

Thema Tymor 1 / Term 1 theme:

Thema / Theme:

Cyfrifoldeb /
Responsibility

Cyd-destun / Concept:
Edrych ar ôl y corff /
Looking after the body

Dosbarth / Class:

Blynyddoedd 3 a 4
Years 3 and 4



Byddwn yn dysgu am:

- Rhannau'r corff a'u swyddogaeth;
- Pwysigrwydd diet cytbwys;
- Effaith ymarfer corff;
- Effaith amser sgrîn ar ein cyrff.

We will be learning about:

- Parts of the body and their function;
- The importance of a balanced diet;
- The effect of physical activity;
- The effect of screen time on our body.

Profiadau:

- Creu prydau iachus;
- Creu rhaglen ymarfer a threfnu sesiynau ffitrwydd;
- Trefnu gweithdai gwyddonol a chynnal arbroffion.
- Cynnal gweithdai coginio gyda'r teulu.

Experiences:

- Creating healthy meals;
- Creating and organising exercise activities.
- Organise scientific workshops and experiments;
- Family cooking workshops.

Cefnogi yn y cartref:

- Gwrando ar eich plentyn yn darllen 3 gwaith yr wythnos;
- Annog eich plentyn i drïo bwydydd newydd;
- Annog eich plentyn i wneud ugain munud o ymarfer corff y dydd.

Supporting at home:

- Listen to your child read 3 times a week;
- Encourage your child to try new foods;
- Encourage your child to participate in physical activity for twenty minutes a day.