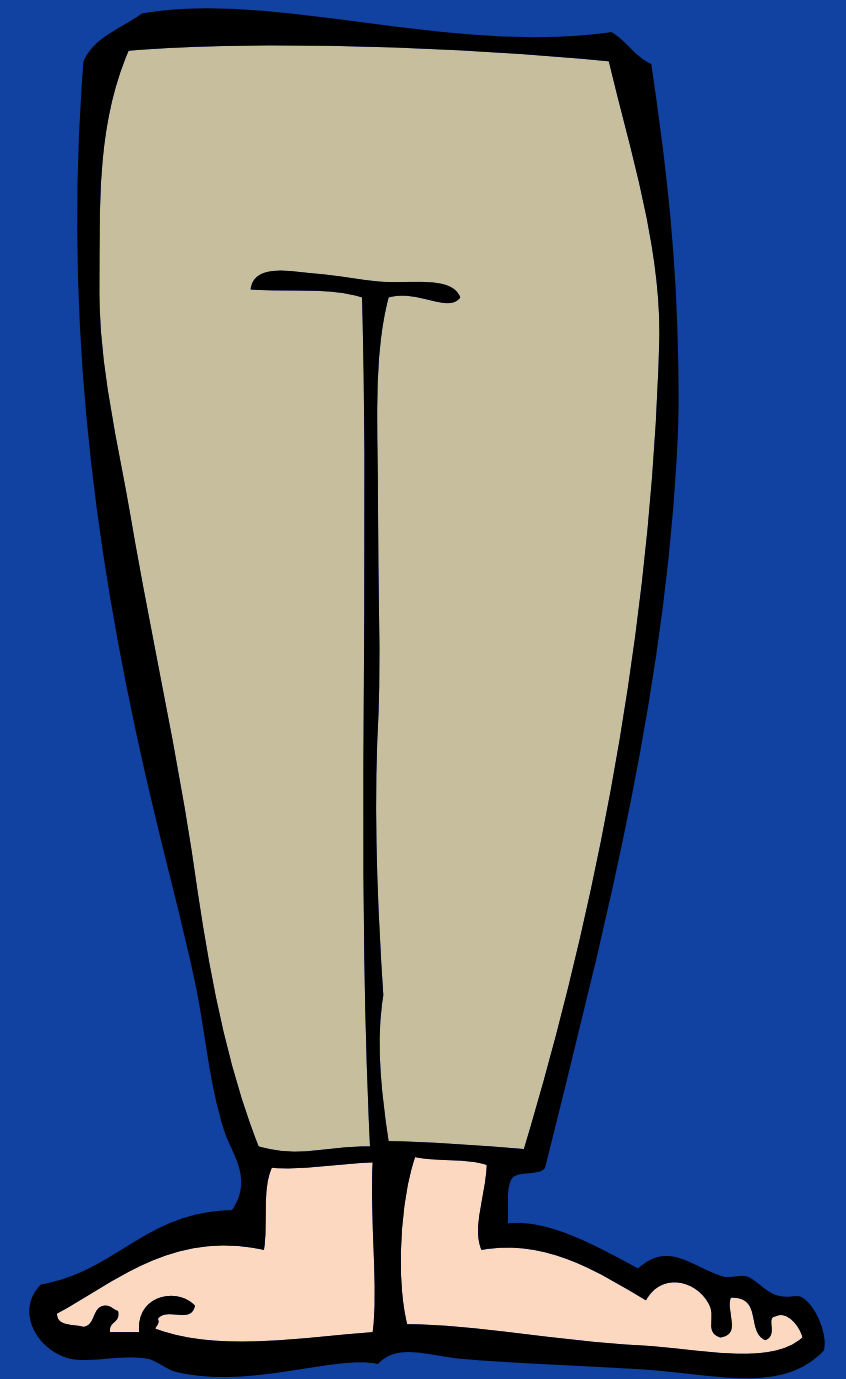


Cystadleuaeth | Competition 1

Ras Tair Coes | *Three Legged Race*

- Clymwch eich coes i goes rhywun arall yn eich ty, a cerdded ar hyd yr ystafell fyw / gegin / ardd 5 gwaith!
- *Tie your leg to someone else's leg, and walk the length of the lounge / kitchen / garden 5 times.*



Cystadleuaeth | Competition 2

Naid Hir | Long Jump

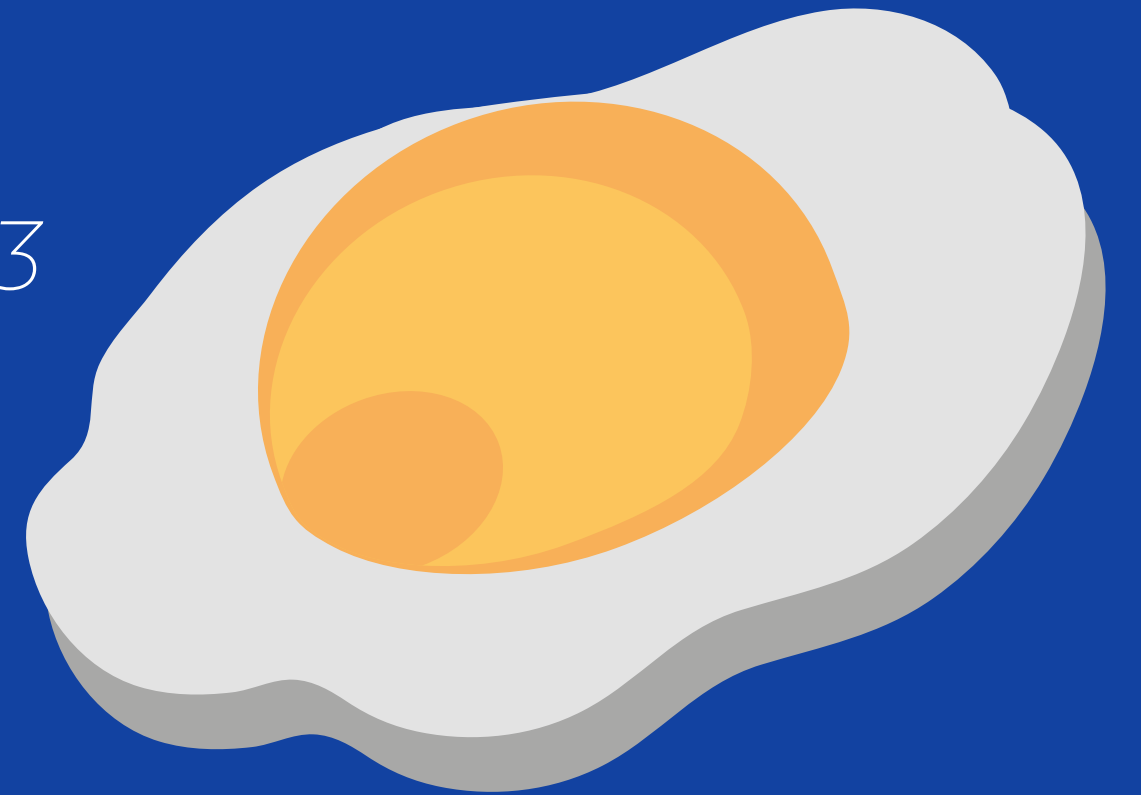
- O'ch hunfan, neidiwch mor bell ag y gallwch. Gwnewch hyn yn yr ardd neu yn y ty!
- *From standing, jump as far as you can. You can do this in the house or in the garden!*



Cystadleuaeth | Competition 3

Wy ar lwy | Egg & Spoon Race

- Cerddwch o'r drws ffrynt, ac i oleiaf 3 ystafell yn eich ty gan gario wy ar lwy. Mae'n rhaid mynd yn ôl i'r cychwyn os ydi'r wy yn disgyn!
- *Starting from the front door, walk into at least 3 rooms in the house carrying an egg on the spoon! If it falls, you have to start again!*

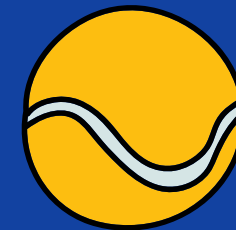


Mi gewch ferwi'r wy os oes rhaid! | *You may boil the egg first if you want to!*

Cystadleuaeth | Competition 4

Taflu pêl i sosban | *Throw a ball into a saucepan*

- Gosodwch sosban tua 1 metr i ffwrdd i ddechrau. Symudwch o 50cm yn bellach pob amser. Pa mor bell allwchi fynd?
- *Place a saucepan 1 metre away to start. Move it about 50cm further each time. How far can you take it?*



Cystadleuaeth | *Competition 5*

'Keep-ups' papur toiled | Toilet roll keep-ups

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



Cystadleuaeth | Competition 6

Jyglo | Juggle

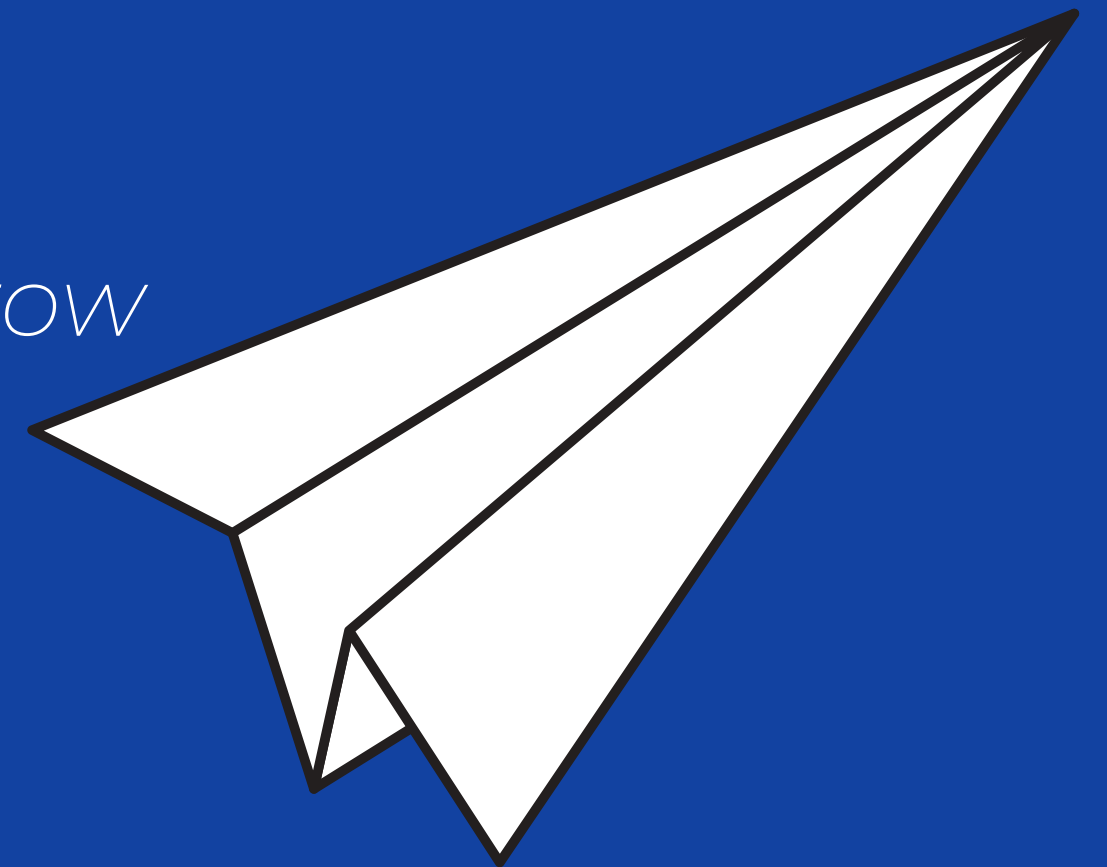
- Jyglwch bel, afal, oren, wy, unrhywbeth!
- *Juggle with a ball, apple, orange, egg, anything!*



Cystadleuaeth | *Competition 7*

Taflu awyren bapur | *Throw a paper aeroplane*

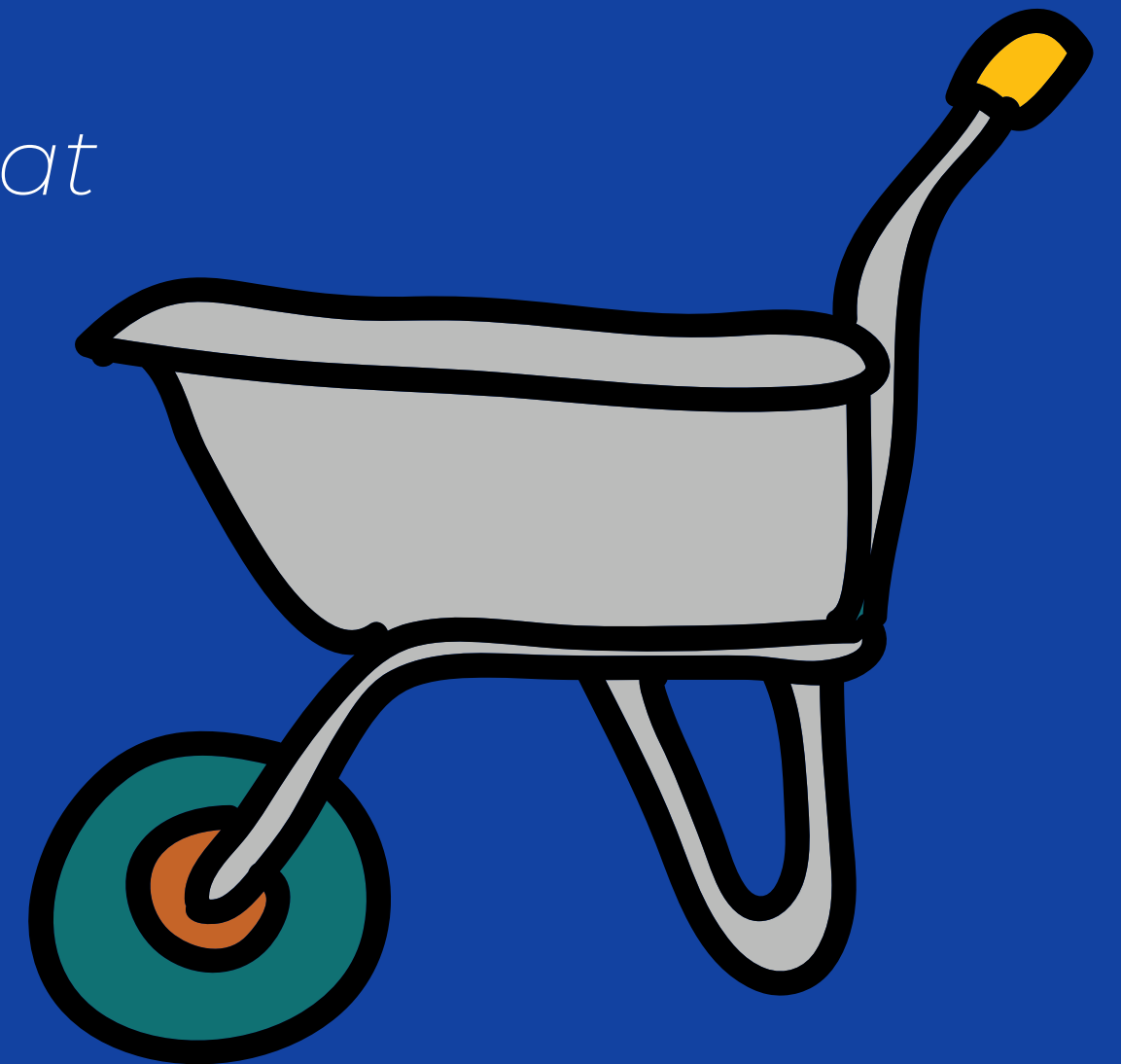
- Gwnewch awyren bapur, addurnwch hi gyda logo ne lliwia'ch ty. Pa mor bell allwch chi ei thaflu hi?
- *Make a paper plane, decorate it with your house colours and logo. How far can you throw it?*



Cystadleuaeth | Competition 8

Ras Ferfa | Wheelbarrow race

- Gyda rhywun arall yn eich ty, cychwynwch ger y drws ffrynt, a cerwch i 3 ystafell arall fel berfa!
- *With someone else from your house, starting at the front door, go into at least 3 rooms as a wheelbarrow!*



Cystadleuaeth | Competition 9

Naid Seren | *Star Jump*

- Sawl naid seren allwchi wneud mewn munud?
- *How many star jumps can you make in a minute?*



Cystadleuaeth | Competition 10

Ras mewn sach | Sack race

- Cychwynwch o'r drws ffrynt, a cerwch i mewn i 3 ystafell. Gallwch ddefnyddio cas gobennydd, sach neu fag.
- *Starting from the front door, how long does it take you to into three different rooms? You can use a pillow case, sack or bag.*



Cystadleuaeth | *Competition 11*

Cerdded gyda dŵr | *Walk with water*

- Gan roi oleiaf 100ml o ddŵr mewn powlen neu gwpan BLASTIG, cerddwch o'r drws ffrynt, i mewn i 3 ystafell, gan ei gadw ar eich pen!
- *Place at least 100ml of water in a PLASTIC container. Walk from the front door, and into 3 different rooms, by balancing it on your head!*

