



Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Inclusive Skills: Life Skills

Competition Overview



This competition has been written for people who are working towards supported living or living independently.



You will compete in an accessible room. You will complete tasks within a set time limit.



If you would need help to finish the tasks in everyday life, you will be allowed to have support to complete the competition



You can also use special equipment like a pouring kettle or easy grip cutlery

Entry Criteria



The competition is for learners with Additional Learning Needs and/ or Disabilities.



To compete you will be working at Entry Level 1 and working towards Entry Level 2 (Pathway 1 to 2).



When you register, your Tutors will need to write a 'statement of support'. This tells us about the support you would need on the day and any special equipment you may need.



You must be over 16

Entry capacity restrictions by organisation

2

Each Organisation can enter 2 people and 2 reserves

Brief

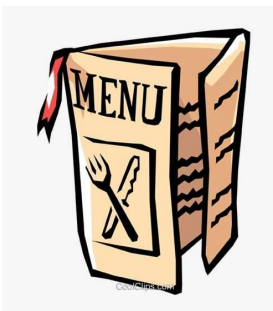


The competition will test you in these areas:

- Health and safety
- Hygiene
- Knife skills
- Use of equipment
- Money skills
- Decision making



You will be given a maximum of 40 minutes to complete the tasks.



You will prepare yourself a healthy drink and snack from a menu



You need to make sure you are safe at all times

2

You will be asked to spot 2 hazards in the kitchen area.



You will need to operate a **kitchen appliance**.



You will need to bring your own PPE and let us know of any specialist equipment you need

Competition specific rules can be found at:

[Inclusive Skills: Life Skills - Skills Competition Wales \(gov.wales\)](https://gov.wales/skills-competition)

Competition Lead

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Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Sgiliau Cynhwysol: Sgiliau Byw

Trosolwg o'r Gystadleuaeth



Ysgrifennwyd y gystadleuaeth hon ar gyfer pobl sy'n gweithio tuag at fyw â chymorth neu fyw'n annibynnol.



Byddwch yn cystadlu mewn ystafell hygrych. Byddwch yn cwblhau tasgau o fewn terfyn amser penodol.



Pe byddech chi angen help i orffen y tasgau mewn bywyd bob dydd, caniateir cymorth i chi ar gyfer cwblhau'r gystadleuaeth



Hefyd gallwch chi ddefnyddio cyfarpar arbennig fel tegell arllwys neu gytleri hawdd eu gafael

Meini Prawf Mynediad



Mae'r gystadleuaeth ar gyfer dysgwyr ag Anghenion Dysgu Ychwanegol a/ neu Anableddau.



I gystadlu byddwch yn gweithio ar Lefel Mynediad 1 ac yn gweithio tuag at Lefel Mynediad 2 (Llwybr 1 i 2).



Pan fyddwch yn cofrestru, bydd angen i'ch Tiwtoriaid ysgrifennu 'datganiad cefnogaeth'.

Mae hwn yn dweud wrthym am y gefnogaeth y byddai angen arnoch ar y dydd ac unrhyw gyfarpar arbennig y gall fod ei angen arnoch.



Rhaid i chi fod dros 16

Cyfyngiadau capasiti mynediad pob sefydliad

2

Gall pob Sefydliad gofrestru 2 gystadleuydd a 2 wrth gefn

Briff

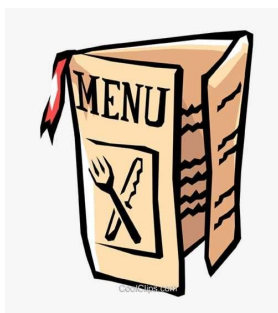


Bydd y gystadleuaeth yn eich profi yn y meysydd hyn:

- Iechyd a diogelwch
- Hylendid
- Sgiliau cyllyll
- Defnyddio cyfarpar
- Sgiliau arian
- Gwneud penderfyniadau



Rhoddir mwyafswm amser o 40 munud i chi i gwblhau'r tasgau.



Byddwch yn paratoi diod a snac iach i chi'ch hun o fwydlen



Mae angen i chi wneud yn siŵr eich bod yn saff bob amser

2

Gofynnir i chi chwilio am 2 berygl yn ardal y gegin.



Bydd angen i chi ddefnyddio **teclyn cegin**.



Bydd angen i chi ddod â'ch PPE eich hun a rhoi gwybod i ni am unrhyw gyfarpar arbenigol sydd ei angen arnoch

Gellir dod o hyd i reolau penodol y gystadleuaeth yn:

[Sgiliau Cynhwysol: Sgiliau Byw - Cystadleuaeth Sgiliau Cymru \(gov.wales\)](https://gov.wales)

Arweinydd y Gystadleuaeth

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