



# Her Ionawr Ysgol Gymraeg Cwmbrân

## Ysgol Gymraeg Cwmbrân's January Challenge

Ionawr / January 2019

**Targeted: I gymryd rhan mewn 20 munud o ymarfer corff bob dydd am 30 diwrnod.**

Target: To take part in 20 minutes of exercise every day for 30 days.

Diwrnod Day	Wythnos 1 Week 1	Wythnos 2 Week 2	Wythnos 3 Week 3	Wythnos 4 Week 4	Wythnos 5 Week 5
Dydd Llun Monday	-				
Dydd Mawrth Tuesday					
Dydd Mercher Wednesday					
Dydd Iau Thursday					-
Dydd Gwener Friday					-
Dydd Sadwrn Saturday					-
Dydd Sul Sunday					-

**Pa aelodau o'r teulu sy'n cymryd rhan yn yr her?**

Which family members are taking part in the challenge?

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**Cofnodi: Os ydych chi'n llwyddo i wneud 20 munud o ymarfer corff, rhwch 'tic' yn y bocs a nodwch yr hyn yr ydych wedi'i wneud e.e. cerdded, rhedeg, sesiwn hiit ayyb.**

Recording: If you succeed in participating in 20 minutes of exercise, put a 'tick' in the box and write what you've managed to complete e.g. walk, run, hiit session etc.





## Syniadau am rai pethau gallwch eu gwneud:

Here are some ideas of what you can do:

Gan Ieuan / By Ieuan

Chwarae ar yr iard	Chwarae pêl-droed ar yr iard gyda ffrindiau	Pêl-rwyd, pêl-droed, pêl-fasged neu rygbi	Cerdded i'r ysgol	Loncian / rhedeg	Mynd i nofio
Milltir ddyddiol	Clwb dawnsio	Sgipio	Gymnasteg	Wheelie Wednesday	Ymuno gyda chlwb
Mynd am dro gyda ffrind	Mynd am dro gyda'r teulu	Mynd i Stadiwm Cwmbrân	Cerdded lan mynydd	Sesiwn Hiit y 'Body Coach'	Mynd am reid ar y beic
Playing on the yard	Play football on the yard with friends	Netball, football, basket ball or rugby	Walk to school	Jog / run	Go swimming
Daily mile	Dance club	Skipping	Gymnastics	Wheelie Wednesday	Join a club
Go for a walk with a friend	Go for a walk with the family	Go to Cwmbrân Stadium	Walk up a mountain	Hiit session with the body coach	Go for a bike ride

Llefydd i fynd yn yr ardal leol / Places to visit in the local area:

(Syniadau gan Carys, Lilly-Mae a Max / Ideas by Carys, Lilly-Mae and Max)

Stadiwm Cwmbrân / Cwmbran Stadium

Parc Pont-y-pŵl / Pontypool Park

Park 'Woodland' / Woodland Park

Ydych chi eisiau her ychwanegol?

Mae 'Parkrun' 5k yn digwydd bob dydd Sadwrn am 09:00 yn Northfields Recreation Ground, Cwmbrân, NP44 2JJ (Cwmbrân) a Pharc Pont-y-pŵl. (Pont-y-pŵl)

Parkrun i blant rhwng 4 a 14:

Cynhelir 'Parkrun' 2k i blant am 09:00 bob dydd Sul ym Mharc Pont-y-pŵl.

Do you want an extra challenge?

A 5k Parkrun is held every Saturday at 9am in Northfields Recreation Ground, Cwmbran, NP44 2JJ (Cwmbran Parkrun) and Pontypool Park (Pontypool Parkrun)

Junior Parkrun for children between 4 and 14:

A 2K Junior Parkrun is held at 9am every Sunday morning in Pontypool Park.

[www.parkrun.org.uk/cwmbran/](http://www.parkrun.org.uk/cwmbran/)

[www.parkrun.org.uk/pontypool/](http://www.parkrun.org.uk/pontypool/)

[www.parkrun.org.uk/pontypool-juniors/](http://www.parkrun.org.uk/pontypool-juniors/)