Amseroedd Sesiynau

Rhaid i ysgolion ddarparu cwricwlwm eang a chytbwys sy'n bodloni gofynion Cwricwlwm i Gymru o dan Ddeddf Cwricwlwm ac Asesu (Cymru) 2021. Dylid trefnu amser addysgu i alluogi disgyblion i wneud cynnydd ac i gyflawni'r gofynion hyn. O 1 Medi 2026, mae'r rheoliadau ar gyfer ysgolion a gynhelir yn darparu ar gyfer o leiaf 390 o sesiynau ysgol y flwyddyn, gan gynnwys 12 sesiwn ar gyfer hyfforddiant neu baratoi a chynllunio. Mae hyn yn cyfateb i 189 o ddiwrnodau addysgu i ddisgyblion a chwe diwrnod hyfforddiant mewn swydd (HMS). Mae'r ffigurau canlynol wedi cael eu defnyddio fel meincnodau dangosol ar gyfer amser addysgu wythnosol; nid ydynt yn isafsymiau statudol:

• 21 awr ar gyfer disgyblion ym Mlynyddoedd 1 a 2

• 23.5 awr ar gyfer disgyblion ym Mlynyddoedd 3 i 6

Nid yw'r meincnodau hyn yn cynnwys amser cofrestru, egwyliau, amser cinio nac addoli ar y cyd. Gall ysgolion ddarparu diwrnod ysgol hirach, ond rhaid i unrhyw newid i amseroedd sesiynau gydymffurfio â'r trefniadau perthnasol.

	Meithrin a Derbyn	Blwyddyn 1 a 2	Blynyddoedd 3 i 6
Cofrestr	8:50 – 9:00	8:50 – 9:00	8:50 – 9:00
Egwyl Bore	10:00 – 10:15	10:10 – 10:25	10:30 – 10:45
Cinio	11:30 – 12:30	12:00 – 13:00	12:20 – 13:15
Diwedd y Dydd	15:00	15:05	15:15

Session Times

Schools must provide a broad and balanced curriculum that meets the requirements of the Curriculum for Wales under the Curriculum and Assessment (Wales) Act 2021. Teaching time should be organised to enable pupils to progress and to fulfil these requirements. From 1 September 2026, the regulations for maintained schools provide for at least 390 school sessions each year, including 12 sessions for training or preparation and planning. This equates to 189 teaching days for pupils and six in-service training (INSET) days. The following figures have been used as indicative benchmarks for weekly teaching time; they are not statutory minimums:

• 21 hours for pupils in Years 1 and 2

• 23.5 hours for pupils in Years 3 to 6

These benchmarks exclude registration, breaks, lunchtime and collective worship. Schools may provide a longer school day, but any change to session times must comply with the applicable arrangements.

	Nursery and Reception	Years 1 and 2	Years 3 to 6
Register	8:50 – 9:00	8:50 – 9:00	8:50 – 9:00
Morning Break	10:00 – 10:15	10:10 – 10:25	10:30 – 10:45
Lunch	11:30 – 12:30	12:00 – 13:00	12:20 – 13:15
End of day	15:00	15:05	15:15