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| **Session Plan / Cynllun y Sesiwn** | | | | |
| DATE /DYDDIAD: | | DURATION/AMSER: | LOCATION/LLEOLIAD: | |
| EQUIPMENT:  OFFER: |  | | | |
| IECHYD A DIOGELWCH  HEALTH AND SAFETY |  | | | |
| RISGIAU / RISKS |  | | | |
| CYNLLUN Y SESIWN / SESSION PLAN | | | | |
| WARM UP  CYNHESU |  | | | AMSER / TIME |
| MAIN SESSION  PRIF SESIWN |  | | |  |