

## CHWARAE TEG RESOURCES

The Sports Council for Wales has produced the following resources to assist schools, junior clubs and teams to promote the Chwarae Teg message:

### CHWARAE TEG BOOKLET

This FREE booklet, that contains Chwarae Teg codes of conduct, is available to school and junior club teams that have made a commitment to Chwarae Teg.

### CHWARAE TEG CERTIFICATE

A FREE Chwarae Teg Certificate, that rewards fair play and good sporting behaviour, is available to school and junior club teams that have made a commitment to Chwarae Teg.

### CHWARAE TEG WEB PAGE

The Sports Council for Wales has developed a Chwarae Teg web page, that provides additional information and ideas on how to promote the Chwarae Teg message. For more details visit [www.sports-council-wales.co.uk/chwaraeteg](http://www.sports-council-wales.co.uk/chwaraeteg)

## CHWARAE TEG MERCHANDISE

Chwarae Teg merchandise will be available in the near future. Check the web page for more details.

## CHWARAE TEG IN PHYSICAL EDUCATION

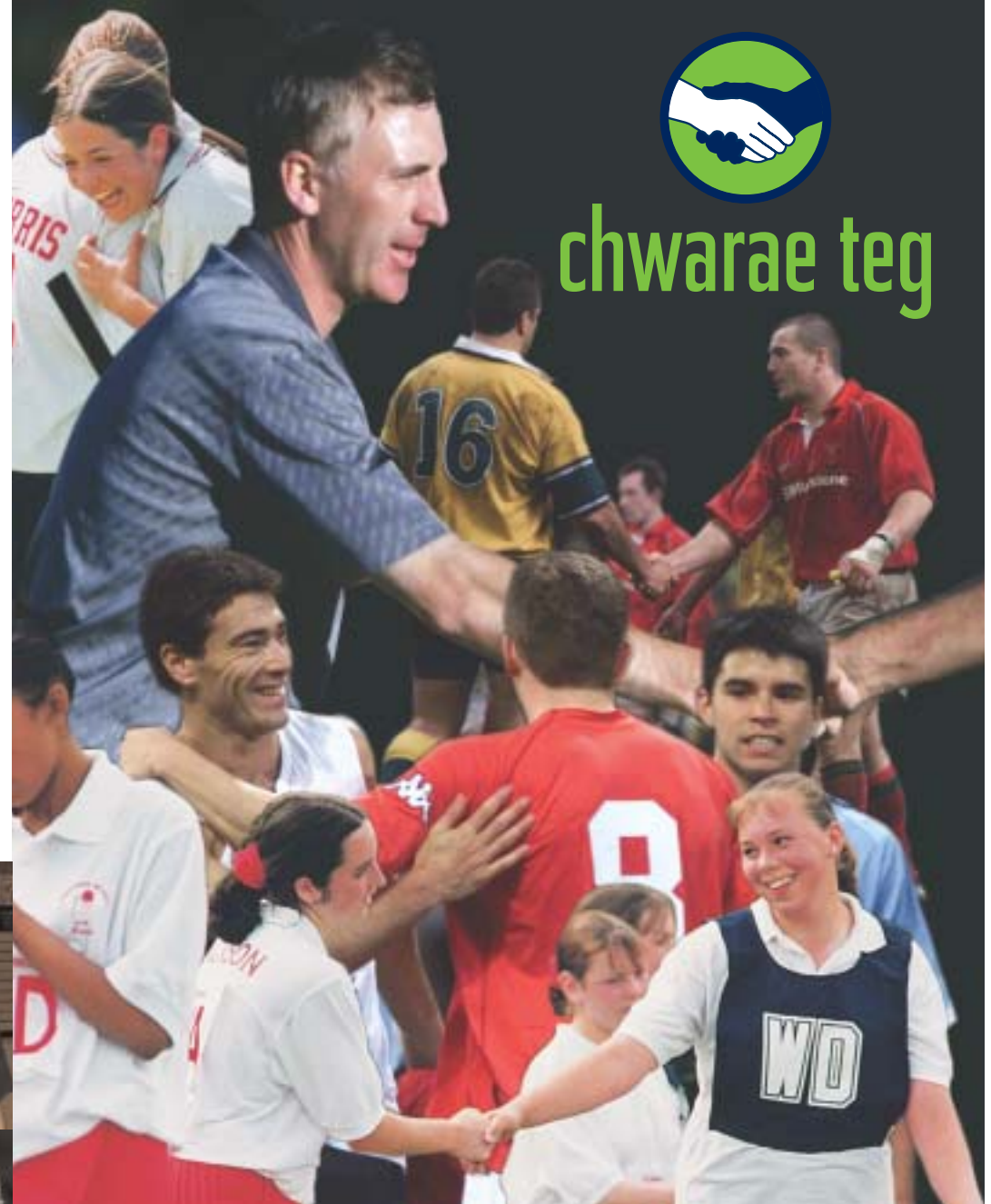
The Expectations for the National Curriculum for Physical Education are that:

Pupils, both as individual participants and as team members, must understand the importance of fair play, honest competition and good sporting behaviour.

For more information about the Chwarae Teg initiative contact the Sports Council for Wales on 029 2030 0500.



*Chwarae Teg is a Sports Council for Wales initiative. This booklet has been produced in consultation with the British Association of Advisers and Lecturers in Physical Education (Wales).*



Promoting Good Behaviour  
in Junior Sport & Physical Education

## CHWARAE TEG IS ABOUT PROMOTING

**RESPECT** - for opponents, officials and for the rules and spirit of the game;

**STAYING CALM** - no matter what happens;

**DIGNITY** - in winning and losing;

**ENJOYMENT** - for all involved.

### CHWARAE TEG AIMS

- to promote positive attitudes and improve standards of sporting behaviour;
- to promote consistent codes of conducts for players, coaches, teachers, parents, spectators and umpires/referees



## PLAYERS' CHWARAE TEG CODE OF CONDUCT

- Play by the rules;
- Stay calm no matter what;
- Play the game for the fun of it;
- Accept the decision of officials at all times;
- Respond to winning and losing with dignity;
- Respect my opponents, coach/teacher, officials and team-mates;
- Congratulate and thank the opposing team at the end of the game.

## TEACHERS' AND COACHES' CHWARAE TEG CODE OF CONDUCT

- Ensure that all players enjoy sport;
- Reinforce and reward good behaviour;
- Provide opportunities for players of all abilities;
- Ensure that the rules and spirit of the game are respected;
- Be fair and unbiased in competitions and in training sessions;
- Encourage players to adopt the Chwarae Teg code of conduct;
- Encourage players to support team members who are experiencing difficulties;
- Avoid ridiculing or shouting at a player for making a mistake or losing a game.



## PARENTS' CHWARAE TEG CODE OF CONDUCT

- Applaud good play by all teams;
- Make positive and encouraging comments;
- Remember that young people play sport for enjoyment;
- Encourage my child to respect the rules and spirit of the game;
- Respect officials' decisions;
- Encourage my child to adopt the Chwarae Teg code of conduct;
- Avoid using foul language or harass players, coaches and officials;
- Focus on my child's efforts and performance rather than the result;
- Avoid ridiculing or shouting at young people for making a mistake or losing a game;
- Show appreciation for the work of volunteers, coaches, officials and administrators.



## SPECTATORS' CHWARAE TEG CODE OF CONDUCT

- Respect officials' decisions;
- Condemn the use of violence and abuse in any form;
- Remember that young people play sport for enjoyment;
- Avoid ridiculing or shouting at a player for making a mistake;
- Encourage players to adopt the Chwarae Teg code of conduct;
- Avoid using foul language or harass players, coaches and officials;
- Applaud and show respect for good performance and efforts from each team.

## UMPIRES/REFEREES' CHWARAE TEG CODE OF CONDUCT

- Promote respect for opponents;
- Compliment and encourage players;
- Emphasise the rules and spirit of the game;
- Promote the Chwarae Teg codes of conduct;
- Be consistent, objective and courteous when making decisions;
- Remember that young people participate in sport for enjoyment.



## ADNODDAU CHWARAE TEG

Mae Cyngor Chwaraeon Cymru wedi cynhyrchu'r adnoddau a ganlyn i gynorthwyo ysgolion, clybiau iau a thimau i hybu neges Chwarae Teg:

### LLYFRYN CHWARAE TEG

Mae'r llyfryn RHAD AC AM DDIM hwn sy'n cynnwys codau ymddygiad Chwarae Teg ar gael i dimau ysgolion a chlybiau iau sydd wedi rhoi ymroddiad i Chwarae Teg.

### TYSTYSGRIF CHWARAE TEG

Mae Tystysgrif Chwarae Teg RAD AC AM DDIM sy'n gwobrwyo chwarae teg ac ymddygiad chwaraeon da ar gael i dimau ysgolion a chlybiau iau sydd wedi rhoi ymroddiad i Chwarae Teg.

### TUDALEN CHWARAE TEG AR Y WE

Mae Cyngor Chwaraeon Cymru wedi datblygu tudalen ar gyfer Chwarae Teg ar y we sy'n darparu gwybodaeth a syniadau ychwanegol ynghylch sut i hybu neges Chwarae Teg. Am fanylion pellach ewch am dro i [www.cyngor-chwaraeon-cymru.co.uk/chwaraeteg](http://www.cyngor-chwaraeon-cymru.co.uk/chwaraeteg)

## NWYDDAU CHWARAE TEG

Bydd nwyddau Chwarae Teg ar gael yn y dyfodol. Edrychwch yn y dudalen ar y we am fanylion pellach.

### CHWARAE TEG MEWN ADDYSG GORFFOROL

Y disgwyliadau ar gyfer y cwricwlwm cenedlaethol mewn addysg gorfforol yw:

Mae'n rhaid i ddisgyblion, fel cyfranogwyr unigol ac fel aelodau o dim, ddeall pwysigrwydd chwarae teg, cystadlu gonest ac ymddygiad chwaraeon da.

Am wybodaeth bellach am fenter Chwarae Teg cysylltwch â Chyngor Chwaraeon Cymru ar 029 2030 0500.



*Menter gan Gyngor Chwaraeon Cymru yw Chwarae Teg. Cynhyrwyd y llyfr yn hwn gan ymgynghori â Chymdeithas Prydain o Ymgynghorwyr a Darlithwyr mewn Addysg Gorfforol (Cymru).*



Hybu Ymddygiad Da mewn  
Chwaraeon Iau ac Addysg Gorfforol



## MAE CHWARAE TEG YN HYBU

**PARCH** - at wrthwynebwy, at swyddogion ac at reolau ac ysbryd y gêm;

**PEIDIO Â GWYLLTIO** - waeth beth sy'n digwydd;

**URDDAS** - wrth ennill a cholli;

**MWYNHAD** - i bawb sy'n cymryd rhan.

## AMCANION CHWARAE TEG

- hybu agweddau positif a chodi safonau ymddygiad mewn chwaraeon;
- hybu codau ymddygiad cyson ar gyfer chwaraewyr, hyfforddwy, athrawon, rhieni, gwylwyr a dyfarnwyr/swyddogion.



## CÔD YMDYGIAD CHWARAE TEG I CHWARAEWYR

- Chwarae yn unol â'r rheolau;
- Peidio â gwylltio waeth beth fydd yn digwydd;
- Chwarae'r gêm am dipyn o hwyl;
- Derbyn penderfyniad y swyddogion bob amser;
- Ymateb i ennill a cholli gydag urddas;
- Parchu fy ngwrthwynebwy, yr hyfforddwr/athro, y swyddogion a chyd-aelodau fy nhim;
- Llongyfarch a diolch i'r gwrthwynebwy ar ddiwedd y gêm.

## CÔD YMDYGIAD CHWARAE TEG I ATHRAWON A HYFFORDDWYR

- Sicrhau bod y chwaraewyr i gyd yn mwynhau'r gamp;
- Cefnogi a gwobrwyo ymddygiad da;
- Rhoi cyfleoedd i chwaraewyr o bob gallu;
- Sicrhau y perchir rheolau ac ysbryd y gêm;
- Bod yn deg a heb ragfarn mewn cystadlaethau a sesiynau ymarfer;
- Annog y chwaraewyr i fabwysiadu cod ymddygiad Chwarae Teg;
- Annog y chwaraewyr i gefnogi aelodau'r tim sy'n profi anawsterau;
- Osgoi gwneud sbort o chwaraewr neu weiddi arno am wneud camgymeriad neu golli gêm.



## CÔD YMDYGIAD CHWARAE TEG I RIENI

- Cymeradwyo chwarae da gan bob tim;
- Gwneud sylwadau positif ac anogol;
- Cofio bod pobl ieuainc yn cymryd rhan mewn chwaraeon er pleser;
- Annog fy mhlentyn i barchu rheolau ac ysbryd y gêm;
- Parchu penderfyniadau swyddogion;
- Annog fy mhlentyn i fabwysiadu Cod Ymddygiad Chwarae Teg;
- Osgoi defnyddio iaith aflednais neu darfu ar y chwaraewyr, yr hyfforddwy'r a'r swyddogion;
- Canolbwyntio ar ymdrechion a pherfformiad fy mhlentyn yn hytrach na'r canlyniad;
- Osgoi gwneud sbort o bobl ieuainc neu weiddi arnynt am wneud camgymeriad neu golli gêm;
- Dangos gwerthfawrogiad o waith hyfforddwy, swyddogion a gweinyddwyr gwirfoddol.



## CÔD YMDYGIAD CHWARAE TEG I WYLLWYR

- Parchu penderfyniadau swyddogion;
- Condemnio'r defnydd o drais a chamdrin mewn unrhyw ffurf;
- Cofio bod pobl ieuainc yn cymryd rhan mewn chwaraeon er pleser;
- Osgoi gwneud sbort o chwaraewr neu weiddi arno am wneud camgymeriad neu golli gêm;
- Annog chwaraewyr i fabwysiadu Cod Ymddygiad Chwarae Teg;
- Osgoi defnyddio iaith aflednais neu darfu ar y chwaraewyr, yr hyfforddwy'r a'r swyddogion;
- Cymeradwyo a dangos parch at berfformiad ac ymdrech dda gan bob tim.

## CÔD YMDYGIAD CHWARAE TEG I DDYFARNWYR/SWYDDOGION

- Hybu parch at wrthwynebwy;
- Canmol ac annog chwaraewyr;
- Pwysleisio rheolau ac ysbryd y gêm;
- Hybu Codau Ymddygiad Chwarae Teg;
- Bod yn gyson, yn wrthrychol ac yn gwrtais wrth wneud penderfyniadau;
- Cofio bod pobl ieuainc yn cymryd rhan mewn chwaraeon er pleser.

