



Gwreiddiau / Roots



Blwyddyn : 3

Cwestiwn / Question: Pam mae rygbi yn bwysig yng Nghastell-nedd ac yng Nghymru?

Naratif / Narrative:

Pam ddylai'r plant ddysgu am bwysigrwydd rygbi i'r Cymry?

Mae rygbi agwedd holl bwysig i ddiwylliant ac hanes Cymru, sy'n cynnig cyfle euraidd i'r plant ymgysylltu a'u diwylliant a'u hanes. Mae'n gyfle i ddatblygu'r gallu i gyfathrebu a rhyngweithio wrth gyd-weithio er mwyn datrys problemau, ac o ganlyniad yn cyfrannu at ymestyn hyder a theimlad o hunan ddelwedd ein dysgwyr. I lwyddo, mae'n rhaid meithrin disgyblaeth a chanolbwyntiad wrth weithio tuag at targedau. Yn ogystal, mae rygbi'n hybu egwyddor holl bwysig megis parch at wrthwynebwyr ac hefyd reolau'r gêm.

Why should children learn about rugby in Wales?

Rugby is a central part of Welsh culture and history, and playing it help children connect with their Welsh heritage. Rugby is a social sport that teaches children how to interact with others, work together, and make friends. Rugby can help children build confidence and self-esteem by teaching them to take risks and overcome obstacles. Rugby requires discipline, focus and teaches children the importance of setting goals and working hard to achieve them. Rugby teaches children to respect their opponents, the referees, and the rules of the game. Rugby teaches children how to cooperate with others and sacrifice their own moment for the team.



Caredigrwydd. Cymreictod. Cymuned.

