



Ciwb Rygbi Bach

Pecyn Gweithgareddau

Rygbi Bach Club Activity Book



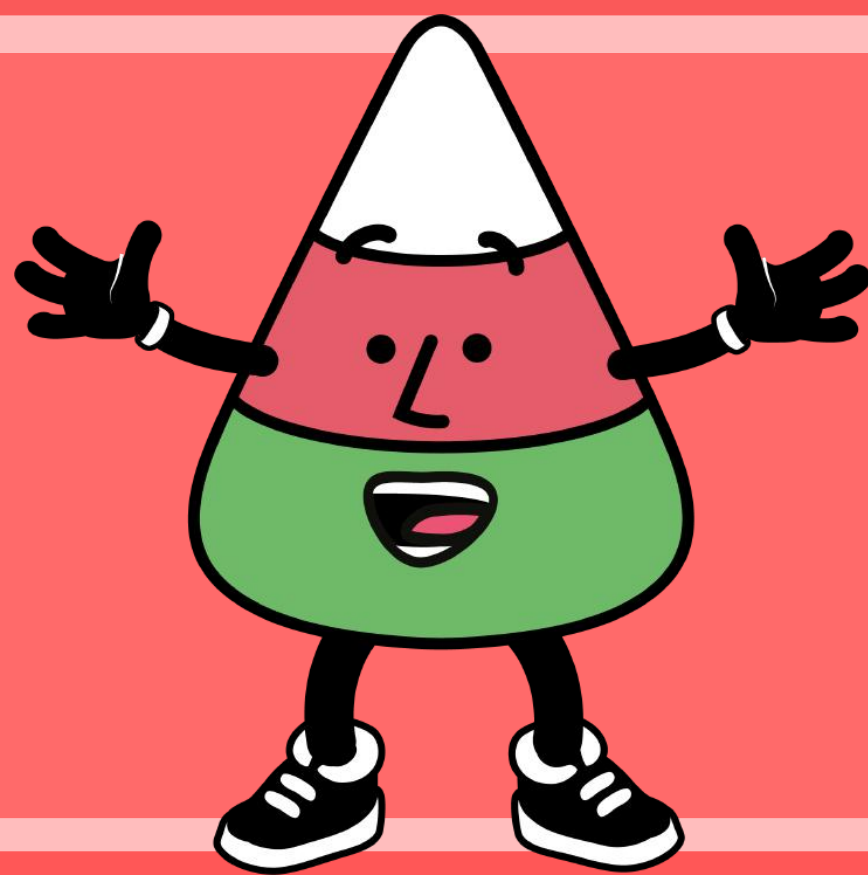
#ActifAdref



Chwaraeon

Croeso i'ch pecyn gweithgareddau Rygbi Bach

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 Rugby 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.**

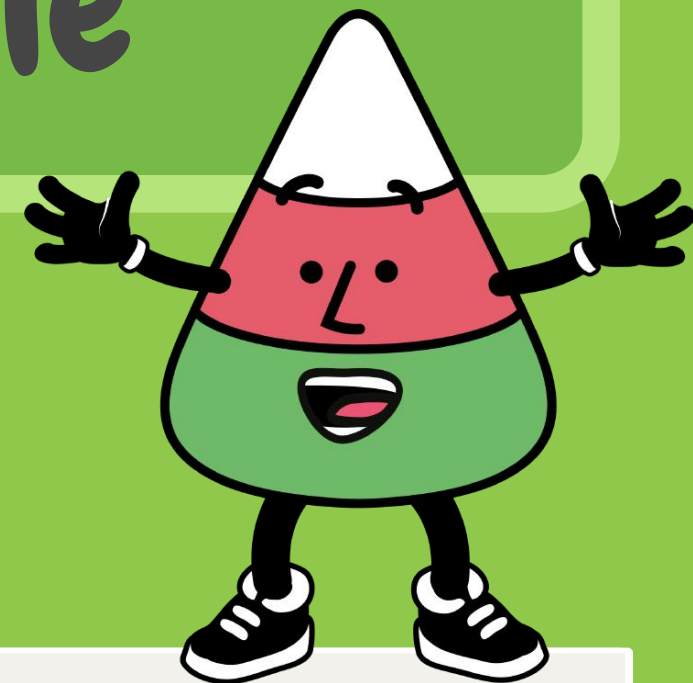
#ActifAdref



Chwaraeon

Eich Proffil Chwaraewr

Your Player Profile



Enw:

Name:

Oedran:

Age:

Lleoliad Geni:

Birthplace:

Llun o chi /
Picture of you!

Ysgol neu Glwb Rygbi Bach:

School or Rugby Club:

Hoff sgil Rygbi:

Favourite Rugby skill:

#ActifAdref

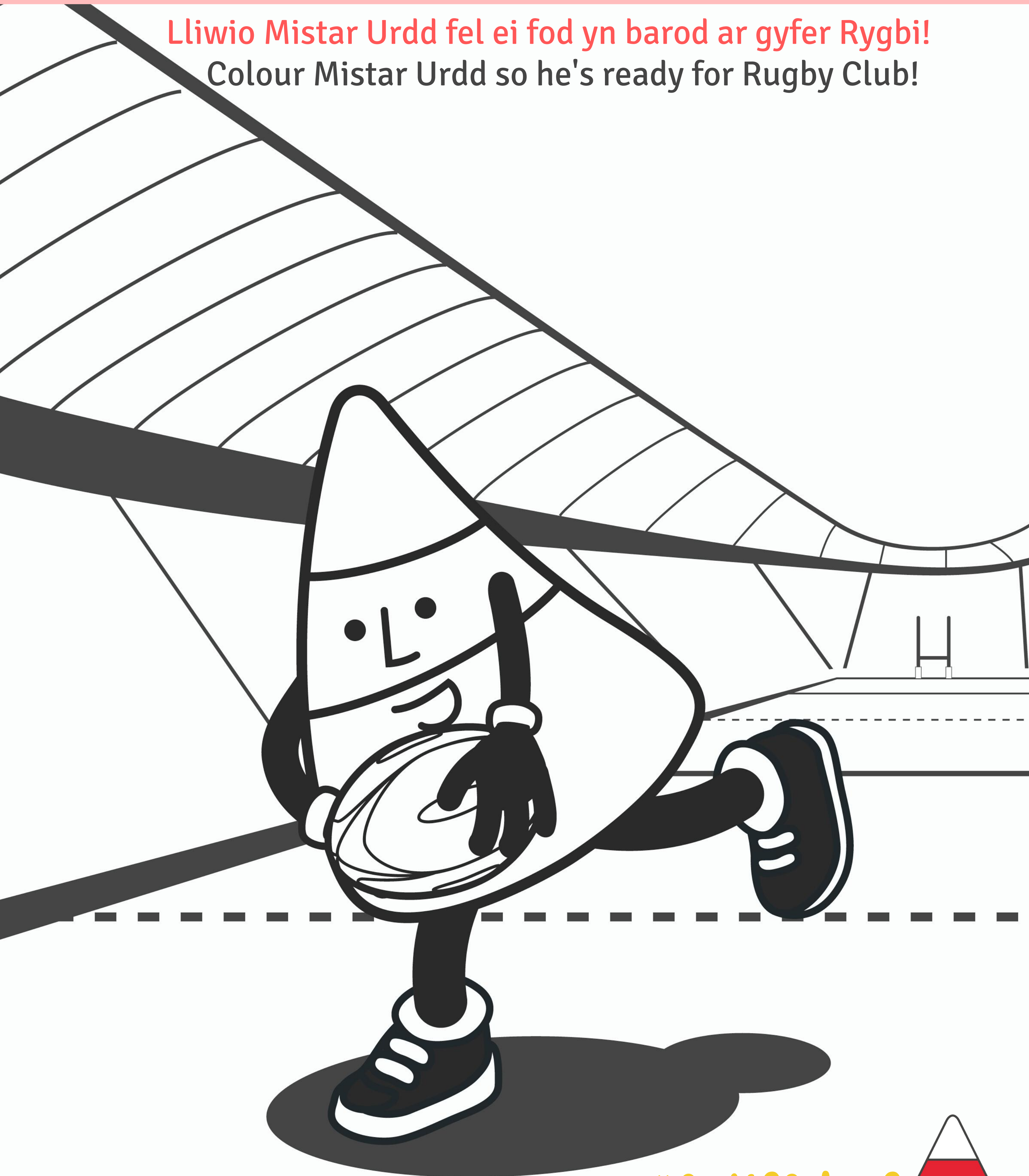


Chwaraeon

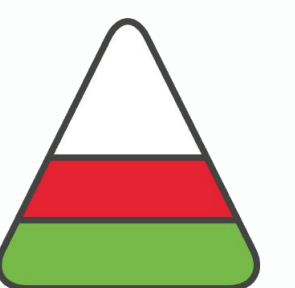
Amser Lliwio

Colouring Time

Lliwio Mistar Urdd fel ei fod yn barod ar gyfer Rygbi!
Colour Mistar Urdd so he's ready for Rugby Club!



#ActifAdref



Chwaraeon



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?



=

— . —



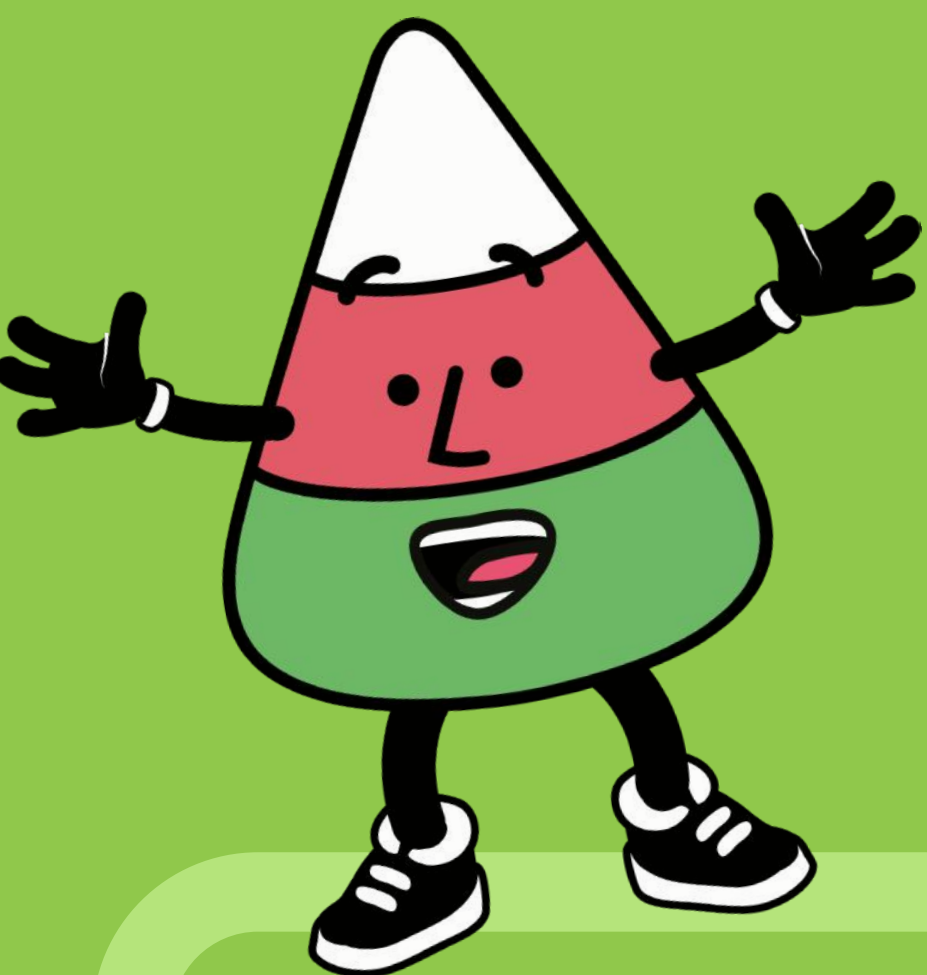
#ActifAdref



Chwaraeon

Her Rygbi yr Urdd

Urdd Rugby 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 15 pas gyda rhywun arall.
- Cydbwysu ar 1 coes am 30 eiliad.
- Cwblhau 5 cic o'r llawr neu con.
- Taflu pêl mewn i bin neu net 3 gwaith.
- Taflu pêl yn lan i'r awyr a dal 3 gwaith.
- Complete 15 passes with another person.
- Balance on 1 leg for 30 seconds.
- Complete 5 kicks from the floor or off a cone.
- Throw your ball into a hoop or bin 3 times.
- Throw the ball up to the air and catch 3 times.

lefel 1 / level 1

#ActifAdref

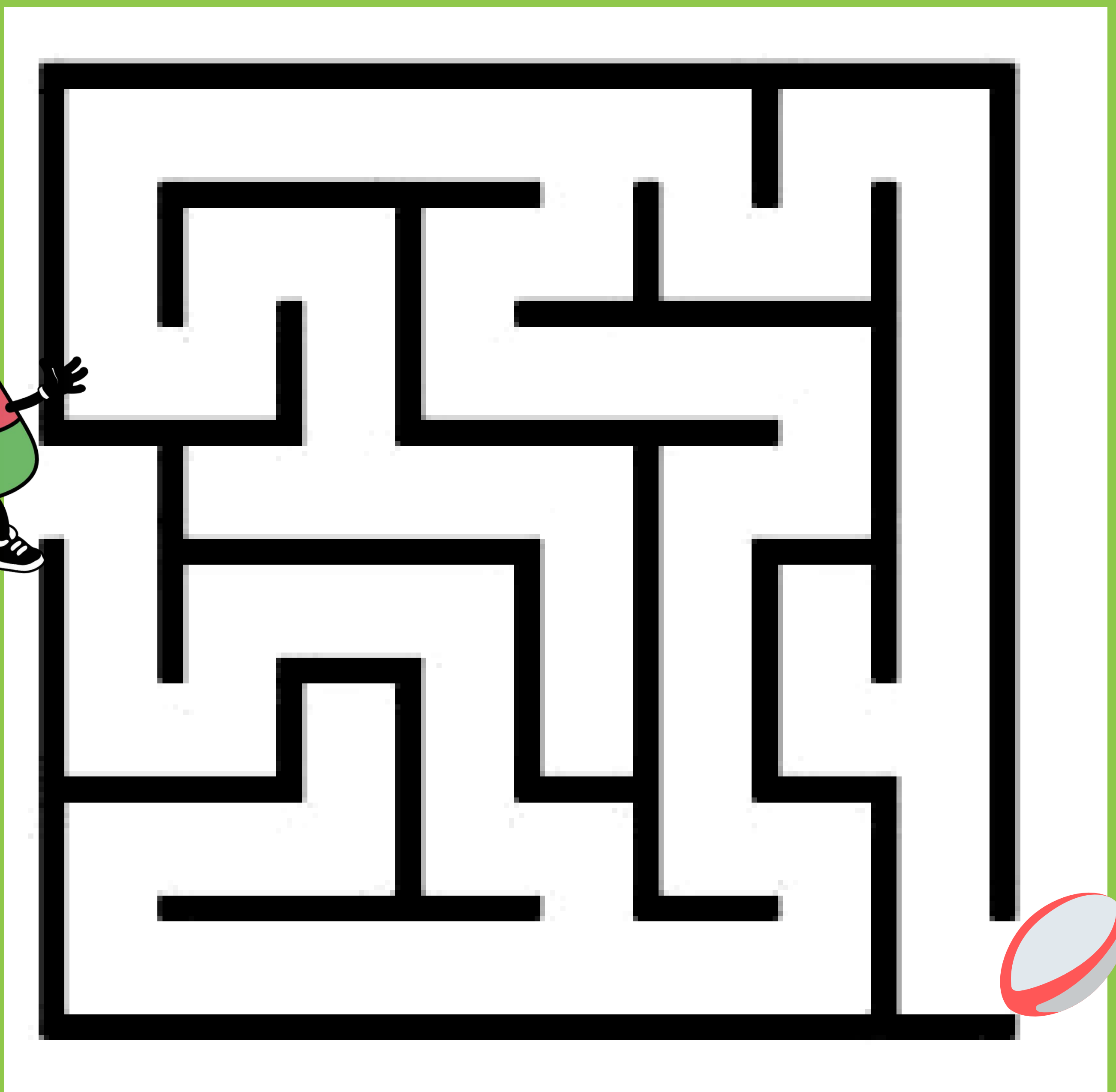


Chwaraeon



Drysfu Mistar Urdd

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



#ActifAdref



Chwaraeon

Amserlen Ymarfer Rygbi Bach

Rugby Training Timetable

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

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

	1	2	3
Bore	<p>10 cic o'r llawr</p> <p>10 kicks from the floor</p>	<p>Ymarfer gwibio</p> <p>Practice sprinting</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>Bwrw Targed</p> <p>Practice hitting targets</p>
Nos	<p>Pasio i rhywun arall</p> <p>Pass to another person</p>	<p>Gwyllo gem o Rygbi</p> <p>Watch a Rugby Game</p>	<p>Amser Cysgu</p> <p>Time for bed</p>



Amserlen Ymarfer Rygbi Bach

Rugby Training Timetable

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

POB LWC!

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

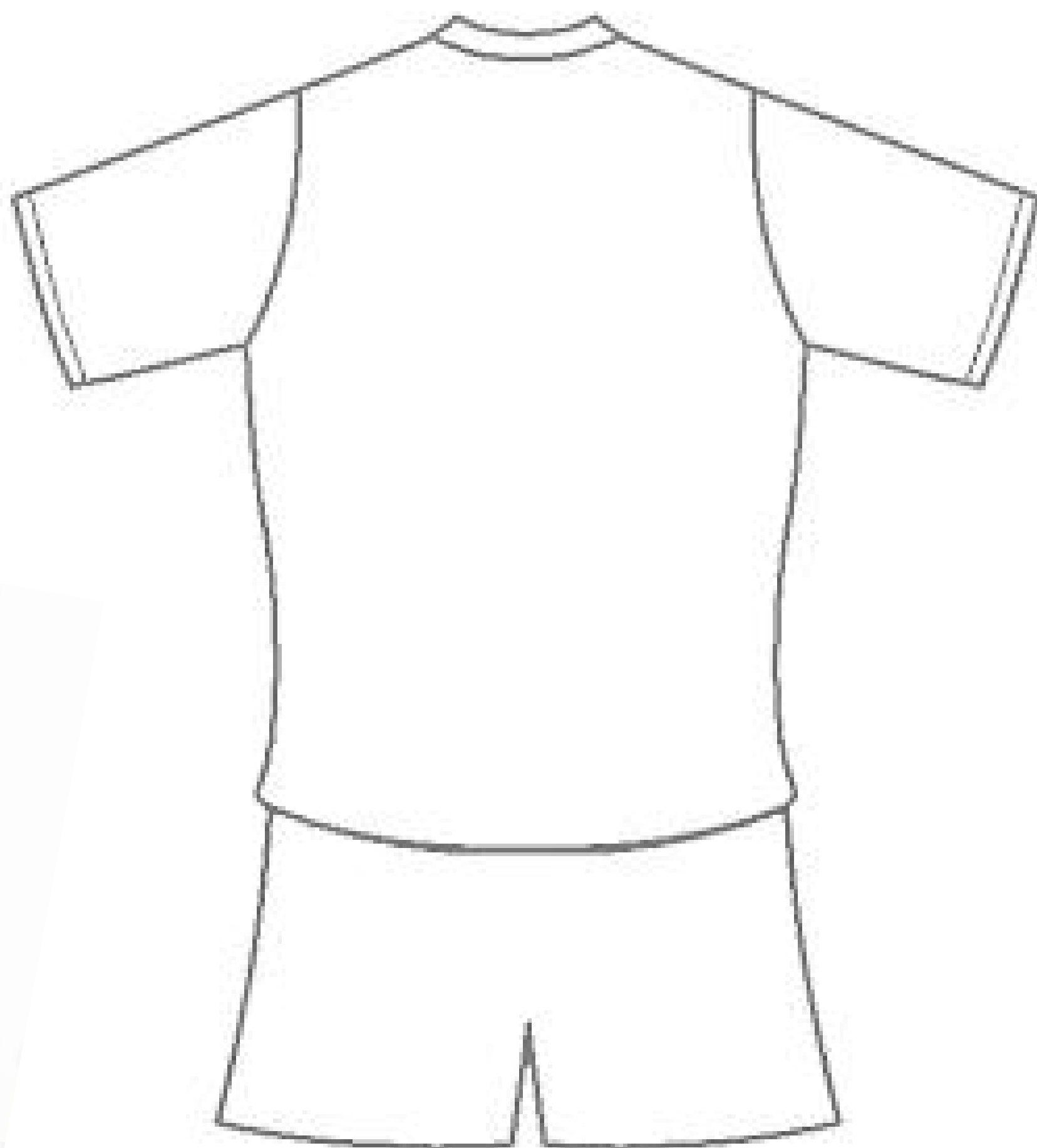
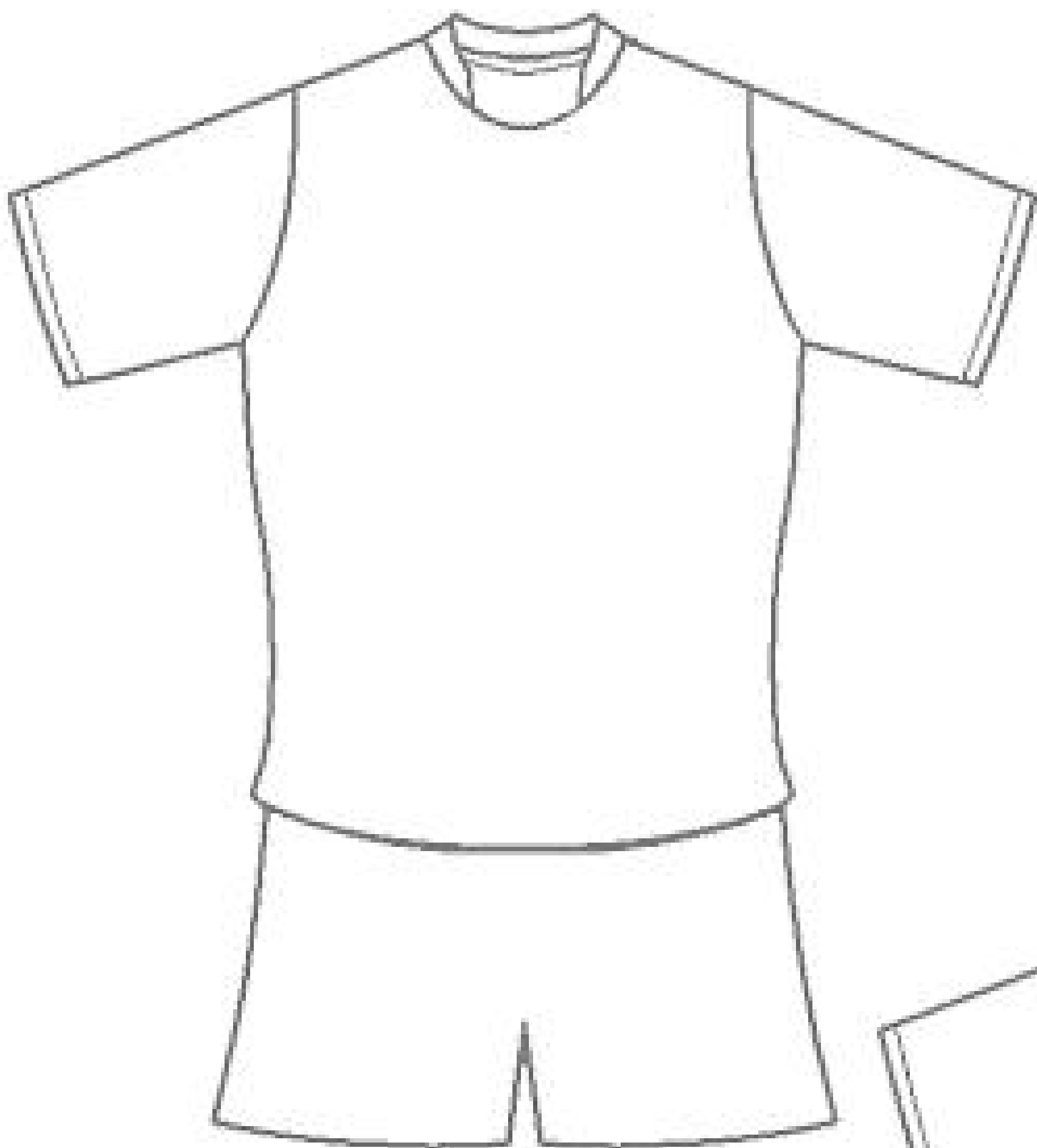
GOOD LUCK!

	1	2	3
Bore	<p>10 cic o'r llawr</p> <p>10 kicks from the floor</p>		<p>Snac Iachus</p> <p>Healthy Snack</p>
Prynhawn		<p>Bwrw Targed</p> <p>Practice hitting targets</p>	
Nos			<p>Amser Cysgu</p> <p>Time for bed</p>



Creu cit Rygbi

Design a Rugby Kit



#ActifAdref



Chwaraeon

Tynnu llun o chwaraewyr enwog Draw a famous player



Rhys Webb



Carys Phillips



Leigh Halfpenny



Gwenllian Prys



Alun Wyn Jones

#ActifAdref



Chwaraeon

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	Y	G	B	I	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

Rygbi

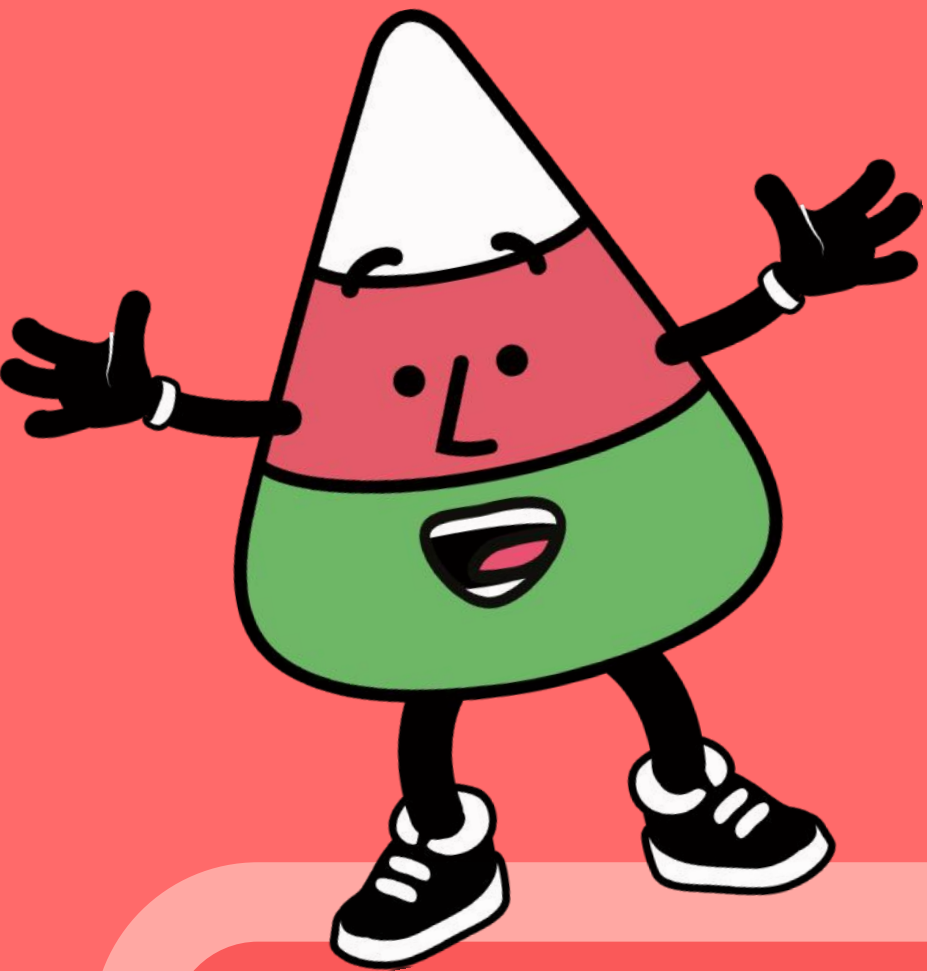
#ActifAdref



Chwaraeon

Her Rygbi yr Urdd

Urdd Rugby 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 1 munud.
- Cwblhau 10 cic o'r llawr neu o con.
- Taflu pêl mewn i bin neu net 5 gwaith.
- Taflu'r pel i'r awyr a dal, 5 gwaith.
- Complete 20 passes with another person.
- Balance on 1 leg for 1 minute.
- Complete 10 kicks from the floor or off a cone.
- Throw your ball into a hoop or bin 5 times.
- Throw the ball to the air and catch, 5 times.

lefel 2 / level 2

#ActifAdref



Chwaraeon



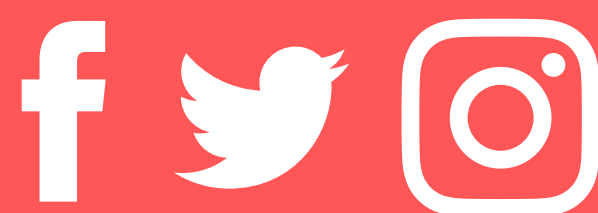
Da Iawn!
Well Done!

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

Follow us to receive the latest
#ActifAdref resources.



Facebook - Chwaraeon Gorllewin
Twitter - @chwaraeon
Instagram - ChwaraeonGorllewin



#ActifAdref



Chwaraeon