

## Bwydlen Chwefror 1af-Chwefror 12fed

### Gwaith ymchwil

*Ewch ati i ymchwilio ' Pam ydy esgyrn anifeiliad gwahanol yn wahanol?' Dewiswch chi sut i gyflwyno eich darganfyddiadau.*

*Research ' Why are different animals' skeletons different?'. You can present your findings however you choose.*

<http://www.oum.ox.ac.uk/educate/resource/aniskel.pdf>

### Dydd Mawrth Ynyd/Diwrnod y Crempog

Ar Ddydd Mawrth, Chwefror 16eg 2021, rydym yn dathlu Diwrnod Crempogau. Beth am goginio crempogau? Gallech greu fideo neu dynnu lluniau. (Cofiwch lanlwytho i Hwb! ) Ysgrifennwch ryseit am grempogau blasus (yn Gymraeg). Cofiwch ddefnyddio berfau gorchmynnol e.e Pwyswch...., Rhowch....Cymysgwch ac yn y blaen.

On Tuesday, February 16th 2021, we celebrate Shrove Tuesday or Pancake Day. Why not cook some pancakes? You can share you pictures, videos etc to Hwb.

Write down your recipe for pancakes (in Welsh) using bossy verbs ending with '-wch'.

### Faint o esgyrn sydd yn ein cyrff?

Mae llawer fawr o esgyrn yn ein cyrff. Ydych chi'n gallu creu swmiau i ddangos faint o esgyrn sydd gan wahanol rhannau o'n cyrff? ee faint o esgyrn sydd gan dwy law? Faint o esgyrn sydd gan dwy droed?

Faint sydd gan dwy law a dwy droed, faint sydd yn rhan uchaf y sgerbwd? Dangoswch y swmiau a sut ydych chi wedi gweithio'r symiau allan. Darganfyddwch beth yw pwrpas esgyrn a sut allwch chi eu cryfhau.

<https://kidshealth.org/en/kids/ssmovie.html?WT.a.c=k-ra>

Can you work out how many bones are in different parts of the body? e.g. how many bones are in two hands? Two feet? How many bones are in two hands and two feet? How many bones are in the upper part of the skeleton? Show your workings out.

What are the purpose of bones and how can we strengthen them?

### Celf/Y Corff yn Symud

*Gwyliwch*

<https://www.youtube.com/watch?v=GwjOPNrSvIY>

*Allwch chi dynnu llun o rywun yn symud ee dawnsio, rhedeg neu neidio? Lanlwythwch eich gwaith i Hwb.*

*Follow the link above for ideas on how to draw moving figures. Have a go at drawing someone moving. They could be dancing, jumping or running.*

### Cwrs Antur

Beth am greu 'Cwrs Antur ' ar gyfer aelod o'ch teulu? Gall fod yn y lolfa, y gegin neu y tu allan.

Gallwch chi ddefnyddio cortyn, rhwystrau, mwgwd neu gyfarwyddiadau arbennig. Cofiwch ofyn am ganiatad!

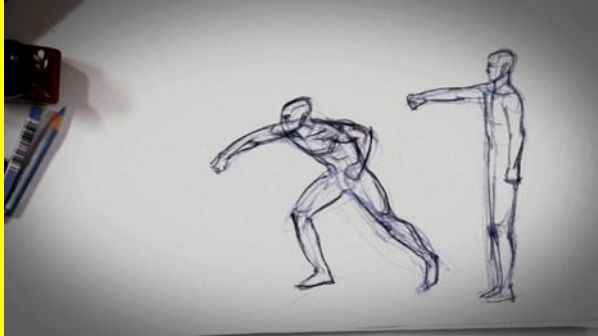
How about creating an obstacle course for a member of your family? You could make a string maze, create obstacles, use a blindfold or

### Ansoddeiriau y Synhwyrâu

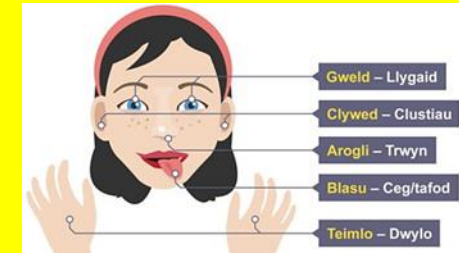
Casglwch o leiaf 6 gwrthrych o gwmpas y tŷ. Gan ddefnyddio eich synhwyrâu, defnyddiwch gwahanol ansoddeiriau i ddisgrifio sut maen nhw'n teimlo, arogl, blasu, swnio ac edrych.

Collect at least 6 objects from around the house. Using your senses use different adjectives to describe how they feel, smell, taste, sound and look.

Upload your drawings to Hwb.



give special instructions. Ask permission first!



### The Big Garden Bird Watch

The RSPB are asking for help in collecting data on the birds in our gardens. Can you help by joining in the Big Garden Bird Watch. Follow the link to see how you can get involved.

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>



### Myfyrdod

Yn ystod amseroedd prysur, mae'n bwysig i gymryd amser i ymlacio ac ymdawelu'r meddwl. Dilynwch y linciau er mwyn ymarfer myfyrdod. Gallech chi wneud yn ddyddiol neu'n wythnosol, mae e lan i chi.

During these busy times, it's important to take some time to relax and clear our minds. Follow the links and practice meditation. You can do this daily or weekly, the choice is yours.

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)

[https://www.youtube.com/watch?v=VZ\\_wdeog5Ek](https://www.youtube.com/watch?v=VZ_wdeog5Ek)

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

### Synhwyrâu

Ewch allan am dro i'r ardd neu'r ardal leol. Caewch eich llygaid. Cofnodwch yr hyn rydych chi'n aroglï, clywed, teimlo, blasu a gweld (ar ôl agor eich llygaid wrth gwrs!)

Go out for a walk to your garden or local area. Close your eyes. Record what you hear, smell, feel, taste or see (once you have reopened your eyes, of course!).