



Sports Leaders Online Session

Session 5: Effective Communication

Things to remember...

- It is ok to have a drink and take notes if you want
- Keep you video turned on and remain on mute unless your speaking
- Turn any distractions off or put them away
- Listen & engage with the session so you get the most out of it
- **Enjoy!**



What you will get out of this session?

This sessions aims to:

- ▶ Explore & learn basic Welsh that can be used in gymnastics sessions
- ▶ Explore & learn basic Makaton & British sign language that can be used during gymnastics sessions

you
make
THIS
WORLD
AN
amazing
PLACE

Ice Breaker

Charades

Tell the group one thing you did this week by only using actions

The group need to work out what you got up to

Greetings

English

Welcome

Hello

Please

Please come in

Thank you

Goodbye

Welsh

Croeso

Shmae

Os gwelwch yn dda

Dewch i mewn os gwelwch yn dda

Diolch

Hwyl fawr

Commands / Important Words

English

Wait

Toilet

Wash your hands

(to) Drink / (a) drink

One, Two, Three

Welsh

Aros

Ty Bach / Toiled

Golchwch eich dwylo

Yfed / diod

Un, Dau, Tri

Gymnastics terms

English

Gymnastics

Jump

Jump on / Jump off

Climb

Run

Walk

Welsh

Gymnasteg

Naid

Naidio ymlaen / Naidio i fwrdd

Dringo

Rhedeg

Cerdded

Gymnastics terms

English

Roll

Swing

Warm up

Stretch

Well done

Try again

Welsh

Rolio

Swing

Cynhesu

Ymestyn

Da iawn

Ceisio eto

Communicating with different people at the gymnastics sessions

Person

How to communicate..

Younger gymnasts

Simple instructions
Words they understand
Smile

Older gymnasts

Clear instructions
Use terms they understand
Do NOT be over friendly

Parents

Politely
Professionally
Avoid being technical

Task for the Week

Make a commitment to...

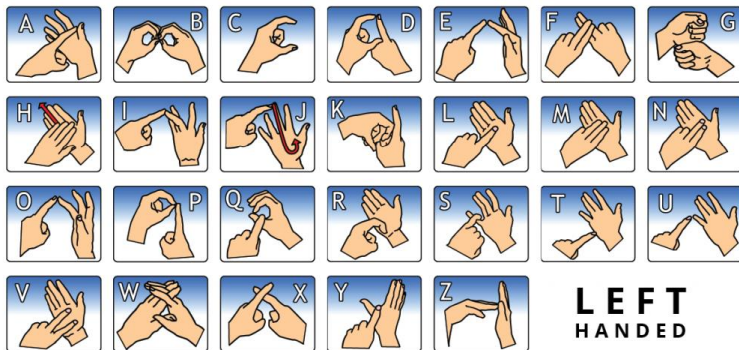
Learn how to say

MY NAME IS ...

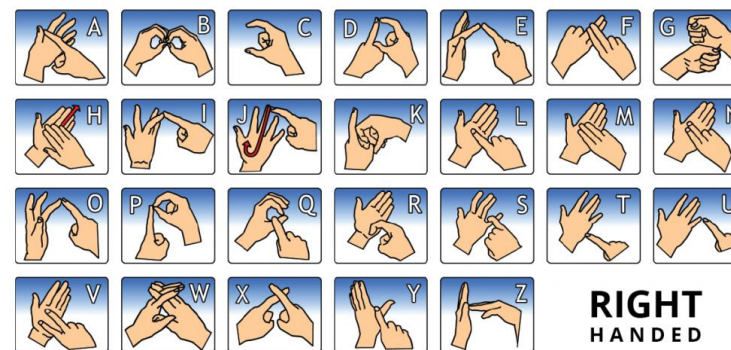
Using British Sign Language (use alphabet sheet to spell out your name)

Share on social media @WelshGymnastics or via email. We cant wait to hear how you get on.

BRITISH SIGN LANGUAGE - FINGERSPELLING



BRITISH SIGN LANGUAGE - FINGERSPELLING



REMEMBER...



Thank you for attending!!!