



Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Competition Brief

Competition Title

Inclusive Skills: Childcare

Competition Overview

A child care assistant is typically involved with the physical care of children. With infants, this involves feeding, changing, holding and comforting them. For toddlers, this may include toilet training and assisting with personal hygiene, like washing hands.

The competition will comprises of 3 activities over 1 hour 50 minutes , based on child development.

Live competition heats will be held at various venues across Wales.

Entry Criteria

The competition is for those training for a career in Childcare and studying towards a Level 1 qualification.

Please ensure your entrants have the skills and competencies to complete the task. For the Inclusive Skills guidance please click here.

<https://inspiringskills.gov.wales/competitions/frequently-asked-questions>

A statement of support outlining any individual needs of the participant within the competition must be submitted by 15th December 2023 along with their entry form .

Entry capacity restrictions by organisation

Maximum of up to 2 per location plus maximum of 2 reserves can be registered incase of absence..

This is the maximum number of entries permitted by an organisation for this competition.

This is determined by 'location' and 'organisation'. 'Organisation' refers to the competitors' training provider/employer. 'Location' refers to a site where the competitor studies / is employed. For further guidance on these capacities, click here



Brief

Competitors will have 10 minutes introduction to the environment to ask questions then a further 1 hour and 50 minutes to complete all three activities

Activity 1: Change a baby's nappy

Individual task: up to 30 minutes

A newborn baby needs to have their nappy changed between 10 and 12 times a day. You have been asked to demonstrate how to change a dirty nappy (using a doll) following [NHS guidelines](#).

You will be expected to:

- Choose all equipment needed
- Put on PPE
- Change the nappy
- Place the baby in a secure area
- Dispose of the nappy appropriately.
- Clean down the changing area.
- Wash hands following [NHS guidelines](#) .

You will be judged on health and safety and interaction with the baby and the use of incidental Welsh during the activity

Activity 2: Nutrition and Hydration activity. Choose and prepare an appropriate snack and drink for a two year old.

Individual task: up to 20 minutes

You have been asked to prepare a snack (food and drink) for a two year old child.. The parents have advised you that the child has a lactose intolerance. Good hygiene is very important.

You will need to:

- Collect equipment needed
- Wash hands.
- Take care to follow Welsh [Government guidelines](#) on nutrition and hydration for children
- Prepare items for the child
- Clean area

You will be judged on Health & safety and the appropriate items choices.

Activity 3: Plan and make a sensory musical instrument from recycled materials for an 18-month-old child.

Individual task: up to 60 minutes

You have been asked to make a musical instrument to use with a young child. Think about their senses of touch, sight and sound. You will be provided with a range of recycled/junk materials to create your instrument. You will need to answer questions (written or with Q&A) about the choices you make, it's safety and if it's appropriate for age and stage of development.

You will need to:

- Choose appropriate resources
- Create a musical instrument
- Clear up your work space
- Explain why you made your choices

You will be judged on health and safety and links to development

Infrastructure List

Childcare equipment will be brought to each heat.

Competition Rules

For full terms and conditions of entry and competition rules visit

<https://inspiringskills.gov.wales/terms/registrations-terms-and-conditions>

Marking and Assessment

Marking and judging of this competition will be done by a team of experts from Industry, Further Education or Training Provider, using a marking criteria and allocated marks to ensure consistency.

Activity 1: Changing a baby's nappy	40%
Activity 2: Choose and prepare an appropriate snack and drink for a Two year old	20%
Activity 3: Plan and make a sensory musical instrument from recycled materials for an 18-month-old child.	40%
Total	100%

Feedback and Recognition

Individual and group verbal feedback will be provided at the end of the competition.

No results or awards will be awarded on the day as marking will be quality assured.

All competitors will be issued with a Participation Certificate and invited to an online Celebration Event which will be held Thursday 14th March 2024, where the First, Second

and Third Awards will be announced. Further details will be communicated to competitors and their points of contacts by email.

Marksheets will be made available to competitors after the quality assurance process has been completed.

Competition Lead

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Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Briff y Gystadleuaeth

Teitl y Gystadleuaeth

Sgiliau Cynhwysol: Gofal Plant

Trosolwg o'r Gystadleuaeth

Mae cynorthwydd gofal plant fel arfer yn ymwneud â gofal corfforol plant. Gyda babanod, mae hyn yn golygu eu bwydo, eu newid, eu dal a'u cysuro. Ar gyfer plant bach, gall hyn gynnwys eu dysgu i fynd i'r tŷ bach a chynorthwyo gyda hylendid personol, fel golchi dwylo.

Bydd y gystadleuaeth yn cynnwys 3 gweithgaredd dros 1 awr 50 munud, yn seiliedig ar ddatblygiad plant.

Cynhelir rowndiau rhagbrofol byw mewn sawl lleoliad ledled Cymru.

Meini Prawf Cystadlu

Mae'r gystadleuaeth ar gyfer y rhai sy'n hyfforddi ar gyfer gyrfa mewn Gofal Plant ac yn astudio tuag at gymhwyster Lefel 1.

A fydech cystal â sicrhau bod eich cystadleuwyr yn gymwys o ran sgiliau a gallu i gwblhau'r dasg. Cliciwch yma

<https://inspiringskills.gov.wales/competitions/frequently-asked-questions?lang=cy>

am ganllawiau ar gyfer Sgiliau Cynhwysol Rhaid cyflwyno datganiad o gymorth yn amlinellu unrhyw anghenion unigol gan y cyfranogwr o fewn y gystadleuaeth erbyn 15 Rhagfyr 2023 ynghyd â'r ffurflen gais.

Cyfyngiadau capasati mynediad fesul sefydliad

Uchafswm o hyd at 2 o bob lleoliad a gellir cofrestru uchafswm o 2 wrth gefn rhag ofn absenoldeb.

Dyma uchafswm y nifer o gystadleuwyr a ganiateir o un sefydliad ar gyfer y gystadleuaeth hon.

Caiff hyn ei benderfynu ar sail 'lleoliad' a 'sefydliad'. Mae'r 'sefydliad' yn cyfeirio at ddarparwr/cyflogwr hyfforddi'r cystadleuwyr. Mae'r 'lleoliad' yn cyfeirio at safle ble mae'r cystadleuydd yn astudio / cael ei gyflogi. I gael rhagor o



arweiniad ar y capasiti hyn, cliciwch yma

<https://inspiringskills.gov.wales/competitions/frequently-asked-questions?lang=cy>

Briff

Bydd y cystadleuwyr yn cael cyflwyniad 10 munud gyda chyfle i ofyn cwestiynau ac yna bydd 1 awr a 50 munud arall ar gyfer cwblhau'r tri gweithgaredd

Gweithgaredd 1: Newid cewyn babi

Tasg unigol: hyd at 30 munud

Mae angen newid cewyn babi newydd-anedig rhwng 10 a 12 gwaith y dydd.

Gofynnir i chi ddangos sut i newid cewyn budr (gan ddefnyddio dol) yn dilyn [canllawiau'r GIG](#).

Bydd disgwyl i chi:

- Ddewis yr holl offer sydd ei angen
- Gwisgo cyfarpar diogelu personol (PPE)
- Newid y cewyn
- Rhoi'r babi mewn man diogel
- Cael gwared â'r cewyn mewn ffordd addas.
- Glanhau'r man newid.
- Golchi eich dwylo gan ddilyn [Canllawiau'r GIG](#).

Byddwch yn cael eich beirniadu ar iechyd a diogelwch a rhyngweithio gyda'r babi a defnydd o Gymraeg achlysurol yn ystod y gweithgaredd

Gweithgaredd 2: Gweithgaredd Maeth a Hydradu (*Hydration*).

Dewiswch ac ewch ati i baratoi byrbryd a diod priodol ar gyfer plentyn dwy flwydd oed. Tasg unigol: hyd at 20 munud

Rydych wedi cael eich gofyn i baratoi byrbryd (bwyd a diod) ar gyfer plentyn dwy flwydd oed. Mae'r rhieni wedi eich cyngori bod gan y plentyn anoddefiad lactos (*lactose intolerance*). Mae hylendid da yn bwysig iawn.

Mae angen i chi:

Gasglu'r offer sydd ei angen

Golchi dwylo.

Cymryd gofal i ddilyn canllawiau Llywodraeth Cymru ar faeth a hydradu i blant

Paratoi eitemau ar gyfer y plentyn

Glanhau'r ardal

Byddwch yn cael eich beirniadau ar lechyd a Diogelwch a'ch dewis o eitemau priodol.

Gweithgaredd 3: Cynllunio a gwneud offeryn cerdd synhwyraidd o ddeunyddiau wedi'u hailgylchu ar gyfer plentyn 18 mis oed.

Tasg unigol: hyd at 60 munud

Gofynnir i chi wneud offeryn cerdd i'w ddefnyddio gyda phlentyn ifanc. Meddyliwch am eu synhwyrau cyffwrdd, golwg a sain. Rhoddir amrywiaeth o ddeunyddiau wedi'u hailgylchu/hen bethau i chi i greu eich offeryn. Bydd angen i chi ateb cwestiynau (ysgrifenedig neu ar ffurf cwestiwn ac ateb) am y dewisiadau a wnewch - ei ddiogelwch, a yw'n briodol ar gyfer yr oedran a chyfnod datblygu.

Bydd angen i chi:

- Ddewis adnoddau priodol
- Creu offeryn cerdd
- clirio eich man gwaith
- esbonio pam y gwnaethoch eich dewisiadau

Cewch eich beirniadu yn seiliedig ar iechyd a diogelwch a chyswllt â datblygiad

Rhestr Seilwaith

Bydd offer gofal plant yn cael ei ddarparu ym mhob rhagbrawf.

Rheolau'r Gystadleuaeth

Am yr holl delerau ac amodau ynghylch ymgeisio a rheolau cystadlu ewch i

<https://inspiringskills.gov.wales/terms/registrations-terms-and-conditions?lang=cy>

Gweithgaredd 1: Newid cewyn babi	40%
Gweithgaredd 2: Gweithgaredd 2: Dewiswch a pharatowch fyrbryd a diod priodol ar gyfer plentyn dwy oed	20%
Gweithgaredd 3: Cynllunio a gwneud offeryn cerdd synhwyraidd o ddeunyddiau wedi'u hailgylchu ar gyfer plentyn 18 mis oed.	40%
Cyfanswm	100%

Adborth a Chydnabyddiaeth

Darperir adborth llafar yn unigol ac mewn grŵp ar ddiwedd y gystadleuaeth.

Ni fydd unrhyw ganlyniadau na gwobrau yn cael eu rhoi ar y diwrnod gan y bydd y marcio'n cynnwys elfen sicrwydd ansawdd.

Bydd pob cystadleuydd yn derbyn Tystysgrif Cyfranogiad ac yn cael eu gwahodd i Ddигwyddiad Dathlu ar-lein a gynhelir Dydd Iau 14eg Mawrth 2024, lle cyhoeddir pwy ddaeth yn Gyntaf, yn Ail ac yn Drydydd. Bydd manylion pellach yn cael eu rhoi i gystadleuwyr a'u pwyntiau cyswllt dros e-bost.

Bydd taflenni marcio ar gael i gystadleuwyr ar ôl cwblhau'r broses sicrwydd ansawdd.

Arweinydd y Gystadleuaeth

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