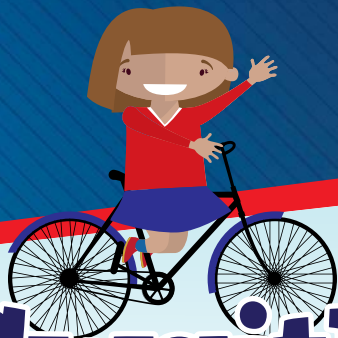


Chwaraeon RhCT
Sport RCT



Gwaith Cartref Gweithgar

Active Homework



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RHONDDA CYNON TAF

Mae cymryd rhan mewn chwaraeon a gweithgarwch corfforol yn blentyn ifanc yn rhoi sgiliau, hyder a chymhelliant i blant fod yn heini am oes.

Mae cadw'n heini fel teulu yn ffordd dda o ddatblygu arferion da, magu perthnasau, gwneud atgofion melys a chael hwyl! Caiff gweithgareddau gyda'r teulu eich helpu chi i ddod yn deulu sy'n fwy iach a hapus.

Taking part in sport and physical activity at a young age provides children with the skills, confidence and motivation to be physically active for life.

Being active as a family is a good way to develop good habits, build relationships, make memories and have fun!

Whole-family activities can help you to become a healthier and happier family.

Dyddiad Date	Gweithgaredd Activity	Sylw Comment
Dydd Mercher 15 Mai	Clwb hoci ar ôl ysgol Gwers nofio Mynd am dro gyda'r teulu	Wedi mwynhau nofio a mynd â'r ci am dro gyda'r teulu.
Wednesday May 15th	Hockey after school club Swimming lesson Family walk	Really enjoyed swimming and the family dog walk.

Chwaraeon RhCT Sport RCT



www.chwaraeonrhct.co.uk | www.sportrct.co.uk

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Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh