

Adroddiad ar Gynllun Peilot
Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	10/01/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	1	Testun Subject	Mountain biking in PE Lessons

Disgrifiwch y cynllun peilot
Outline the pilot activity

Use the adventurous activity of mountain biking as a tool for engaging with young people in schools and colleges. A mobile mountain bike skills project is taken around schools to teach the basic skills that are necessary to be able to safely and successfully enjoy the sport of mountain biking whilst also having fun with the Welsh language.

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- Use mountain bikes as a tool to engage with schools and the PE departments.
- Run hour long sessions to groups of no more than ten young people to teach the core mountain bike skills
- Encourage young people to use Welsh whilst having fun during the activity
- Introduce conversational Welsh to learners
- Arrange more challenging day long rides during school holidays as an opportunity for further skill progression and to use the language outside school.

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

- Identified mountain biking as an activity which would readily engage with young people and potentially be run within schools without incurring costs to schools/participants.
- Discussed idea with schools, activity providers, colleagues and other practitioners to ensure there is no duplication of provision.
- Bought five second hand bikes from University of Wales Trinity Saint David and gave them a complete service.
- Constructed a range of wooden obstacles that are fun, challenging and allowed for progression within the sessions.
- Contacted the Heads of PE within the secondary schools to see explain my role and the objectives of the project.

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?

Purchase of bikes/helmets and wood for constructing the obstacles. Being a qualified bike technician the bikes were serviced by myself. Bikes and obstacles are transported in my van.

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

It took 3 months from initial idea through to running the first session. The process involved:

- 1. Discussing the initial idea with schools, colleagues and other practitioners*
- 2. Sourcing second hand quality bikes*
- 3. Constructing obstacles*
- 4. Lesson planning*
- 5. Contacting schools to timetable sessions*

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

Establishing the partnerships with the PE departments. Some were very open and appreciated the opportunity of offering the activity but others were reluctant to introduce a new activity into their curriculum! However, working with Sport Powys officers helped in establishing relationships with the schools.

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

It was very well received by the school once they saw a session run first hand. It is also helping schools meet their curriculum needs for adventurous outdoor activities. The sessions were delivered as part of the PE curriculum there were no cost implications such as transportation, bike hire etc. Delivering this program has meant we have been able to establish working relationships with the school staff as well as engaging with large numbers of young people. The following is a video of the sessions in Brecon High School.

<https://www.youtube.com/watch?v=l1gVDQc3QcY>

The following is feedback from the Head of PE at Crickhowell High School:

Dear Huw

I write to convey my thanks for the work you did with our students encouraging them to speak welsh through the medium of mountain biking. The appeal of an adventurous activity was tremendous with a number of students that would not have engaged with the welsh language or in some cases education as a whole, picking up phrases and developing an ear for everyday conversation. You made it cool to speak welsh which was a fantastic achievement in an area such as ours with students coming from a very English background. The welsh language department in particular asked me to pass on their thanks as you facilitated their job and developed a desire to learn new conversational pieces that they could use when they next saw you.

I think it really helped that you were able to attend for a period of time and the fact that you were able to work with so many students over the months meant that a legend developed and the keenness of the students to attend your sessions was evident as they begged to have another go towards the end. I feel that it was your

nature as a considerate and patient man that helped with the success of this project and meant that it appealed to students that have struggled to achieve success in academic studies. For some you will be the highlight of their year and others the highlight of their education here!

We had a student in particular that struggles with academic work but was able to shine in your classes and in the lunchtime clubs you ran. He was able to achieve success which had a huge impact on his self confidence as school for him is not often associated with success and achievement. This meant that he was more settled in his other subjects as he knew that we had seen his true potential and that other students had seen him perform so well. His self esteem was reaffirmed.

The extra curricular work you did with the Welsh Language lunchtime bike club and the after schools bike skills session was invaluable with students clamoring to join. The biking days during the holidays were a godsend and I write now as a mother rather than a head of department. I had a conversation with a mother from another school telling her about your bike days and she pointed out in concern that they would have to speak Welsh. I responded with the fact that we live in Wales and the language is an important subject that our sons would be doing for GCSE from September. Revision session in Welsh on bikes in the Brecon Beacons, if only all subjects could offer the same! Needless to say her son and others attended and came back raving about how well they'd got on.

I hope that the other schools appreciate all you do as it's more that I'm able to convey in simple words. For some your time at Crickhowell has been life changing and will certainly never be forgotten.

I hope that you will be able to come back again one day and we can look at ways of developing the Welsh language further.

Best wishes

*Catie Gilbert
Head of PE and Healthy Schools*

Os am ailadrodd y cynllun, beth fuaswch yn newid?

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

Formalise and document the learning outcomes with the PE curriculum

5

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?

For the project to continue there needs to be a qualified staff member to take the lead role. Potentially school staff members could be trained as leaders and bike technicians. It would however be more economically viable if schools were to budget for and buy in this specialist support.

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?

Explore whether schools were in a position to make a financial contribution towards the costs of the project.

Adroddiad ar Gynllun Peilot

Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	29/06/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	2	Testun Subject	School lunch time mountain biking sessions

Disgrifiwch y cynllun peilot

Outline the pilot activity

Use the adventurous activity of mountain biking as a tool for engaging with young people in schools and colleges during lunch time. Open access sessions experiencing mountain biking during school lunch breaks and to raise the profile of the Welsh language during the sessions.

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- Use mountain bikes as a tool to engage with pupils.
- Open access session for anyone interested.
- Teach core mountain bike skills
- Encourage young people to use Welsh whilst being active
- Introduce conversational Welsh to learners
- Publicise the holiday activity programmes with more challenging day long rides during school holidays.

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

- Identified mountain biking as an activity which would readily engage young people and potentially be run within schools without incurring costs to schools/participants.
- Discussed idea with schools, activity providers, colleagues and other practitioners to ensure there is no duplication of provision.

- Bought five second hand bikes from University of Wales Trinity Saint David and gave them a complete service.
- Constructed a range of wooden obstacles which developed skill, were challenging and allowed for progression within the sessions.
- Contacted the Heads of PE within the secondary schools to explain my role and the objectives of the project.

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?

Purchase of bikes/helmets and wood for constructing the obstacles. Being a qualified bike technician I was able to service the bikes myself. Bikes and obstacles are transported in my van.

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

It took 3 months from initial idea through to running the first session. The process involved:

- 6. Discussing the initial idea with schools, colleagues and other practitioners***
- 7. Sourcing second hand quality bikes***
- 8. Constructing obstacles***
- 9. Lesson planning***
- 10. Contacting schools to timetable sessions***

Following the structured P.E lessons the open access sessions were run during the lunch break.

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

**Managing large numbers of participants- 20 + during some of the sessions.
Difficult to introduce Welsh into the very busy sessions.**

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

Engaged with lots of young people but with large numbers it was difficult to include coaching and conversational Welsh- it was a case of ensuring everyone had sufficient time on the bikes. It engaged with the young people who were proficient riders [the weaker/beginner riders did not participate]

Os am ailadrodd y cynllun, beth fuaswch yn newid?

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

Limit the numbers to 10 participants or target different year groups or offer the opportunity to beginners/new riders only?

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?

For the project to continue there needs to be a qualified staff member to take the lead role. Potentially school staff members could be trained as leaders and bike technicians. It would however be more economically viable if schools were to budget for and buy in this specialist support.

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?

Explore whether schools were in a position to make a financial contribution towards the costs of the project.

Adroddiad ar Gynllun Peilot
Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	23/06/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	3	Testun Subject	Bike mechanics

Disgrifiwch y cynllun peilot

Outline the pilot activity

A bicycle maintenance course was run in Crickhowell school for two terms. [3 months]. The course was run for Duke of Edinburgh participants to gain a new skill for their Award.

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- To provide opportunities for young people to use the Welsh language socially outside school whilst participating in a skilled activity.
- Introduce Welsh terminology for bike parts
- Participants completing the course developed self esteem, practical and social skills.
- Course topics: Tyre and tube replacement;brake adjustments; gear cable replacement/lubrication; front and rear derailleur adjustment;gear indexing and hydraulic- how to bleed and replace fluids

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

- Produced promotional materials to present to the students aiming to complete their Bronze DofE during the academic year.
- Met with group to explain format of course
- Due to nature of the activity the group size was small- maximum 6. First 6 participants to show an interest secured their place.

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?

As a practicing qualified bike technician I had all the tools/equipment needed but only having one set of tools meant that students had to work in pairs and share the tools.

Beth oedd amserlen y peilot?
What were the timescales of the pilot?

The course was offered during the Autumn term and was completed during Spring terms

Beth oedd yr heriau yn y peilot?
What were the challenges of the pilot?

There was a wide range of experience amongst the participants so it was a challenge to ensure that the group was fully engaged with the activity. It was also hard to maintain enthusiasm to set up and run the sessions at the end of a busy working day and to ensure that all participants had acquired the particular skill within the 1 hr session

Sut weithiodd y peilot yn ymarferol?
How did the pilot activity work in practice?

Participants gained a good understanding of how a bike works.

- Learnt how to recognise a range of problems with a bike and be confident in resolving them.
- Carry out a selection of useful adjustments, repairs and servicing tasks.
- Used a selection of general and specialist tools.

A certificate was presented to each participant which was uploaded to their E-DofE portal.

Testimonials from young people:

"Fun course and I learnt lots".

"My bike has a working front brake now!!"

Os am ailadrodd y cynllun, beth fuaswch yn newid?
If repeating this pilot activity, what would you do differently?

Run a beginner and advanced course separately

Perhaps run the workshops during the school holidays

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?

Train Sport Powys staff in trail side fixes/basic bike mechanics

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?

Train Sport Powys staff with simple conversational Welsh.

Train Sport Powys Staff to become competent bike technicians

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	15/01/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	4	Testun Subject	School holiday activity programme

Disgrifiwch y cynllun peilot

Outline the pilot activity

Young people participating in the school mountain bike skill sessions are offered the opportunity for further progression during school holidays. Full days of riding in the Brecon Beacons or purpose built trail centres are arranged.

As mountain biking might not appeal to everyone other activities are also offered – hill walking and gorge walking.

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- To provide opportunities for young people to use the Welsh language socially outside school whilst participating in a fun activity.
- To inspire young people to enjoy the incredible natural resources in the Brecon Beacons. <https://www.youtube.com/watch?v=opnn2czwj3c&feature=youtu.be>
- To develop more opportunities for young people to take part in outdoor activities whilst communicating through the medium of Welsh.

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

- Produced promotional materials/parental consent forms to market the activity. These consent forms were distributed to young people during the school mountain biking sessions and included on the school websites.
- Sourced qualified Welsh speaking leaders to help run the activity
- All participants are contacted via telephone to confirm arrangements for the activity day
- Transportation logistics worked out
- Activity day implemented and evaluated

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?

The activity days undertaken in partnership with Sport Powys meant access to additional staff support, administration work and minibus provision.

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

To allow sufficient time to market the activity days the promotional material needed to be produced at least one month prior to the activity date.

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

Although registration materials were produced in plenty of time young people always left it until the last minute before committing!! Each activity day had its own challenges [weather, transportation logistics, differing abilities within the group etc] but each day was a success with everyone being challenged and having fun using the Welsh language

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

Testimonials from young people:

“All the activities were really enjoyable, gorge walking was so much fun, scrambling over the rocks and down waterfalls, would definitely do it again. Mountain biking was challenging but still amazing. The Mountain walking, although not as energetic was a great way to end all the activities, a hidden gem in the Brecon Beacons which we will definitely be visiting as a family.”
Owen:

“The activities gave Owen a chance to meet up with school friends and make new ones whilst experiencing some activities that he wouldn't have got a chance to do without the 560 Summer Activities – the majority of activities are aimed at 11+ which was good and didn't make the activities too tiresome waiting for younger, less able children. I think it is crucial to engage this 11+ age group in outdoor activities, which can be difficult with younger/older siblings and to give them options instead of just being tucked away with electronic stimulation.” Owen's mum

“On the whole it is great value for money and the three weeks have flown by, thank you for organising them.”

Isabelle had 'soooooo much fun' 'not even joking might be the best day ever' 'it was amazing'

Mrs Hughes “we have just moved to the area and are pleasantly surprised that activities are available in Welsh”

Os am ailadrodd y cynllun, beth fuaswch yn newid?

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

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?

Menter Iaith is now a partner with Sport Powys and for the first time there are now Welsh medium activities being offered during the school Summer holidays. Staff now see the importance of the language being used socially.

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?

Train Sport Powys staff with simple conversational Welsh.

Train Sport Powys Staff to become competent assistant mountain bike leaders.

Adroddiad ar Gynllun Peilot

Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	23/06/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	5	Testun Subject	Walk/Talk for Welsh learners

Disgrifiwch y cynllun peilot

Outline the pilot activity

Provide opportunities to practice Welsh, have fun in Welsh on community led walks in the Brecon Beacons

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- Encourage learners to use Welsh whilst walking
- Practice conversational Welsh

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

Publicised the first Walk on Launched on 'Diwrnod Shwmae' - a national event to promote the idea of starting every conversation with shwmae, su'mae or shwdi! The event aims to show that the Welsh language belongs to us all – fluent speakers, learners or those shy about their Welsh. The Day is celebrated annually on the 15th of October

Poster were publicized on the organisations Facebook site and Radio Cymru

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?

The Brecon Beacons is an attractive combination of beautiful scenery, undulating landscapes, and rich historical landmarks, the potential for exploration is almost endless. An opportunity to practice Welsh in stunning countryside as well as learning a little about the local wildlife/heritage.

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

Events were publicised one month prior to the walks

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

As there was no booking system we were unsure how many would turn up to each event

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

4 walks were arranged to appreciate the environment, to exercise and learn something about the history of the area and some of the folklore while practicing Welsh.

- Friday 13th October 2017. A community walk to Sgwd yr Eira as an event in support of the National celebration of the language- 'Diwrnod Shwmae'. It promotes the idea of starting every conversation with shwmae, su'mae or shwdi! The event aims to show that the Welsh language belongs to us all – fluent speakers, learners or those shy about their Welsh
- Monday 4th December 2017- Community walk from Brecon to Pencelli along the canal path
- 7th April 2018- A historical walk through Talybont on Usk, led by a local historian.
- 30th June 2018- A community to Llywelyn's cave, Aberedw. An opportunity to have fun, share the Welsh Language and learn more about the history of Prince Llewelyn and the significance of the cave in Welsh history.

Os am ailadrodd y cynllun, beth fuaswch yn newid?

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

Set a calendar of walks for the year and publicise widely

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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?

The project doesn't need much resources just an enthusiasm for walking and the Welsh language. It's a project that community groups could take a lead in.

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?
Publicise the events well in advance

Adroddiad ar Gynllun Peilot
Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	24/06/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	6	Testun Subject	Talgarth Sports Festival

Disgrifiwch y cynllun peilot
Outline the pilot activity

Introduced mountain biking and conversational Welsh at Talgarth Sports Festival. An annual festival of sport in which people are invited to participate in a wide range of sporting activities based in and around the area. The Talgarth & District Regeneration Group organises the event in collaboration with other local groups, sports clubs and the Town Council. The event has various sports and games (including tennis, football, golf, netball, fencing, bowls, cricket, table tennis, badminton, boxing, hockey, rugby, athletics etc). It gives everyone the opportunity to compete in or try various sporting activities in a congenial and fun atmosphere.

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

- A community sporting event held in Talgarth to promote health and wellbeing.
- Use mountain bikes as a tool to engage with young people
- Encourage young people to use Welsh whilst having fun during the activity
- Introduce conversational Welsh to learners
- Encourage participation in sport for all.
- Promote the summer activity program organised in partnership with Sport Powys

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

Following successful youth engagement with the biking project in schools the local Sports Development worker invited Menter Iaith Brycheiniog to take their project to the Festival.

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?

Bikes/helmets and wooden obstacles already secured for the school project. Bikes and obstacles are transported in my van.

Beth oedd amserlen y peilot?
What were the timescales of the pilot?
Marketing materials produced 1 month before the event

Beth oedd yr heriau yn y peilot?
What were the challenges of the pilot?

A very busy and popular event with an age range from 6-20 year olds taking part in the biking. Fortunately we had a volunteer student to help on the day.

Sut weithiodd y peilot yn ymarferol?
How did the pilot activity work in practice?

It was very well received.
"It was the first time Mountain Biking was included in our annual Talgarth 2018 Sports and it was most appreciated with 31 people (mainly children and young adults) participating. The feedback was extremely positive with comments of "how enjoyable" "great fun" and "this is really good". Both Huw Thomas and Jac (work experience member) were very professional and supported the Mountain Bike programme admirably, engaging and promoting both the sport and Welsh Language. Encouraging the Welsh Language through the medium of sport is also an extremely proactive way to promote the language development. Talgarth & District Regeneration Group wish to thank both Huw and Jac for the Mountain Bike sessions they provided."
Jacqueline Wilding RGN BN (Hons)TD
Talgarth & District Regeneration Group (Chair)

Os am ailadrodd y cynllun, beth fuaswch yn newid?
If repeating this pilot activity, what would you do differently?

Introduce a competitive element as well as the skill development as well as the skill development

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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?

Perhaps Welsh Cycling could support the event along with the local cycling club

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?

Need a wider range of bikes to cater for the younger children

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	7	Testun Subject	Ras yr Iaith

Disgrifiwch y cynllun peilot
Outline the pilot activity

Ras yr Iaith is not a competitive race for athletes, Ras yr Iaith is a race **for the Welsh language by the Welsh people**. The idea behind the run is that the Welsh language is symbolically passed on with a relay baton. It is passed on from hand to hand as the runners pass on their support for the language. The baton was specially made for the run by Ysgol Gyfun Penweddig (the Welsh-medium high school in Aberystwyth) and sponsored by Mentrau Iaith Cymru.

Its purpose is to celebrate the Welsh language, to raise awareness, show confidence in the language and to show the world that the language has support by all, whether you speak the language or not. Ras yr Iaith 2018 was held on July 4-6, 2018 and the first time it had come to the Breconshire area.

Ras yr Iaith follows in the footsteps of similar runs in the Basque country, Brittany and the Republic of Ireland. The Ras is based on the Korrika relay run for the Basque language which was begun in 1980. The success of the Korrika led to similar runs for the languages in Brittany (Redadeg) and Ireland (an Rith).

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- Promoting Welsh: Bringing Welsh speakers, non-Welsh speakers and learners together.
- Promoting Welsh Organisations: An opportunity to strengthen Welsh language organisations and clubs by raising profile and money at events along the race's journey.
- Connecting Wales with the Welsh language: The race will connect Welsh speaking areas and non-Welsh speaking areas, townsfolk and countryside, prosperous and non-prosperous, reflecting the variety of Welsh speakers.
- Raising Welsh language profile: This will attract attention in the Welsh media locally and nationally, and increasing the use of the language on the Internet. It is a positive way to show that the language has thousands of supporters.
- Raising communities' profile: Bringing awareness towards communal societies and organisations and awareness of the strength of communities along the race.
- Health benefits: The race promotes well-being and fitness through the medium of Welsh and is a way to bring Welsh to other sports and athletic clubs taking part.

- Raising money: Profit raised is invested back into organisations that help promote the Welsh language. The money raised is administered by Rhedadeg Ltd – a non-profit based company created specifically to support the race.

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

This was the third year for Ras yr Iaith. It began in Wales in 2014 and then 2016, 2018 and the the next will happen in 2020.

The Ras yr Iaith 2018 passed through Wrexham, Llanrwst, Menai Bridge, Machynlleth, Aberystwyth, Haverfordwest, Tenby, Saint Clare, Carmarthen, Ammanford, Llanelli Clydach, Pontardawe, **Ystradgynlais**, Merthyr Tydfil, Caerphilly and Porthcawl.

We took on the responsibility of coordinating the Ystradgynlais leg which involved contacting local schools, businesses and organisations to support the event.

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?***

The Ras yr Iaith organisers are very familiar with the organisational work beforehand and during the race. It is the runner's safety that is at the forefront of their minds and preparations.

Stewards and Signs: Ras yr Iaith stewards are prevalent at every stage of the race wearing long sleeved high-vis jackets. There are also safety signs warning the public that the Race is taking place.

Support Vehicles: the Race is led by a vehicle making sure that the road is clear and safe. This is followed about 5 minutes later by the Race's van. The runners will be following this van and behind the runners will be the last vehicle for the Race securing safety behind.

Insurance: the Race has indemnity up to £5m for the runners and stewards. Runners: adults / teachers / carers will run with children. Everyone running needs to be of acceptable physical health.

Roads: organisers of the race are in constant contact with the police and local authorities. Everyone taking part in the race receive the race's stage info beforehand.

Beth oedd amserlen y peilot?

One month before the race:

Local schools, organisations and businesses informed.

Posters distributed in the community.

Local Police and highways authority informed.

Contact local schools to inform them of the event.

Recruit and train volunteer marshals.

Beth oedd yr heriau yn y peilot?***What were the challenges of the pilot?***

Not knowing exactly how many people will take part in the race until the actual day.

Sut weithiodd y peilot yn ymarferol?***How did the pilot activity work in practice?***

It was an amazing leg with over 200 runners in the race. The race started at Ysgol Maesydderwen with the batten being passed onto the local primary schools who joined the race at the half way point. It was great to see so many local residents out on the street cheering on the runners and vocalising their support. Volunteer marshals from the 6th form at Ysgol Ystalyfera were at strategic points on the route explaining to onlookers what the race was all about. Refreshments and entertainment for the primary school children was arranged at the community hall.

Os am ailadrodd y cynllun, beth fuaswch yn newid?***If repeating this pilot activity, what would you do differently?***

More local publicity and local sponsorship. Funding raised is entered into a grant pot that will be available for organisations in those areas to apply for grants will be given to strengthen the use of the Welsh language in the community.

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?***

The race wouldn't take place without the support from county councils, town councils and police forces across Wales. The organisers are very thankful for their support and willingness to help. But the greatest thanks goes to the runners and contributors for being generous with their money and their time to support the Welsh language in their communities.

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?***

The Race will again be held in 2020, concentrating in raising awareness and pride in the Welsh language, promoting well being and strengthening our communities. Importance is also placed on the Ras yr iaith 2018 message, the importance to volunteer towards Welsh.

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
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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

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	9	Testun Subject	Sealyham activity week

Disgrifiwch y cynllun peilot

Outline the pilot activity

A 5 day residential organised by Sport Powys for secondary school pupils during Easter 2019 at Sealyham activity centre in Pembrokeshire. A well established outdoor activity centre for over 30 years based in the heart of beautiful Pembrokeshire. They delivered a wide range of activities from coasteering, climbing, kayaking and surfing as well as onsite activities like high ropes course, archery and bushcraft. This is the first time that Menter Iaith has been a partner with Sport Powys to introduce some conversational Welsh during the week.

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

A holiday to remember, a taste of independence, a rush of adrenaline, a breath of fresh air, a sense of achievement and making memories that last a lifetime. That's what Sealyham residential week is all about. It was an educational adventure to remember.

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

It was all organised by Sport Powys staff to benefit Powys pupils. This residential week has been in an annual event and has been running for many years but this was the first time for Menter Iaith to be a partner.

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?

All organised by Sport Powys staff

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

Venue is booked 8 months in advance and publicity materials and recruitment begins 6 months before the holiday.

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

The weather was very cold which made all the activities even more challenging.

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

60 young people came on the residential. This week provided a wide range of diverse and exciting activities from developing practical bushcraft skills, abseiling, climbing, archery, coastering, muddy assault course, and team games. All exciting and fun activities for pupils to enjoy, but all chosen with specific goals in mind – whether it's confidence building, teambuilding to encourage pupils to work together, or to encourage independence and a sense of personal responsibility.

A fantastic time was had by all with lots of valuable lessons learnt. - see video produced by Sport Powys:

<https://www.youtube.com/watch?v=rOjut9UHN7w>

<https://www.facebook.com/346531818802443/videos/2194775177279929/>

Pre Sealyham:

13 Speak no Welsh

28 Children a few words only

11 'it depends'

Interaction with Menter Iaith:

Conversational Welsh took place during activities and free time.

Post Sealyham: 8 young people reported to be more confident in their ability to speak Welsh

Os am ailadrodd y cynllun, beth fuaswch yn newid?

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

Perhaps visit Urdd Glanllyn activity centre to offer activities in a completely Welsh environment.

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?

The Sealyham activity week has been organised annually for many years and is funded by pupils taking part. All the pupils had an incredible time and recommend the trip to other pupils.

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?

We hope that Menter Iaith will provide an officer to support this week every year.

Adroddiad ar Gynllun Peilot

Pilot Activity Report

RDP042	Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector
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Dyddiad Date	23/06/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	10	Testun Subject	Welsh Place Names booklet/training

Disgrifiwch y cynllun peilot
Outline the pilot activity

Menter Brycheiniog a Maesyfed launched the Breconshire and Radnorshire Place Names booklet on Friday, June 1st, at the Urdd Eisteddfod in Builth Wells- A useful and interesting booklet that takes a closer look at the history behind place names in the area. From town, villages and farm names to mountains, lakes and streams. As a way of supporting and engaging with Outdoor Activity providers this information booklet was made available to local businesses as well as the offer of training in conversational Welsh.

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

Create more opportunities to take part in outdoor activities through the medium of Welsh. To encourage Outdoor providers to recognise the Welsh language in the delivery of their sessions and to use booklet as a tool to add value to their participants' experiences in Wales. Bethan Price, Menter Brycheiniog a Maesyfed Co-ordinator says *"For many residents of this area, the Welsh language is only visible in place names – and we're very fortunate in the area to have a lot of interesting names! Place names can fuel interest in the Welsh language, and understanding is an important step in ensuring that traditional names are not changed into English. This booklet has also been an opportunity to identify some local stories and tales that will be of interest to local people and visitors."*

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

Following the launch of the booklet at the National Eisteddfod it was made available to outdoor providers in the South Powys area along with the offer of training in simple conversational Welsh.

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?

The booklet had been printed with the support of the Local Authority.

Beth oedd amserlen y peilot?
What were the timescales of the pilot?

6 months

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

On the whole there is a positive attitude towards the Welsh language but the language within the outdoor activity sector is scarce. Although the booklet was very well received there were no requests for further training.

Sut weithiodd y peilot yn ymarferol?**How did the pilot activity work in practice?**

A very useful resource is now held with all providers

Os am ailadrodd y cynllun, beth fuaswch yn newid?**If repeating this pilot activity, what would you do differently?**

Distribute the booklet /offer of training during the Autumn /Winter months when providers are not so busy

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?**

It is hoped that even if providers are not fluent Welsh speakers they would become more proactive when considering the Welsh language. It's a great resource and is a great opportunity to celebrate the unique Welsh names that exist here in Wales. An opportunity to celebrate the Welsh heritage of the area and will hopefully stimulate interest among their staff and clients.

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?**

Continue communicating with providers and publicise success stories/best practice

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	11	Testun Subject	Work placement

Disgrifiwch y cynllun peilot**Outline the pilot activity**

Engage a year 11 student on work placement during the school summer holidays

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

A common problem for school leavers is that employers want to see work experience as well as relevant qualifications. The objective of the activity is to provide an opportunity for a placement to gain practical experience, develop workplace skills, increase self confidence , increase their understanding of the work involved and develop a greater understanding of work life issues.

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

I was approached by a PE teacher asking whether I would take on a placement student during the school summer holidays.

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?

Identified 5 days during the holidays that would provide a suitable learning experience for the student placement.

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

Initial discussion 1 month before summer holidays

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

As some of the activities were new to the placement, and the placement was only for 5 days, it was a challenge to ensure the placement took on a different/additional role from the other young people on the activities.

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

The student supported me in delivering mountain bike skills sessions at Talgarth Sport Festival, mountain biking in the Beacons and Brechfa as well as a couple of Gorge walking days. It worked well and the placement learnt valuable skills as well as developing self confidence.

Os am ailadrodd y cynllun, beth fuaswch yn newid?

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

Introduce the opportunity to a wider audience through the school career advisors and implement an application process. It is important that we take account of students' interests and career goals, and at the same time help make them employable and ready for the workplace.

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?

There were no additional costs apart from management time in supporting a placement.

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?

Extend the work placement to ensure there's some initial shadowing and training to give some real tasks to carry out on their own (with monitoring and supervision).

Adroddiad ar Gynllun Peilot

Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	10/01/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	12	Testun Subject	Mountain biking at the Urdd Eisteddfod 2018

Disgrifiwch y cynllun peilot

Outline the pilot activity

Using mountain biking as a way to engage with young people and deliver some taster sessions at the 2018 Brecon and Radnorshire Urdd National Eisteddfod on the Royal Welsh Showground, Builth Wells, 28 May – 2 June 2018. The 1,800 seater Pavilion is the home of the competitions and is very much the hub of the Eisteddfod. Surrounding the Pavilion, on the 'Maes', there are hundreds of colourful stalls offering a range of activities for all the family. In the sports area we delivered the mountain bike skills sessions led by volunteers from Ysgol Uwchradd Llanfair Ym Muallt.

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- Opportunity for volunteers to deliver the activity
- Highlight the project to a wider audience
- Different youth groups socializing and competing with each other

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

As the Eisteddfod was in Powys it was an opportunity to raise our profile and provide an opportunity for young people who have previously engaged with the project in the local secondary school to volunteer.

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?

Volunteers from the local school were recruited. Free entry was provided to all volunteers. They were also rewarded with an ice cream on finishing their session at the arena. Bikes provided by Menter Iaith.

Beth oedd amserlen y peilot?
What were the timescales of the pilot?

Initial meeting with the Urdd took place 6 months before the Eisteddfod.
The biking sessions were programmed into the last two days [when secondary school pupils would be competing at the Eisteddfod]

Beth oedd yr heriau yn y peilot?
What were the challenges of the pilot?

Getting all the resources to the arena and setting up and dismantling equipment between timetabled sessions. The volunteers were invaluable.

Sut weithiodd y peilot yn ymarferol?
How did the pilot activity work in practice?

It was very well received by everyone. Over 20 young people took part in each hour long session. The 5 volunteers ran the mountain bike skills sessions at the Eisteddfod and worked 4 x 2 hours

Os am ailadrodd y cynllun, beth fuaswch yn newid?
If repeating this pilot activity, what would you do differently?

Rather than run 1 hour sessions [which involved a lot of equipment handling], have a permanent course set up with participants able to have a go throughout the day. This would also provide an opportunity to engage with more volunteers.

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?

As all resources are in place and volunteers found the experience rewarding there are very little costs.

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?

Important to be working in the local schools to recruit volunteers