

Adroddiad ar Gynllun Peilot
Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	28/06/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	8	Testun Subject	Mountain biking holiday

Disgrifiwch y cynllun peilot
Outline the pilot activity

Use the adventurous activity of mountain biking as a tool for engaging with young people. Arranged a mountain biking residential on 20/21 August 2018 as an opportunity to use the Welsh language whilst having fun, riding some of the best trails in Wales.

Beth yw bwriad y cynllun peilot?
What are the objectives of the pilot activity?

- Challenging 2 days of riding as an opportunity for further skill progression and to use the language outside school.
- Encourage young people to use Welsh whilst having fun during the activity
- Introduce conversational Welsh to learners
- A residential has numerous benefits :Team bonding, individual skills development, confidence building, plus the experience of living together 24 hours a day immersed with the Welsh language.
- Change attitude and raise aspirations

Sut wnaethoch chi osod lan y cynllun peilot?
How did you go about setting up the pilot activity?

- Flyer circulated to pupils to identify who would be interested and whether they'd prefer a 2 or 3 day residential.
- Venue/minibus/Second Welsh speaking MTB leader booked
- Parental consent forms circulated
- Those registered invited on a practice ride in the Brecon Beacons to gauge riding ability/refine skills. All riders needed to be able to ride Red graded trails.

Pa adnoddau oedd angen arnoch chi i gynnal y cynllun? Oedd rhaid dibynnu ar eraill?
What resources were required to set up and run the activity? Did you need to rely on others for this?

Hired minibus and booked Glanllyn. Used my van to transport the bikes.

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

It took 3 months from initial idea through to running the holiday. Parental consent forms needed to be returned in July [before end of term]

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

A residential experience, riding challenging trails, the opportunity to develop life skills like packing their own bag, organising their clothes and cleaning their room. These small things all contribute to the educational experience of being away from home.

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

6 young people came on the residential. Everyone enjoyed themselves and asked to be included in any further residential. They were all Welsh learners. To encourage the use of the language a T-shirt was awarded to the person who spoke the most Welsh during the two days. Welsh language was used during the rides with sweat dripping down faces, tired muscles and laughs as falls, descents and climbing challenges were reviewed. Associating Welsh with such feelings/experiences has a lot of meaning.

Os am ailadrodd y cynllun, beth fuaswch yn newid?

If repeating this pilot activity, what would you do differently?

Based on lessons learnt Sport Powys has adopted the same model and have taken the lead role in arranging a residential for Summer 2019.

Ydy'r cynllun peilot yma yn gynaliadwy? Os na, sut allwch ei wneud yn fwy gynaliadwy y tro nesaf?

Is this pilot activity sustainable? If not, how could you make it more sustainable next time?

Sport Powys staff have taken a keen interest in continuing the mountain biking project and one staff member has enrolled on a level 2 MTB leaders course

Os yn parhau'r cynllun yma, pa gamau fydddech chi'n ystyried nesaf?

If this activity were to continue, what steps would you look to take next?

Support Sport Powys Staff to become qualified MTB leaders