|  |
| --- |
| **Session Plan / Cynllun y Sesiwn**  |
| DATE /DYDDIAD: | DURATION/AMSER: | LOCATION/LLEOLIAD: |
| EQUIPMENT:OFFER: |  |
| IECHYD A DIOGELWCHHEALTH AND SAFETY |  |
| RISGIAU / RISKS |  |
| CYNLLUN Y SESIWN / SESSION PLAN |
| WARM UPCYNHESU |  | AMSER / TIME |
| MAIN SESSIONPRIF SESIWN |  |  |