

ACTIVITY

1

HOLD THE LINE

Pause, wait and make your own choice.

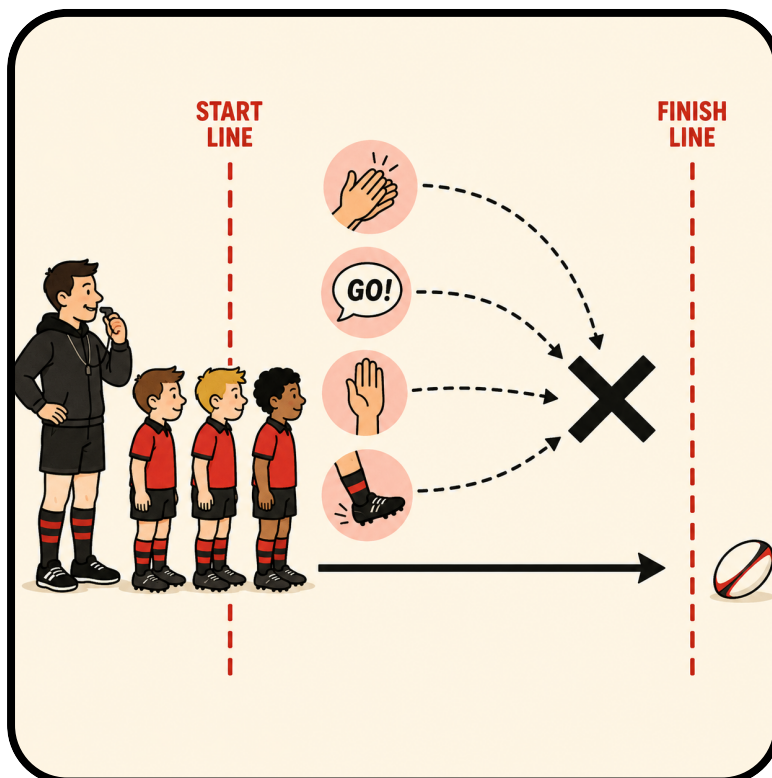
5-10 mins

WHAT YOU NEED

- Cones
- Whistle
- Optional balls

SET UP

- Mark a start and finish line 10 to 20 metres apart.
- Split players into teams and line them up at the start.
- Optional: place balls at the finish for players to collect



PLAY

1. Bring the first few players from each team to the start line.
2. One whistle means GO. Anything else means HOLD.
3. Try to catch players out with false signals such as clapping, saying "go", lifting your arm or stepping forward.
4. Anyone who moves early resets. Players who wait for the whistle run to the finish and score one point.



EASIER

Use one type of false signal.



HARDER

Use two whistle signals. One means sprint. Two means touch a cone behind you and reset.

2 MINUTE HUDDLE

- What made it hard to wait?
- Did seeing someone else move make you want to follow?

COACH LINK

Pressure can make people react before they have thought. Pausing before following the crowd can help young people make their own choice around smoking, vaping or nicotine.

TASG
1

DAL Y LLINELL

Oedwch, arhoswch a gwnewch eich dewis eich hun.

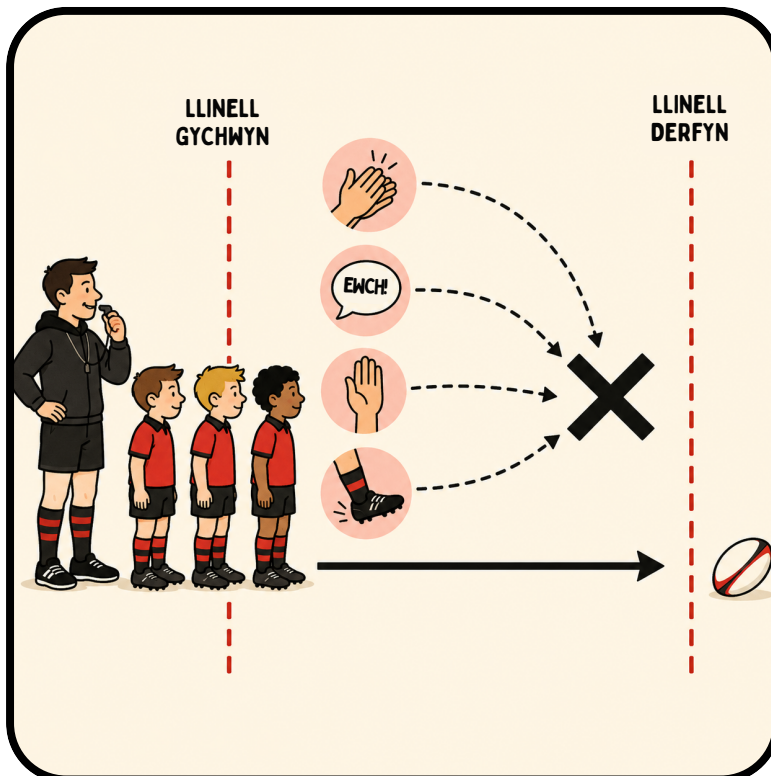
5 i 10 mun

BYDD ANGEN

- Conau
- Chwiban
- Peli dewisol

PARATOI

- Marciwch llinell gychwyn a llinell derfyn 10 i 20 metr ar wahân.
- Rhannwch y chwaraewyr yn dimau a'u gosod mewn rhes wrth y dechrau.
- Dewisol: rhowch beli wrth y diwedd i'r chwaraewyr eu gosod.



CHWARAE

1. Dewch â'r chwaraewyr cyntaf o bob tîm i'r llinell gychwyn.
2. Mae un chwythiad o'r chwiban yn golygu EWCH. Mae unrhyw beth arall yn golygu ARHOSWCH.
3. Ceisiwch eu twyllo gyda signalau ffug fel clapio, dweud "ewch", codi eich braich neu gamu ymlaen.
4. Mae unrhyw un sy'n symud yn rhy gynnar yn mynd yn ôl. Mae'r rhai sy'n aros am y chwiban yn rhedeg i'r diwedd ac yn sgorio un pwynt.

★ HAWS

Defnyddiwch un math o signal ffug.

★ ANODDACH

Defnyddiwch ddau signal chwiban: un chwythiad i wibio; dau chwythiad i gyffwrdd â chôn y tu ôl ac yna mynd yn ôl.

SGWRS 2 FUNUD

- Beth wnaeth ei gwneud hi'n anodd aros?
- A wnaeth gweld rhywun arall yn symud wneud i chi fod eisiau dilyn?

NEGES I'R HYFFORDDWR

Gall pwysau wneud i bobl ymateb cyn meddwl. Gall oedi cyn dilyn y dorf helpu pobl ifanc i wneud eu dewis eu hunain am ysmegu, fepio neu nicotin.