

CYMRAEG / ADDYSG GORFFOROL · YEAR 3–6

# Cymraeg — Chwaraeon ac Addysg Gorfforol

Sport &amp; PE — Years 3–6

## Chwaraeon — Sports

1

**pêl-droed**

football

*Example: PAYL droed*

2

**rygbi**

rugby

*Example: RUG-bee*

3

**criced**

cricket

*Example: KRIK-ed*

4

**nofio**

swimming

*Example: NOV-yo*

5

**rhedeg**

running

*Example: HRED-eg*

6

**beicio**

cycling

*Example: BAY-kyo*

7

**gymnastics**

gymnastics

*Example: jim-NAS-tiks*

8

**dawnsio**

dancing

*Example: DOUN-syo*

9

**tenis**

tennis

*Example: TEN-is*

10

**athletau**

athletics

*Example: ath-LET-eye*

11

**badminton**

badminton

*Example: BAD-min-ton*

12

**hoci**

hockey

*Example: HOK-ee***ion AG — PE Phrases**

For use during PE lessons in

- Newidiwch — Change (activity/direction)
- Stopiwch — Stop
- Dechrau — Start / Begin
- Da iawn! — Well done!
- Rhowch gynnig arni — Have a go / Try it
- Mewn paruau — In pairs



- Mewn grwpiau — In groups
- Gwrandewch — Listen
- Chwaraewch yn deg — Play fairly
- Oes unrhyw gwestiynau? — Any questions?

