

Ioga I

Dilyn y clipiau fideo sydd ar wefan yr ysgol er mwyn cael tro ar ddysgu ystum ioga newydd pob dydd yr wythnos yma.

Follow the video clips on the school website and have a go at learning a new yoga pose every day this week.

- ♦ Fedri di wneud yr ystum?

Can you do the pose?

- ♦ Fedri di ddal yr ystum am 3, 5 neu 10 anadl ddwfn?

Can you hold the pose for 3, 5 or 10 deep breaths?

- ♦ Beth am ddysgu mwy nag un pob dydd?

Why not learn more than one each day?

Ioga 2

- ♦ Fedri di ddilyn y clip fideo ar wefan yr ysgol sydd yn dangos dilyniant 4 ystum?

Can you follow the video clip on the school website that has a 4 pose flow?

Ioga 3

- ♦ Fedri di fynd ati i greu ystum ioga newydd sbon?

Can you create a brand new yoga pose?

- ♦ Cofia rhoi enw i dy ystum.

Remember to give your pose a name.

- ♦ Dyma rhai syniadau i ti....

Here are some ideas for you...

Anifail, Deinosor, Trychfil, Archarwr, Yr Amgylchedd, Unrhyw Wrthrych

Animal, Dinosaur, Insect, Superheroes, The Enviroment, Any Object

Ioga 4

- ♦ Cer ati i ymarfer ioga gyda'r teulu heddiw.

Practice yoga with the family today.

- ♦ Fedri di gofio enwau'r ystumiau?

Can you remember the name of the poses?

Ioga 5

- ♦ Fedri di wneud poster lliwgar yn dangos dy hoff ystum ioga?
Can you make a colourful poster showing your favourite yoga pose?
- ♦ Cofia cynnwys llun yr ystym mewn ffurf darlun neu ffotograff.
Remember to include a drawing or a photograph of the pose.
- ♦ Cofia cynnwys enw'r ystum.
Remember to include the name of the pose

Ioga 6

Meithrin a Derbyn

- ♦ Fedri di greu fideo yn dangos dilyniant 3 ystum ioga?

Can you make a video showing a 3 pose yoga flow?

Blwyddyn 1 a 2

- ♦ Fedri di greu fideo yn dangos dilyniant 4 ystum ioga?

Can you make a video showing a 4 pose yoga flow

Blwyddyn 3

- ♦ Fedri di greu fideo yn dangos dilyniant 5 ystum ioga?

Can you make a video showing a 5 pose yoga flow?