mae blociau adeiladu hanfodol eraill a fydd yn sicrhau bod plant yn cael dechrau da yn eu hysgol newydd. Mae datblygu sgiliau echddygol bras a manwl fydd yn galluogi plant i wisgo eu hunain yn annibynnol, dal pensil yn gywir a symud yn ddiogel o amgylch yr amgylchedd dan do ac awyr agored yn hanfodol. Nod y sesiwn hon yw dangos i deuluoedd rai gweithgareddau a all helpu plant yn y maes hwn a modelu disgwyliadau uchel o blant iddynt er mwyn iddynt allu parhau â'r cymorth hwn gartref.

Yr hyn y bydd ei angen arnoch:

- Caneuon a rhigymau sy'n cynnwys symud (gweler enghreifftiau yn y syniadau ychwanegol)
- Adnoddau corfforol dan do fel peli Pilates mawr ar gyfer cydbwysedd; bagiau ffa a gêm bwced; bandiau lycra i ymarfer ymestyn a theclynnau bach i ddatblygu rheolaeth echddygol fanwl (gweler syniadau ychwanegol am fwy o wybodaeth).
- Oedolion i fodelu'r mathau o iaith a rhyngweithio â phlant
- Gemau gwneud marciau a deunyddiau fel tywod, ffyn, brwsys paent (bach a mawr), sialc (wy a siapiau hir), pensiliau
- Cardiau ioga a symud
- Gemau fel: Twister, campfa toes neu ddisgo (gweler awgrymiadau a dolenni), dal swigod a cherfluniau cerddorol.

Amlinelliad o'r gweithgaredd

1. Eglurwch i deuluoedd bod sesiwn heddiw ar gyfer eu cefnogi nhw i weld rhai o'r gwahanol ffyrdd y gall plant ddatblygu eu galluoedd corfforol, rhai bras a rhai manwl, drwy chwarae
2. Os yw athro/athrawes ysgol yn bresennol, gofynnwch iddyn nhw ystyried arwain sesiwn Addysg Gorfforol pum munud fel yr un y bydd y plant yn ei wneud yn yr ysgol
3. Canwch rai caneuon symudiad grŵp mawr i gael plant a'u teuluoedd i symud. Modelwch y symudiadau a'r caneuon i deuluoedd i ddangos y gwahanol ganeuon a'r sgiliau y gall plant eu datblygu drwyddynt. Ystyriwch greu rhestr o'r caneuon y gall teuluoedd fynd â nhw adref gyda nhw ar ôl y sesiwn
4. Yn un hanner yr ystafell, gosodwch weithgareddau i gefnogi datblygiad echddygol bras (fel Twister, taflu bagiau ffa a chwrs rhwystrau. Yn yr hanner arall o’r ystafell, gosodwch

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weithgareddau i ddatblygu sgiliau echddygol manwl megis: gwneud marciau yn y tywod, pibellau yn yr hambwrdd dŵr, gweithgareddau edafedd a gweithgareddau sy'n annog ynysu bysedd fel campfa toes

5. Siaradwch â rhieni wrth iddynt chwarae, gan esbonio rhai o'r sgiliau y mae eu plant yn eu datblygu yn y gwahanol weithgareddau a sut y bydd hyn yn cefnogi sgiliau ysgrifennu ac annibyniaeth gynnar.

Syniadau ychwanegol

- ✓ Darparu gweithgareddau ychwanegol i deuluoedd edrych arnynt yn ystod y sesiwn. Gallai enghreifftiau o weithgareddau fod yn beli tenis wedi eu rhwygo (i greu 'ceg' bwystfil, er enghraifft) gall plant wedyn ddefnyddio teclynnau bach fel 'tweezers' i roi bwyd (pom poms bach) i'r bwystfilod; gosod Cheerios ar sbageti sych i ymarfer cyswllt llygaid/ llaw; creu bwrdd sgiliau echddygol manwl (amrywiaeth o gloeon, botymau a sipiau i blant ymarfer arnynt)
- ✓ Ymestyn y gweithgareddau hyn yn yr awyr agored a darparu mwy o gyfleoedd i blant wneud rhai o'r gweithgareddau hyn ar raddfa fwy. Er enghraifft: yn lle bag ffa i daflu, defnyddio pêl neu gylch hwla mawr. Anogwch y plant i bownsio'r bêl i'w haelod o'u teulu ond rhaid iddo lanio yn y cylch hwla ar ei ffordd. Gallwch greu cwrs rhwystrau gyda siap dwylo a thraed (gweler delweddau am fwy o wybodaeth) a chyrsiau rhwystrau gyda chratiau a phlanc o goed wedi'u hadeiladu gan blant a'u teuluoedd
- ✓ Os yw'r sesiwn hon yn boblogaidd, ystyriwch gynnal digwyddiad arall lle mae plant a'u teuluoedd yn cymryd rhan mewn sesiwn aerobeg grŵp, gan ymarfer symud eu cyrff mewn gwahanol ffyrdd megis: hopian, cropian , rhedeg a sgipio.

Ein cynnwys i gyd

Mae darparu cyfleoedd i blant symud yn ganolog i feithrin datblygiad corfforol pob plentyn. Myfyriwch ar anghenion ychwanegol y grŵp ac os ydynt yn cael mynediad i'r holl weithgareddau rydych yn eu darparu. Sut allwch chi addasu pob un o'r rhain i ddiwallu anghenion penodol pob plentyn? Sicrhewch eich bod yn gwneud lle corfforol i gefnogi plant sy'n defnyddio cymhorthion corfforol i allu symud o gwmpas yr amgylchedd gyda'u teuluoedd.

Cymru
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Awgrymiadau a dolenni i'w rhannu

- Adnoddau HENRY: https://bit.ly/3AKtCZ6
- Ymuno â Cbeebies: https://bbc.in/3odvdBA
- Llythrennedd corfforol Cymru: https://bit.ly/3L19h6M
- Ymarfer CBBC: https://bbc.in/35xoWKF
- Disgo Toes: https://bit.ly/32NaBcb

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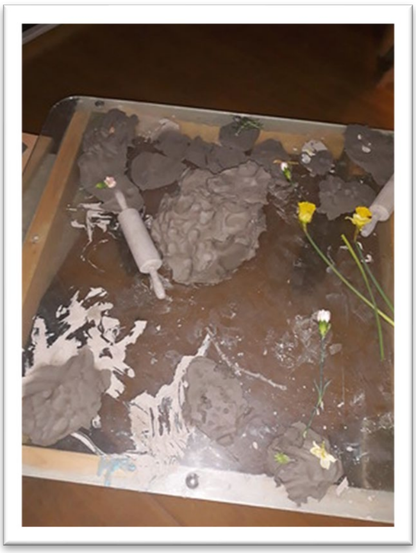
Forbes Children's Nursery

Monkton Nursery School

Kids Inc

Acorns Nurseries



Houghton Community Nursery

National Day Nurseries Association

*Meddwl mwy disglair
ar gyfer y blynyddoedd cynnar

Taflen ffeithiau

Caiff ein tafleni ffeithiau eu hysgrifennu gan arbenigwyr blynyddoedd cynnar ar gyfer y gweithlu blynyddoedd cynnar. Mae'r rhan fwyaf o'n tafleni ffeithiau am ddim ar gyfer ein haelodau.

NDNA yw'r elusen genedlaethol a'r gymdeithas aelodaeth sy'n cynrychioli meithrinfeydd plant ar draws y DU. Rydym yn elusen sy'n credu mewn safon a chynhaliadwyedd felly rydym yn gosod busnesau ein haelodau wrth galon ein un ni.

Ni yw llais y sector meithrinfeydd a'i 21,000 o aelodau, ac yn ran o fywydau dros filiwn o blant ifanc a'u teuluoedd. Rydym yn darparu gwybodaeth, hyfforddiant a chyngor i gefnogi meithrinfeydd a'r 250,000 o bobl sy'n gweithio ynddynt i ddarparu dysgu cynnar a gofal plant o safon rhyngwladol.

Gwelwch yr ystod lawn o dafleni ffeithiau NDNA ar www.ndna.org.uk/factsheets

Mae'r wybodaeth ddarparwyd yn y daflen ffeithiau yma at ddefnydd ymarferwyr blynyddoedd cynnar yn unig. Ysgrifenwyd y daflen gan arbenigwyr blynyddoedd cynnar ond ni ddylai gael ei ddefnyddio fel allddodyn i gyngor proffesiynol. Mae NDNA wedi ymdrechu i sicrhau cywirdeb y wybodaeth gyflwynwyd yn y daflen ffeithiau. Nid yw NDNA yn atebol yn gyfreithiol nac yn gyfrifol am eich dehongliad nac eich defnydd o'r wybodaeth a ddarperir

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