


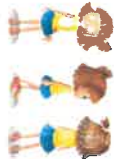





Dewch i Symud / Let's Get Moving

1	6
2	7
3	8
4	9
5	10

Dewch i Symud / Let's Get Moving

<p>Naid Seren</p> <p>Star Jumps</p> 	<p>Rhedeg yn yr un lle.</p> <p>Run on the spot</p> 
<p>Hopian yn yr un lle</p> <p>Hop on the spot</p> 	<p>Troelli</p> <p>Turn</p> 
<p>Siap bach ac yna ymestyn</p> <p>Crouch down, stretch up</p> 	<p>Taflu a dal pel/ bag ffa</p> <p>Throw and catch a bean bag/ ball.</p> 
<p>Cyffwrdd pen ysgwyddau coesau traed.</p> <p>Touch head shoulders knees and toes.</p> 	<p>Cerdded gyda pengliniau'n uchel.</p> <p>High knee walks</p> 