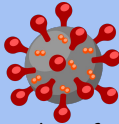




Antur Rhif / Number Adventure



Fel yr ydych yn gwybod erbyn hyn, mae'r Llywodraeth yn gofyn i ni gadw 2 fetr i ffwrdd oddi wrth unrhyw berson sydd ddim yn byw yn yr un cartref a ni, er mwyn cadw pawb yn ddiogel rhag y coronafeirws. Gwnewch y gweithgareddau isod er mwyn dysgu faint ydy 2 fetr i ymbellhau'n gymdeithasol.

As you know by now, the government ask us to to keep 2 meters apart from anyone who doesn't live the same house to keep everyone safe from the Coronavirus. Complete the activities below to learn how much 2 meters is and how to social distance.

1. Gwyllo'r fideo 'Two Metres Away', gallwch ddygu'r gân hefyd.
Watch the video 'Two Metres Away' and learn the song if you wish
2. Ewch o amgylch eich cartref yn mesur pethau er mwyn darganfod beth sy'n 2 fetr o hyd.
Go around your home and measure items to find things that are 2 meters in length.
3. Gosodwch dâp mesur neu ffyn mesur 2 fetr o hyd ar y llawr. Mesurwch sawl un o'ch camau
Set a 2 metre tape measurer or rulers on the floor. Measure how many steps make up 2 meters.
4. Mae angen cofio bod eisiau cadw 2 fetr oddi wrth bobl o bob cyfeiriad (o'ch blaen, tu ôl, i'r chwith ac i'r dde). Defnyddiwch dâp mesur a sialc er mwyn creu cylch 2m o'ch cwmpas.
You need to remember to keep 2 meters away from people in every direction (in front of you, behind you, to the left and the right.)



Gyda diwrnod mabolgampau wedi ei ganslo flwyddyn yma oherwydd mae'r ysgol wedi bod ar gau beth am i ni gael wythnos mabolgampau o'ch cartrefi. I gymryd rhan dim ond tynnu llun neu ffilmio eich hun yn cyflawni'r gweithgareddau isod. Os ydych efo brawd neu chwaer beth am gael nhw i gystadlu efo chi?
With sports day canceled this year because of the school being closed let's have a sports day themed week from home. To take part simply take a photo or film yourself participating in the activities below. If you have a brother or sister why not get them to compete with you?

1. Ras Tair Coes / Three-legged Race

Clymchwch eich coes i goes rhywun arall yn eich ty a cerdded ar hyd yr ystafell fyw / gegin / yr ardd 5 gwaith.
Tie your leg with someone else in your house and walk the length of the lounge/kitchen or garden 5 times.

2. Naid Hir / Long Jump

O'ch hunfan, neidiwch mor bell ag y gallwch. Gwnewch hyn yr ardd neu yn y ty.
From standing, jump as far as you can. You can do this in the garden or in the house.

3. Wy ar lwy / Egg on a Spoon

Cerddwch o'r ddrws ffyrnt ac i oleiaf 3 ystafell yn eich ty gan gario wy ar lwy heb ollwng
Starting from the front door, walk into at least 3 rooms in your house without dropping it

4. 'Keep-Ups' Papur Toiled / Toilet Roll Keep-ups.

Yn defnyddio rôl papur toiled, sawl keep ups allwch chi wneud mewn munud?
Using a toilet roll, how many keep-ups can you do in a minute?



5. Taflu pêl i sosban / Throw a ball into a saucepan

Gosodwch sosban tua 1 metr i ffwrdd i ddechrau, yna symudwch 0 50cm ym mhellach, faint o bell allwch chi fynd?
Place a saucepan 1 metre away to start, then move it about 50cm further each time. How far can you go?



Antur Meddwl / Thinking Adventure



Gydag ysgolion yn ail-agor mewn wythnos, beth am i chi lunio poster neu greu cyflwyniad yn cynnwys y rheolau allweddol er mwyn sicrhau bod ni gyd yn gallu aros yn saff.

With schools set to reopen next week, can you create a poster or a presentation that include the key rules to help ensure that we are all safe.