

Clwb Pêl-rwyd

Pecyn Gweithgareddau

Netball Club Activity Book



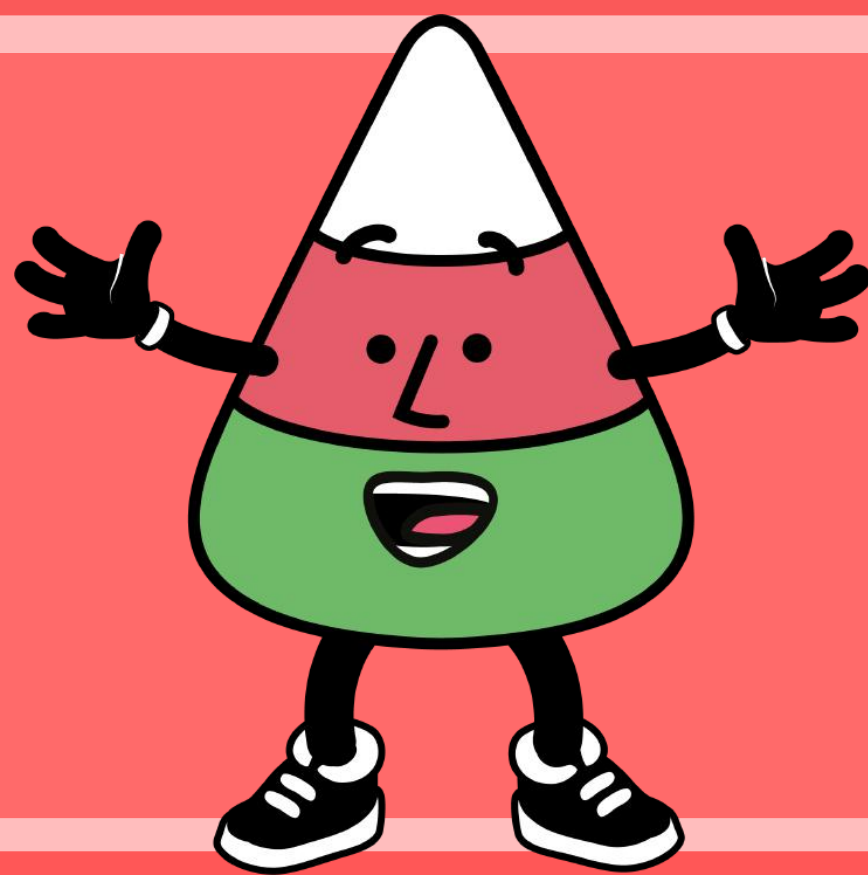
#ActifAdref



Chwaraeon

Croeso i'ch pecyn gweithgareddau Pêl-rwyd

Mae'r pecyn yma i CHI! Cwblhewch y pecyn fel chi eisiau, a chofiwch rannu popeth gyda ni trwy ddefnyddio'r hashnod **#ACTIFADREF.**



Welcome to your Netball Activity Pack

This pack is for YOU! Complete the pack how you want, and remember to share everything with us by using the hashtag **#ACTIFADREF.**

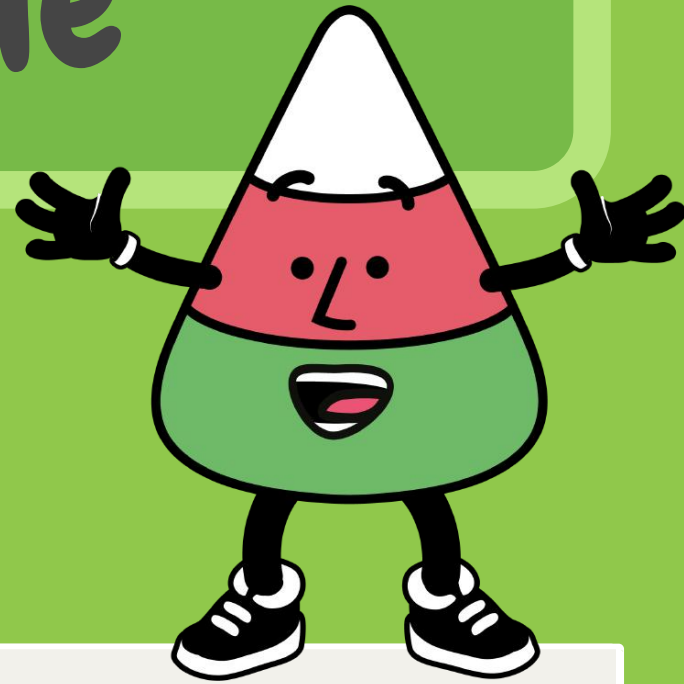
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Chwaraeon

Eich Proffil Chwaraewr

Your Player Profile



Enw:

Name:

Oedran:

Age:

Lleoliad Geni:

Birthplace:

**Llun o chi /
Picture of you!**

Ysgol neu glwb Pêl-rwyd:

School or Netball Club:

Hoff sgil Pêl-rwyd:

Favourite Netball Skill:

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Amser Lliwio

Colouring Time



Lliwio Mistar Urdd fel ei fod yn barod ar gyfer Pêl-rwyd!

Colour Mistar Urdd so he's ready for Netball Club!





Siop Mistar Urdd



- Faint bydd Crys-t a Hwdi yn costio?
- How much would a T-shirt and hoodie cost?
- Faint bydd sannau, het a bag costio?
- How much would socks, a hat and a bag cost?
- Dewiswch 3 eitem i roi yn eich troli, faint maen nhw'n costio?
- Pick 3 items to put in your trolley, how much does it come to?



#ActifAdref



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Her Pêl-rwyd yr Urdd

Urdd Netball Challenges



Trio cwblhau pob sialens a rhannu gyda ni trwy ddefnyddio'r hashnod #ACTIFADREF

Try and complete each challenge and share them with us by using the hashtag #ACTIFADREF

- Cwblhau 20 pas gyda rhywun arall.
- Cydbwyso ar 1 coes am 60 eiliad.
- Neidio a glanio ar 1 coes, 5 gwaith.
- Taflu pêl mewn i bin neu net 5 gwaith.
- Pasio pêl yn erbyn wal am 30 eiliad.
- Complete 20 passes with another person.
- Balance on 1 leg for 60 seconds.
- Jump and land on 1 foot, 5 times.
- Throw your ball into a hoop or bin 5 times.
- Pass the ball to a wall for 30 seconds.

lefel 1 / level 1

#ActifAdref

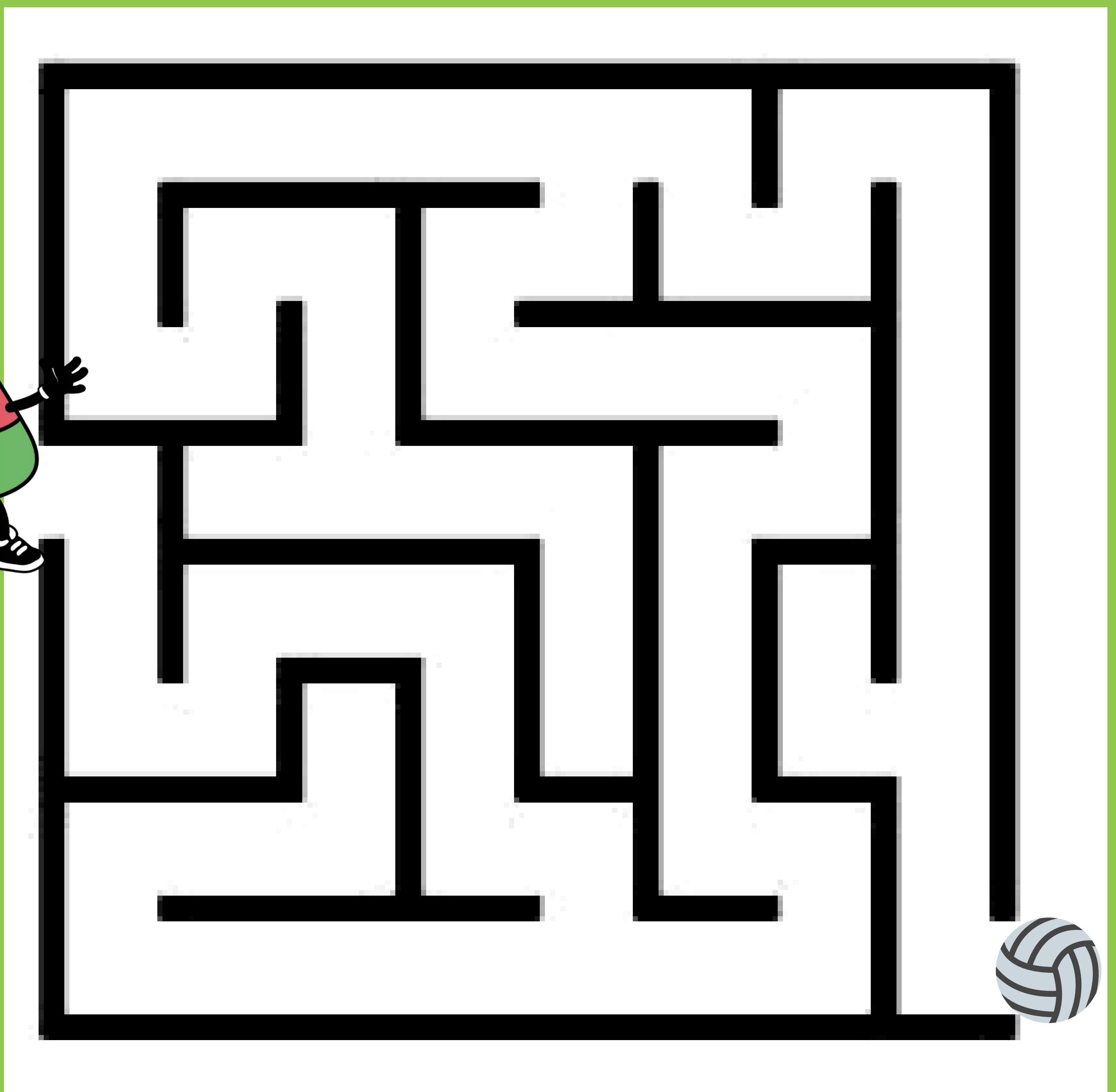


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Drysfu Mistar Urdd

Helpu Mistar Urdd darganfod ei bêl yn barod am glwb!
Help Mistar Urdd find his netball before club!



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Amserlen Ymarfer Pêl-rwyd

Netball Training Timetable

Ni eisiau chi parhau gydag ymarfer eich sgiliau pêl-rwyd. Dyma enghraifft o beth mae hyfforddwyr ni yn wneud i ymarfer. Trio creu un eich hun!

We want you to keep practicing your netball skills. Here's an example of how our coaches practice. Try making your own!

	1	2	3
Bore	<p>10 Pas i'r wal</p> <p>10 pass to a wall</p>	<p>Ymarfer cydbwyso</p> <p>Practice balancing</p>	<p>Snac Iachus</p> <p>Healthy Snack</p>
Prynhawn	<p>Mynd am dro</p> <p>Go for a run or walk</p>	<p>Pryd o fwyd iachus</p> <p>Healthy Lunch</p>	<p>Ymarfer saethu</p> <p>Practicing Shooting</p>
Nos	<p>Pasio i rhywun arall</p> <p>Pass to another person</p>	<p>Gwylio gem o Bêl-rwyd ar YouTube</p> <p>Watch a Netball Game</p>	<p>Amser Cysgu</p> <p>Time for bed</p>



Amserlen Ymarfer Pêl-rwyd

Netball Training Timetable

Creu amserlen eich hun. Ychwanegu eich hoff sgiliau Pêl-rwyd i'r tabl a trio ymarfer pob diwrnod.

POB LWC!

Make your own timetable. Add your favourite netball skills to the table and try to practice everyday.

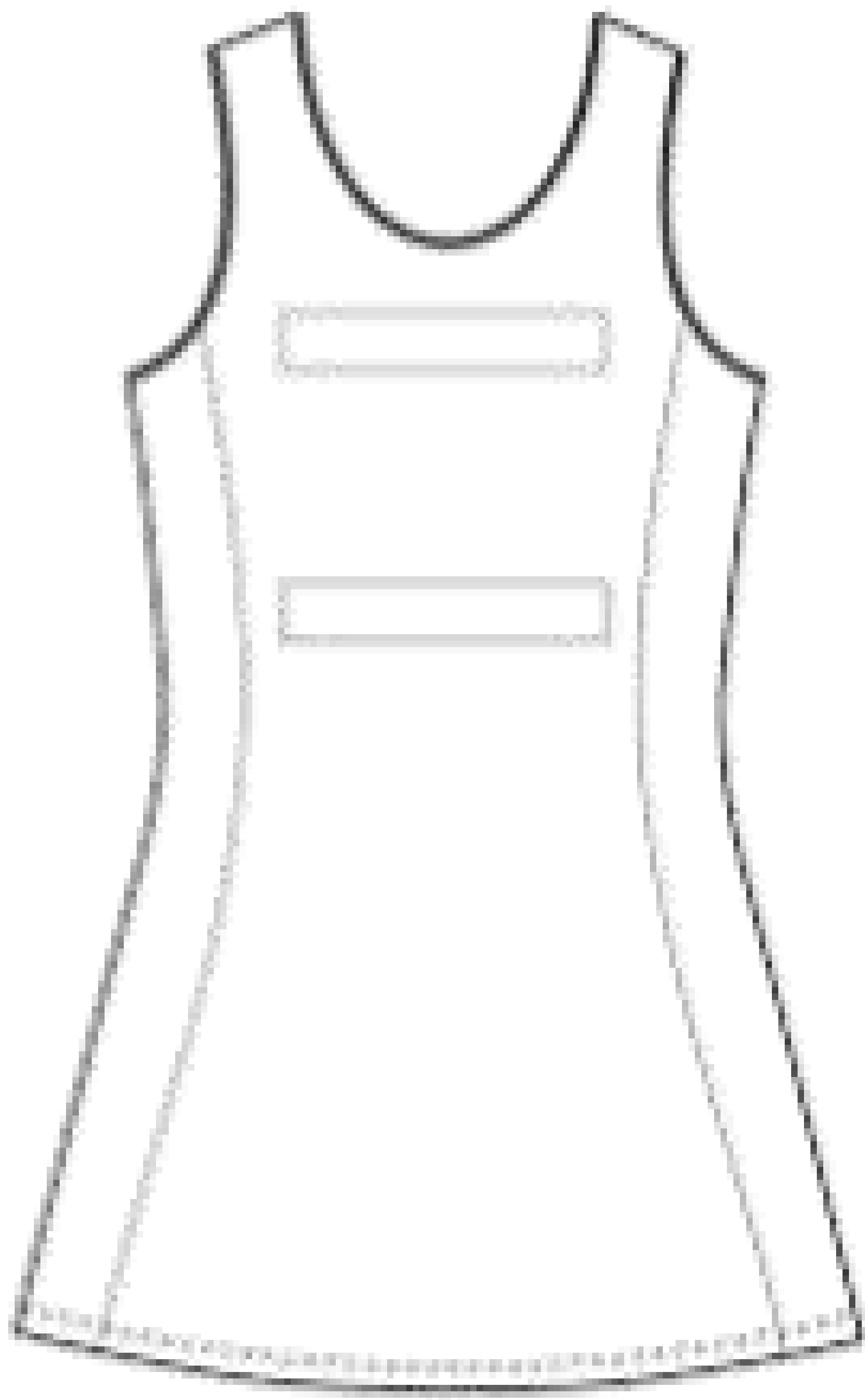
GOOD LUCK!

	1	2	3
Bore	10 pas i'r wal 10 pass to a wall		Snac Iachus Healthy Snack
Prynhawn		Ymarfer saethu Practice Shooting	
Nos			Amser Cysgu Time for bed



Creu cit Pêl-rwyd!

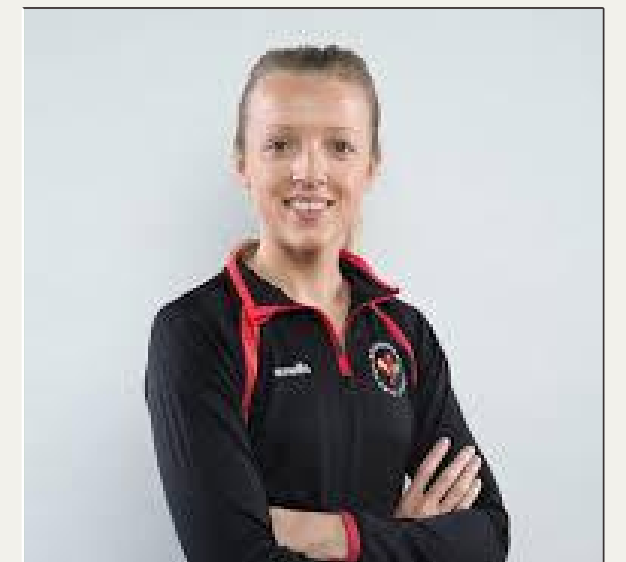
Design a netball dress!



Tynnu llun o chwaraewyr enwog Draw a famous player



Nia Jones



Sara Bell



Kyra Jones



Serena Guthrie



Maria Folau

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Chwilair Mistar Urdd



Mistar Urdd Wordsearch

A	J	H	L	H	W	E	A	P	E	L	G
B	D	W	I	L	W	U	T	B	L	A	F
V	S	G	U	H	K	G	N	D	G	B	N
K	G	A	M	W	G	E	M	A	U	G	F
O	O	G	F	Y	I	L	J	B	A	Z	F
T	R	R	E	L	A	I	A	G	G	I	R
E	I	W	C	G	E	G	E	C	S	P	I
W	O	C	B	G	B	O	H	G	B	K	N
Q	S	J	A	G	C	G	E	B	I	G	D
A	X	P	E	L	R	W	Y	D	B	U	I
G	R	Q	E	P	A	S	S	F	D	O	A
U	C	H	E	L	C	A	B	T	L	E	U

Geiriau / Words

Sgorio

Pas

Pel

Bibs

Gemau

Ffrindiau

Safleoedd

Uchel

Hwyl

Pel-Rwyd

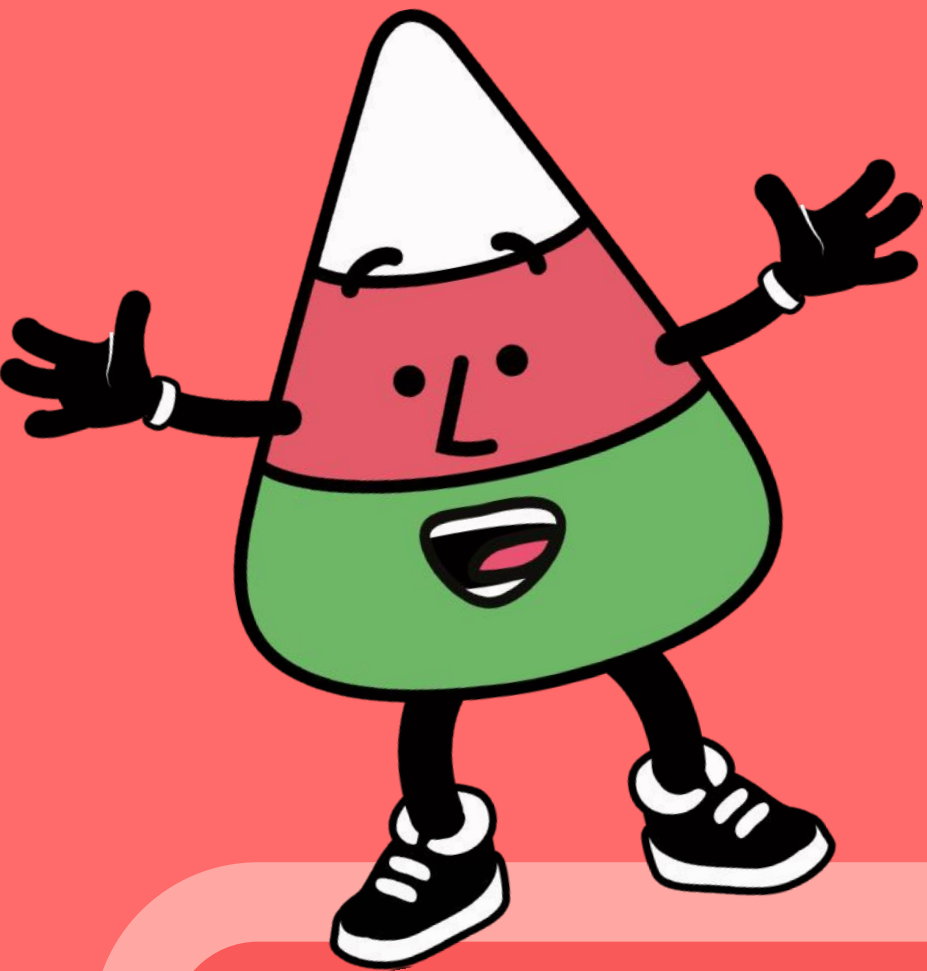
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Her Pêl-rwyd yr Urdd

Urdd Netball Challenges



Trio cwblhau pob sialens a rhannu gyda ni trwy ddefnyddio'r hashnod #ACTIFADREF

Try and complete each challenge and share them with us by using the hashtag #ACTIFADREF

- Cwblhau 25 pas gyda rhywun arall.
- Cydbwysu ar 1 coes a dal pêl am 1 munud.
- Neidio a glanio ar 1 coes, 10 gwaith.
- Taflu pêl mewn i bin neu net 10 gwaith.
- Pasio pêl yn erbyn wal am 1 munud.
- Complete 25 passes with another person.
- Balance on 1 leg holding a ball for 1 minute.
- Jump and land on 1 foot, 10 times.
- Throw your ball into a hoop or bin 10 times.
- Pass the ball to a wall for 1 minute.

lefel 2 / level 2

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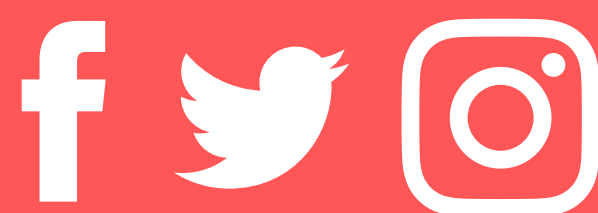
Da Iawn!
Well Done!

Cofiwch dilyn ni er mwyn derbyn ein
adnoddau **#ActifAdref**

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