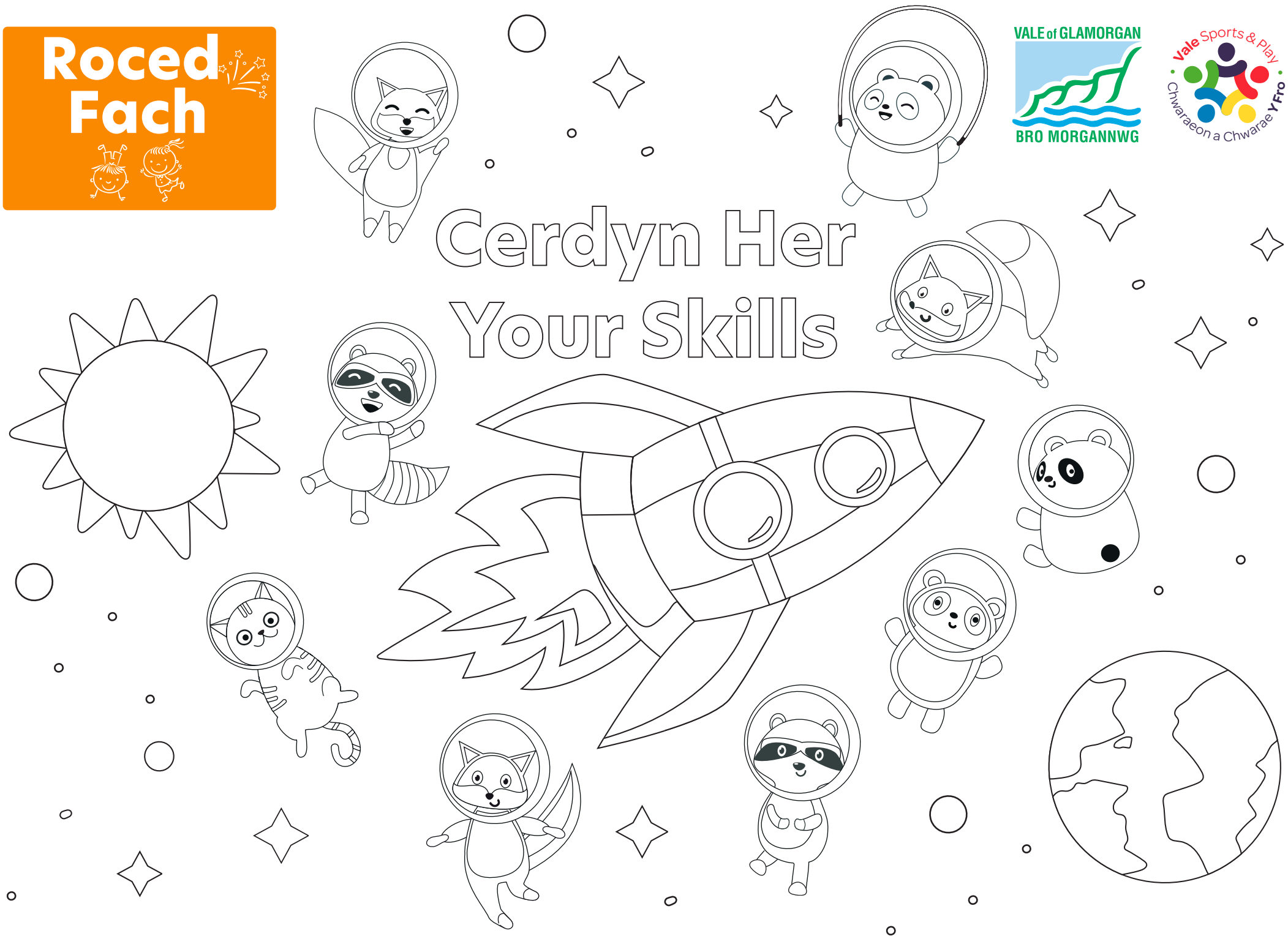




Cerdyn Her Your Skills

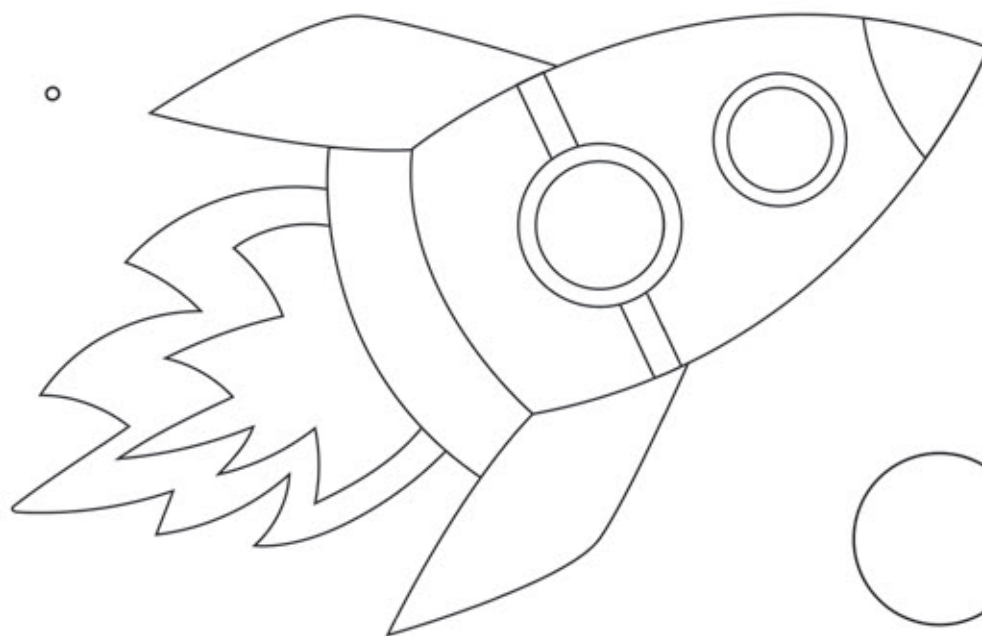


1

Roced
Fach



Cerdyn Her 1



Gallaf rolio pêl mewn llinell syth



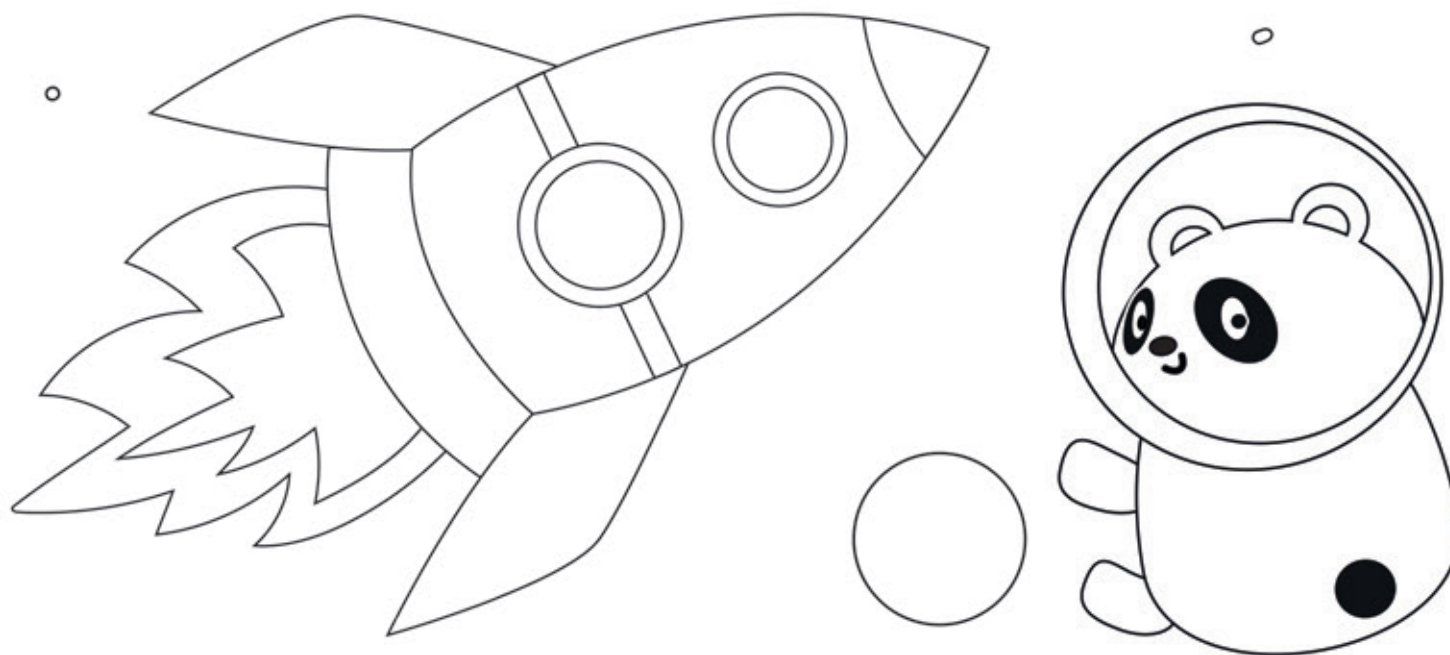
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

1

Little Rockets



Challenge Card No.1



I can roll a ball in a straight line ✓

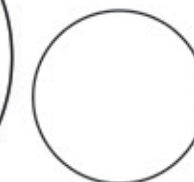
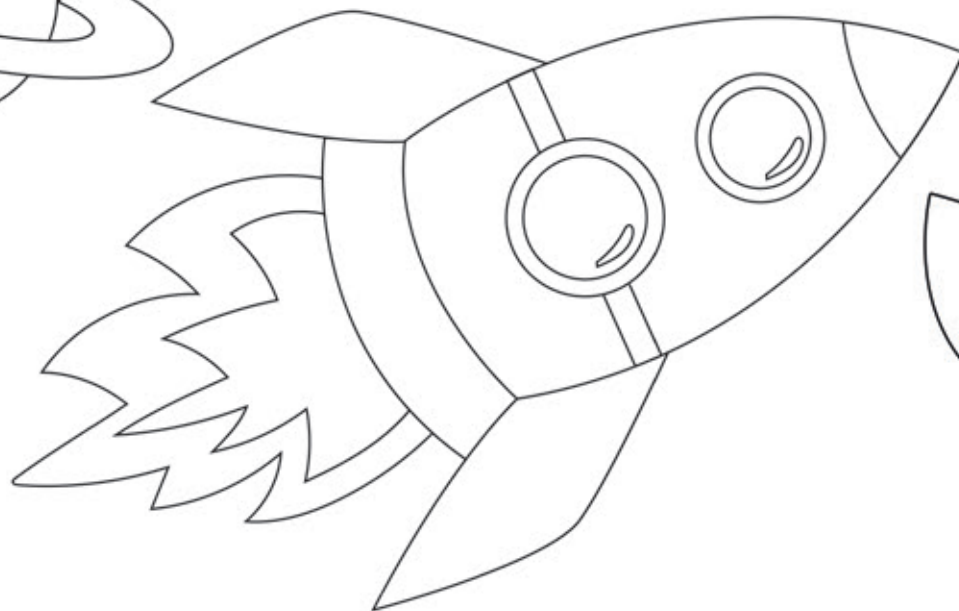
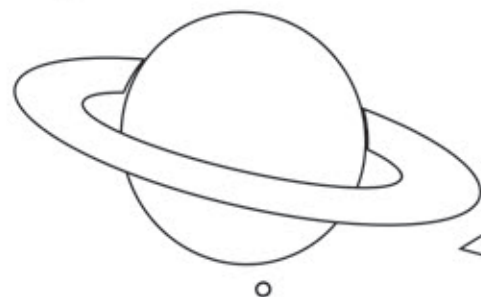
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

2

Roced
Fach



Cerdyn Her 2



Gallaf daflu pêl at darged



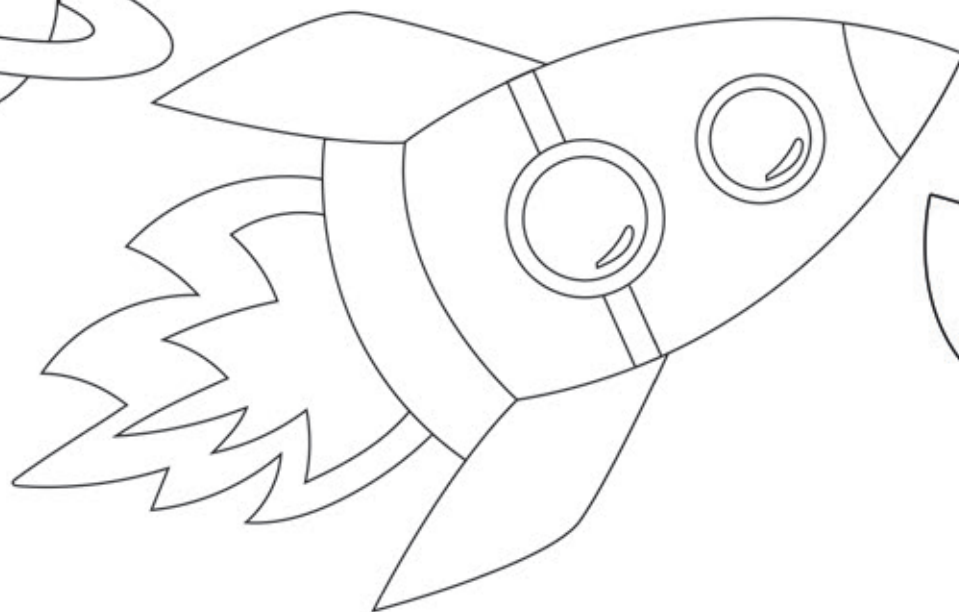
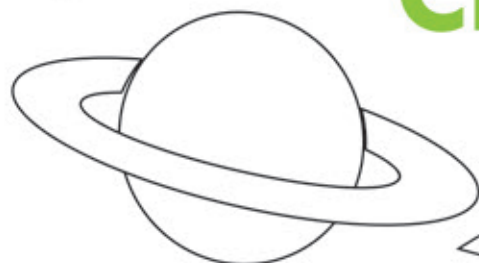
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

2

Little
Rockets



Challenge Card No.2



I can throw a ball at a target



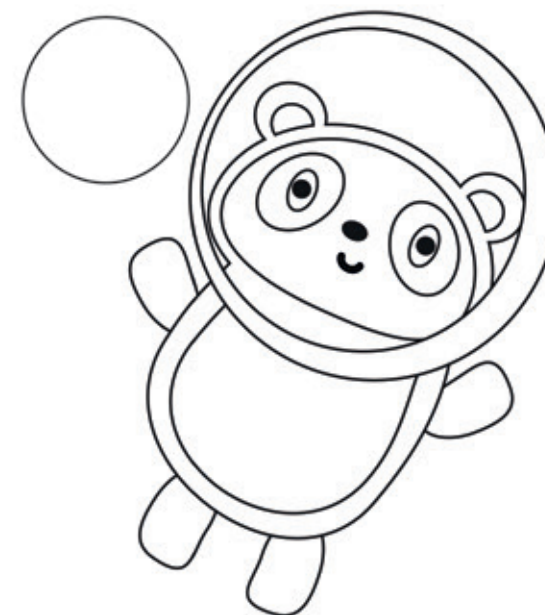
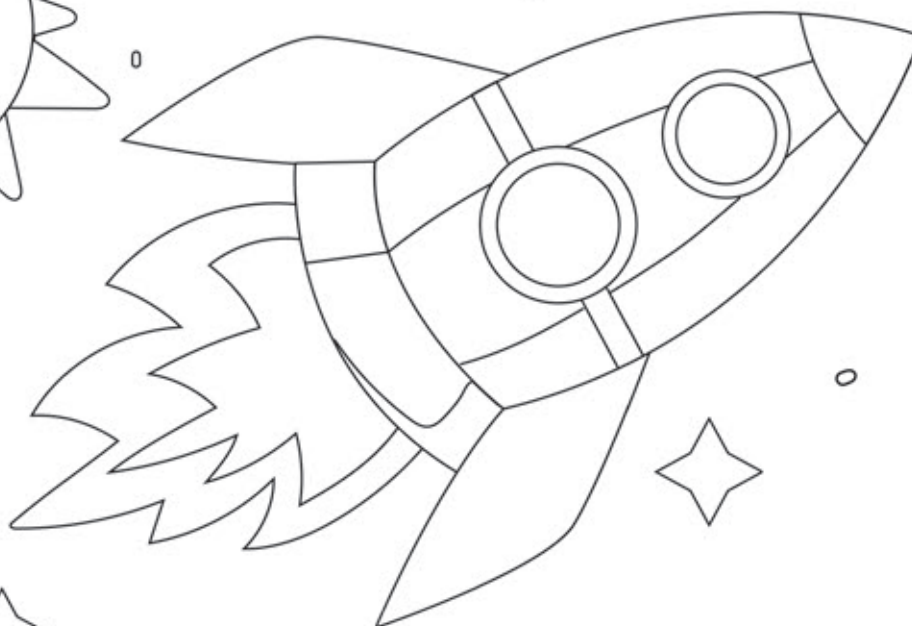
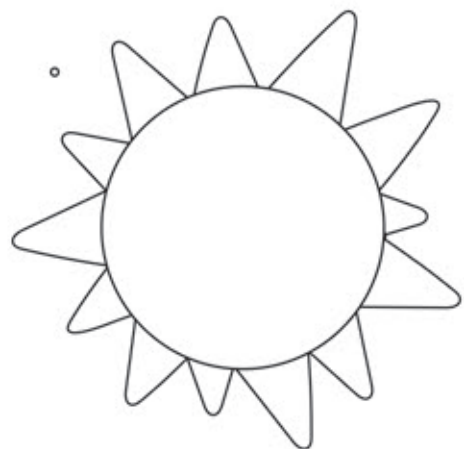
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

3

Roced
Fach



Cerdyn Her 3



Gallaf ddal pêl



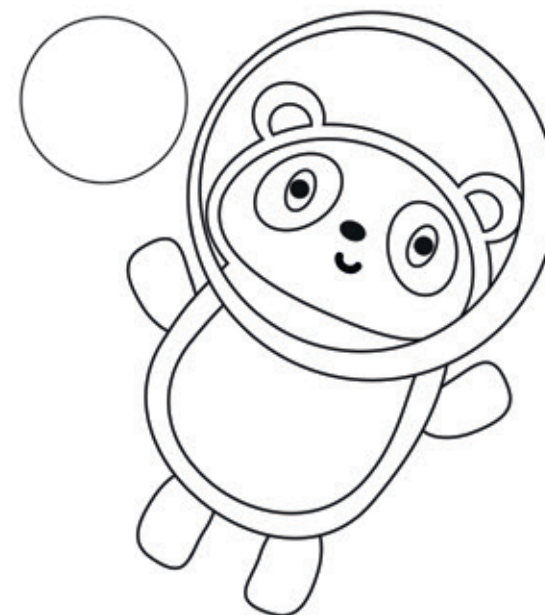
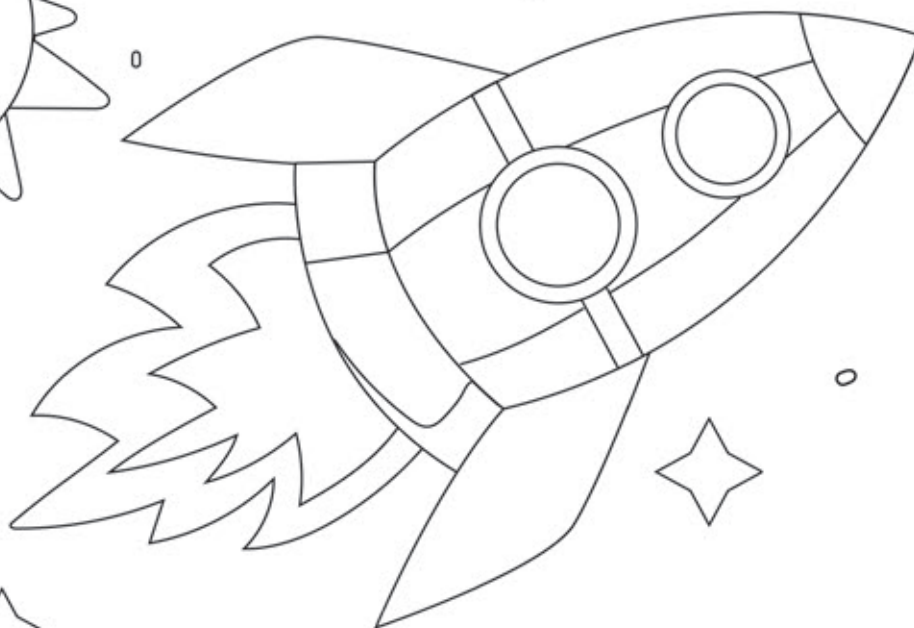
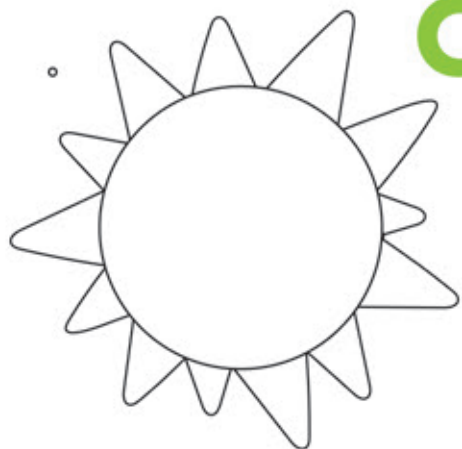
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

3

Little
Rockets



Challenge Card No.3



I can catch a ball



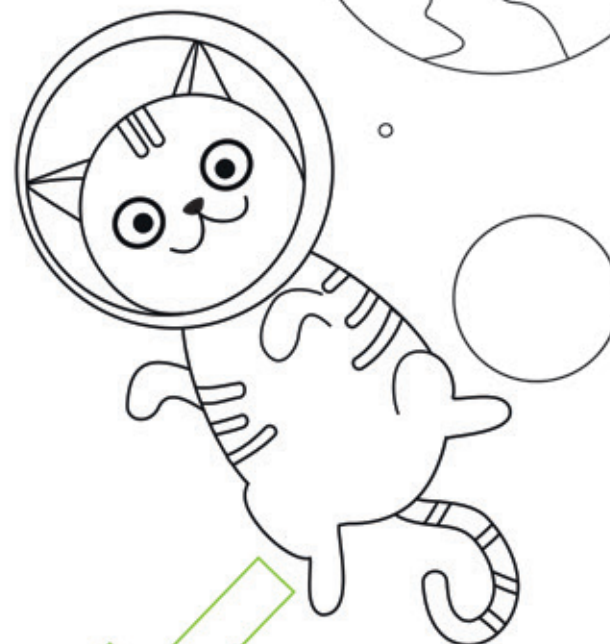
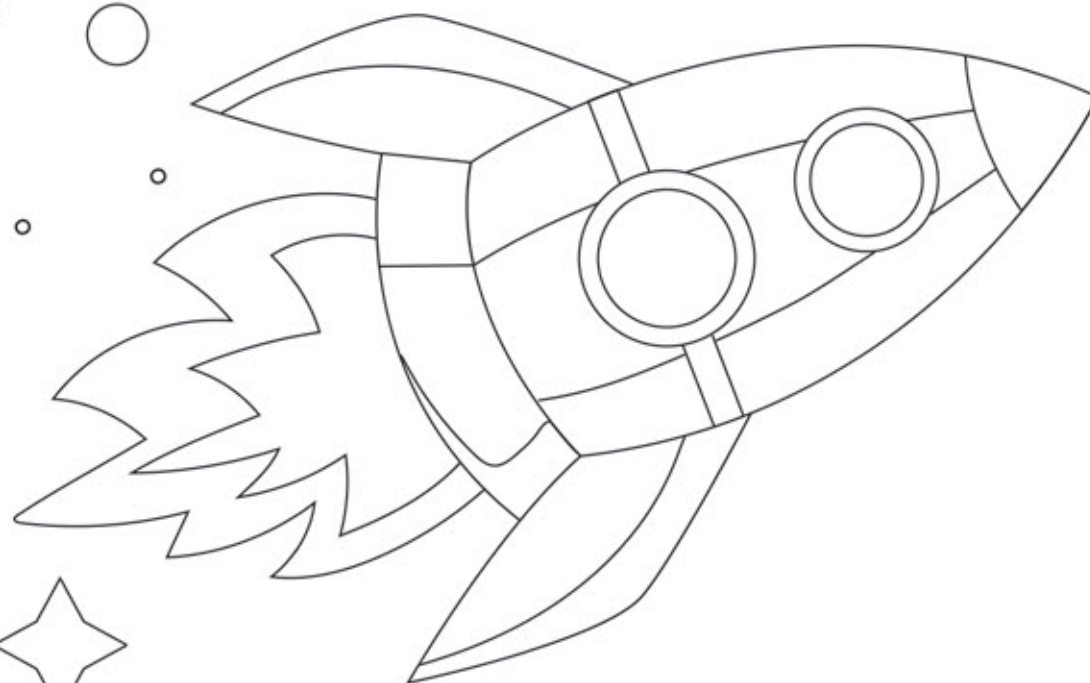
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

4

Roced
Fach



Cerdyn Her 4



Gallaf gicio pêl



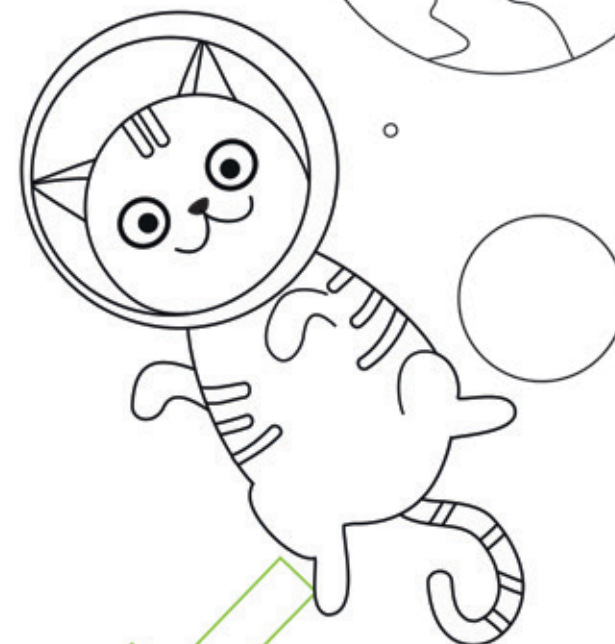
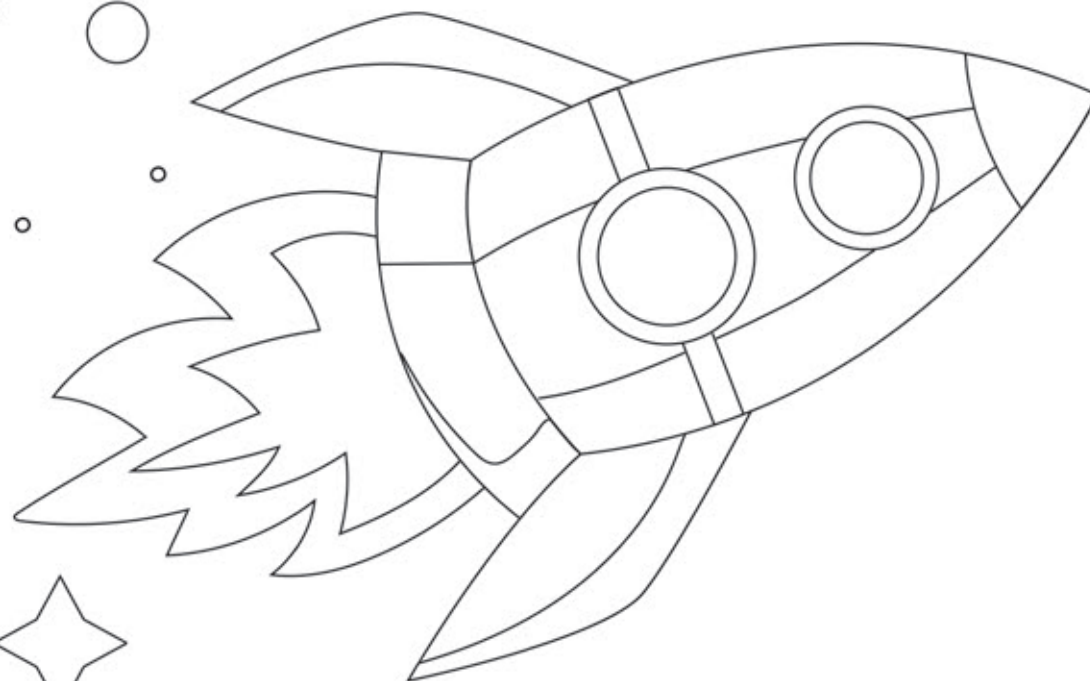
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

4

Little
Rockets



Challenge Card No.4



I can kick a ball



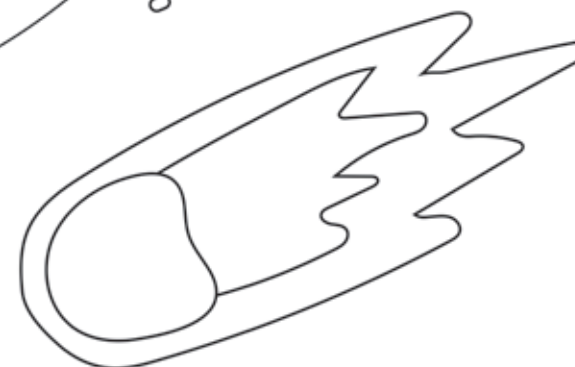
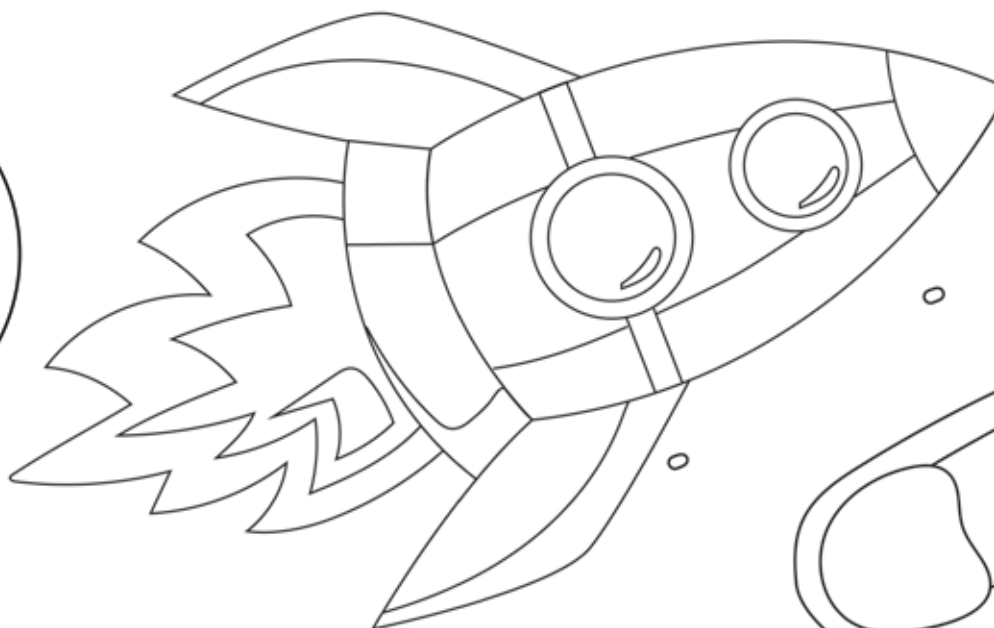
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

5

Roced
Fach



Cerdyn Her 5



Gallaf sefyll ar un goes



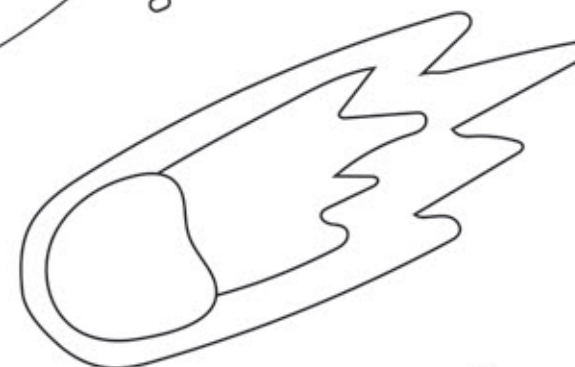
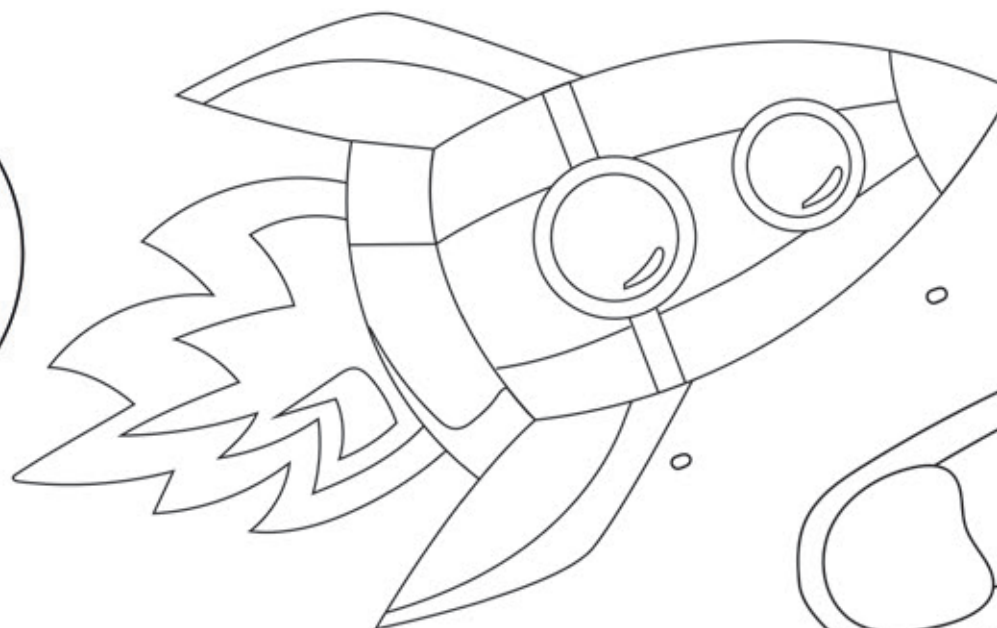
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

5

Little Rockets



Challenge Card No.5



I can balance on one leg



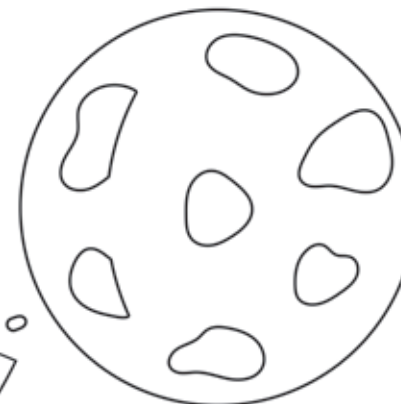
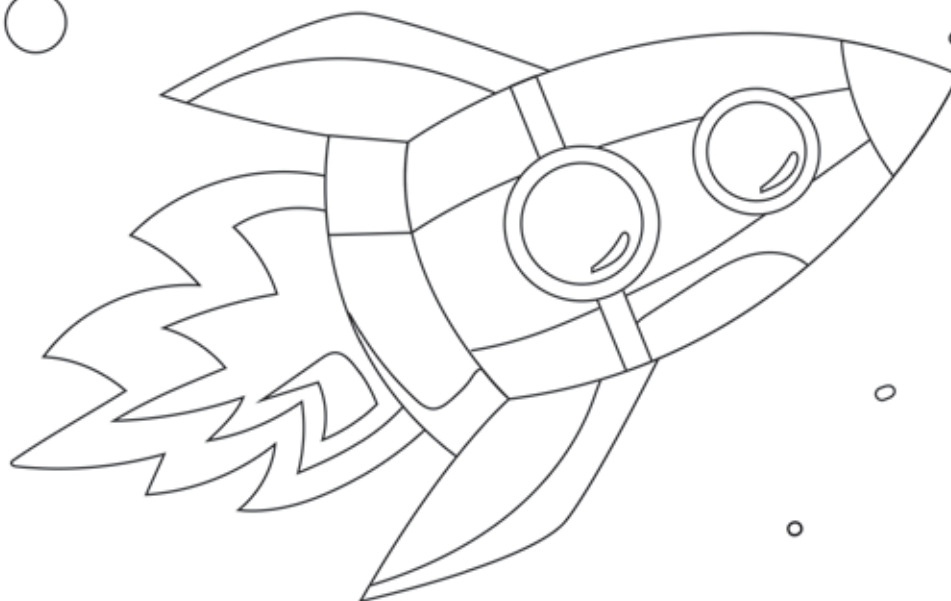
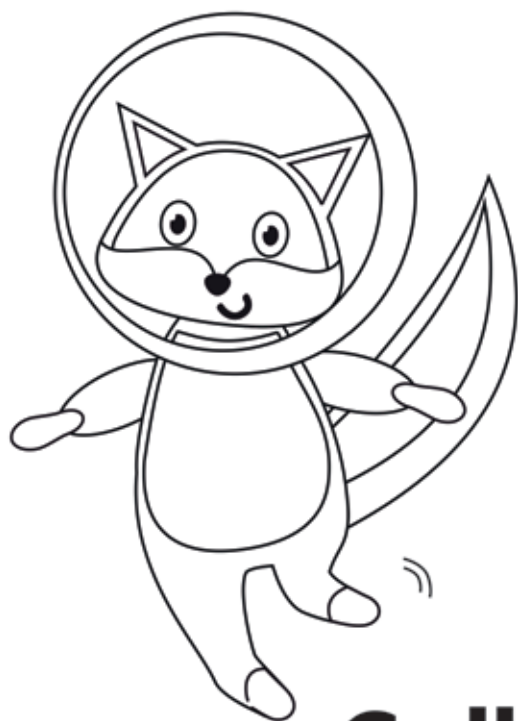
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

6

Roced Fach



Cerdyn Her 6



Gallaf hercian ar un goes



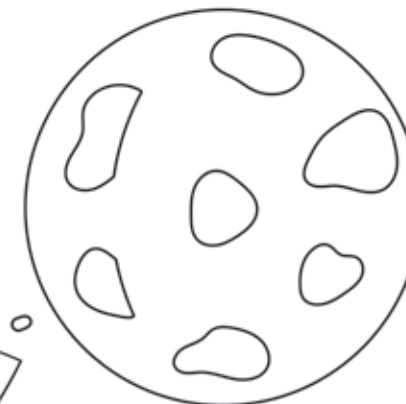
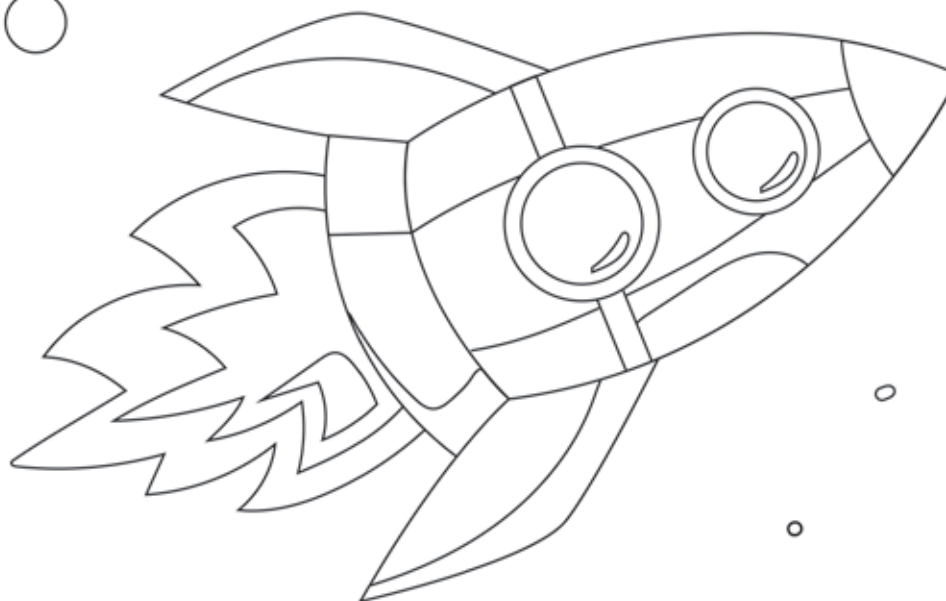
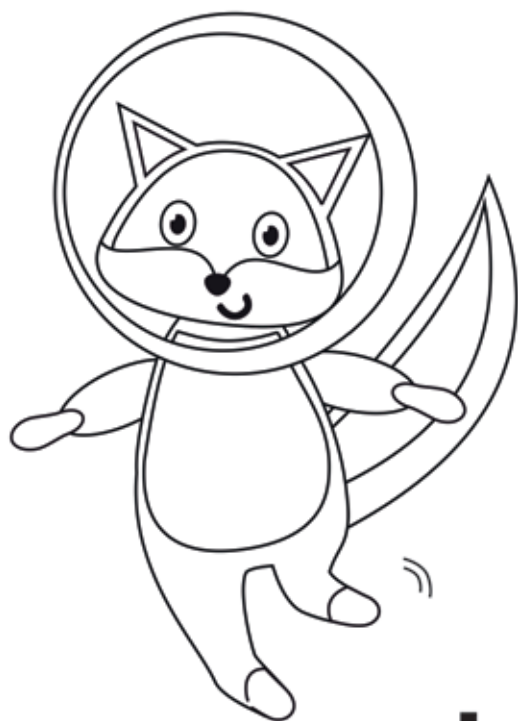
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

6

Little Rockets



Challenge Card No.6



I can hop on one leg



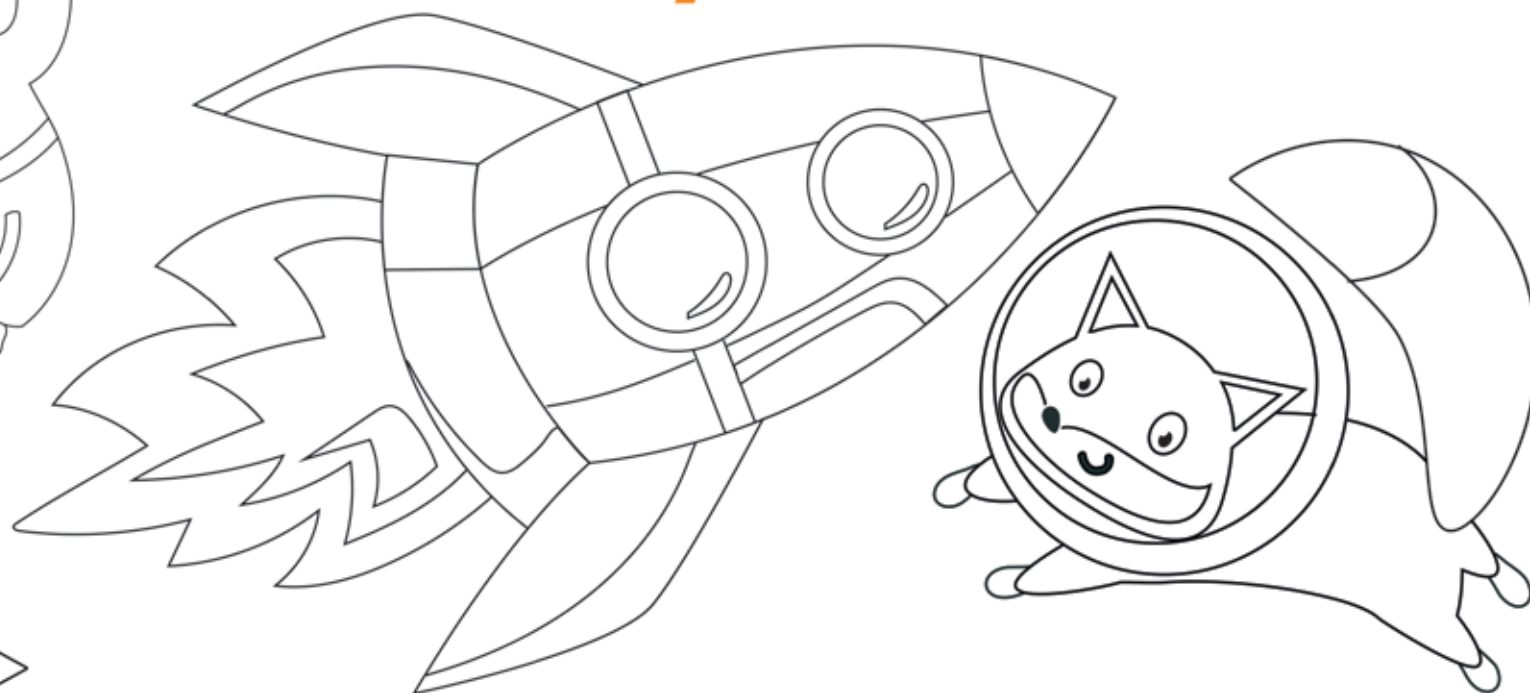
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

7

Roced
Fach



Cerdyn Her 7



**Gallaf neidio oddi
ar ddwy droed a glanio ar ddwy droed**

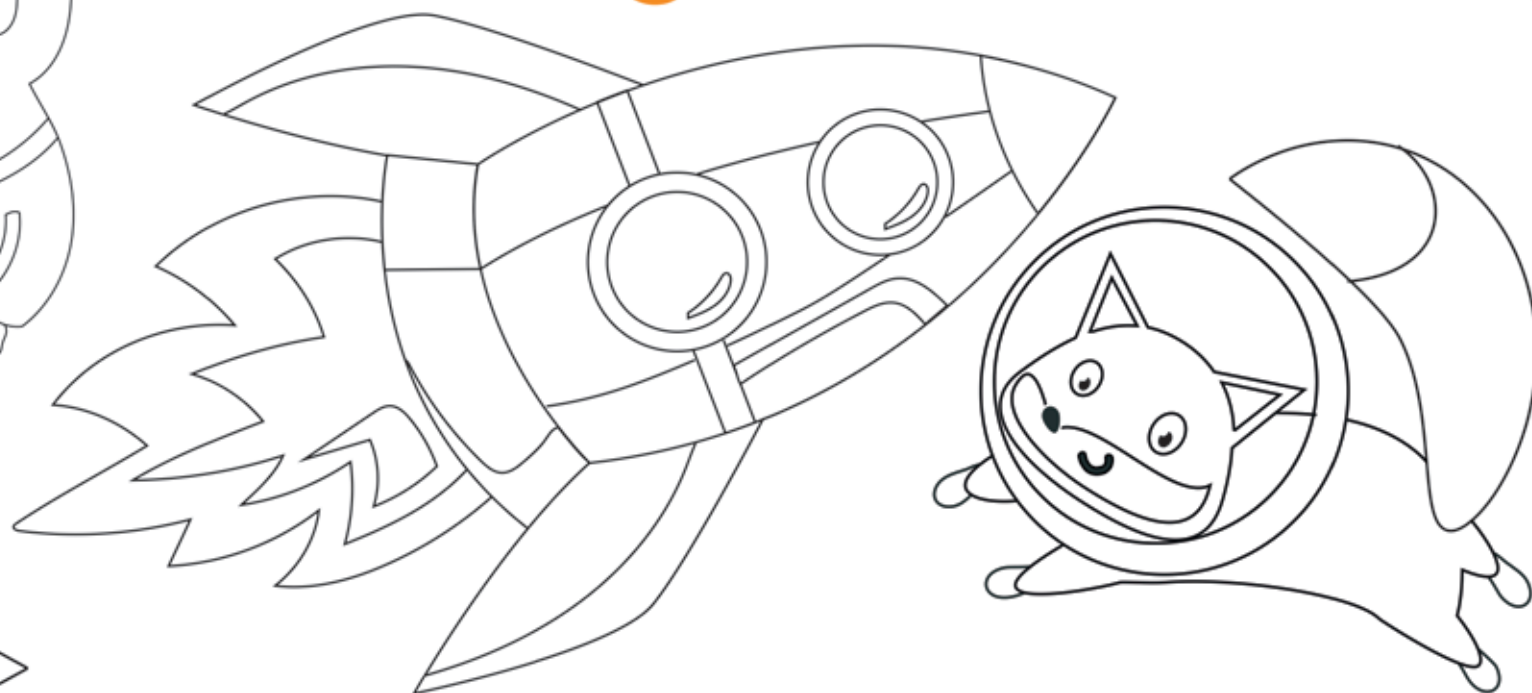
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

7

Little Rockets



Challenge Card No.7



I can jump off 2 feet and land on 2 feet

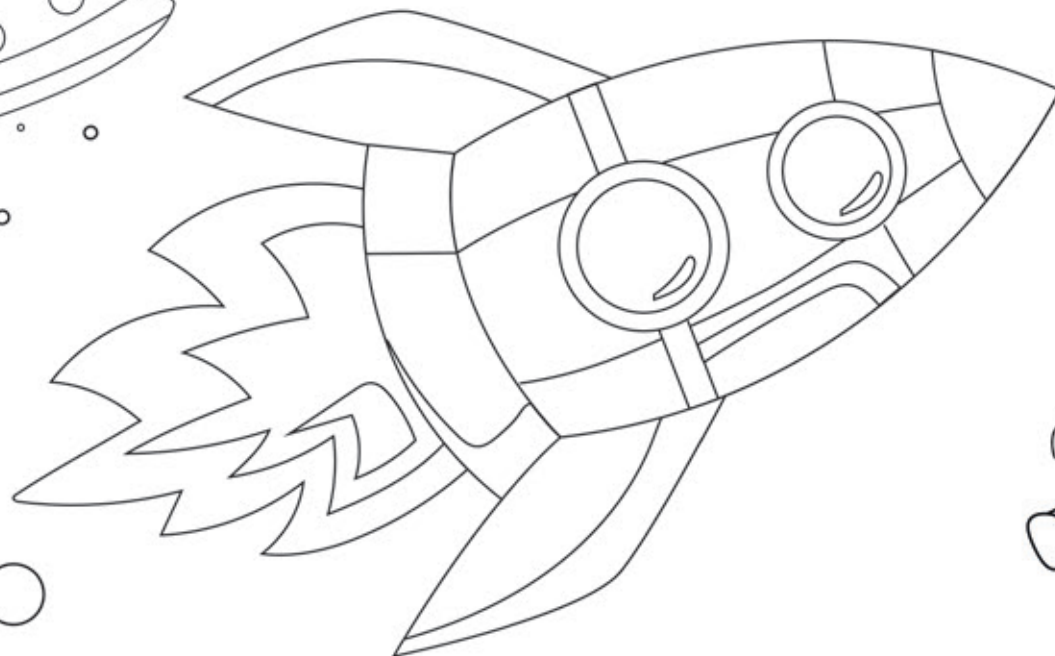
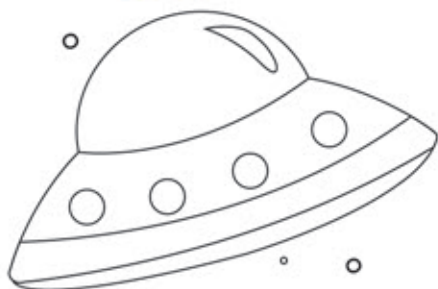
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

8

Roced
Fach



Cerdyn Her 8



**Gallaf neidio oddi ar
ddwy droed a glanio ar un droed** (arddull 'hopscotch')

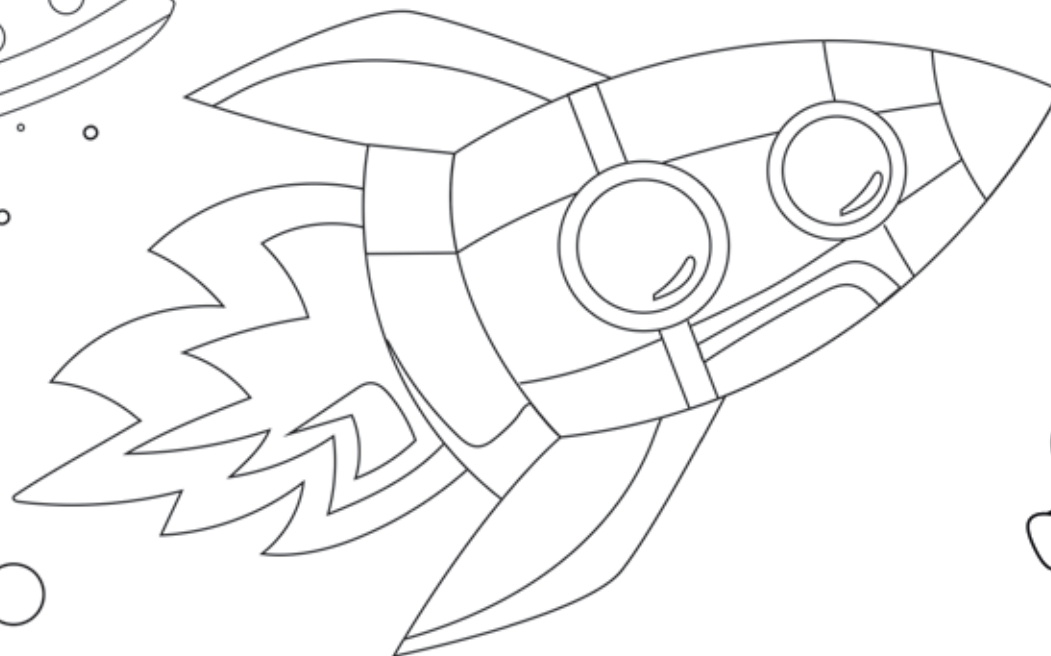
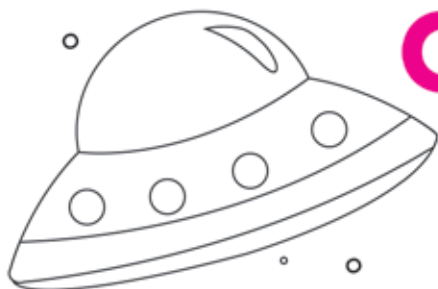
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

8

Little
Rockets



Challenge Card No.8



I can jump off 2 feet and land on 1 foot
(hopscotch style)

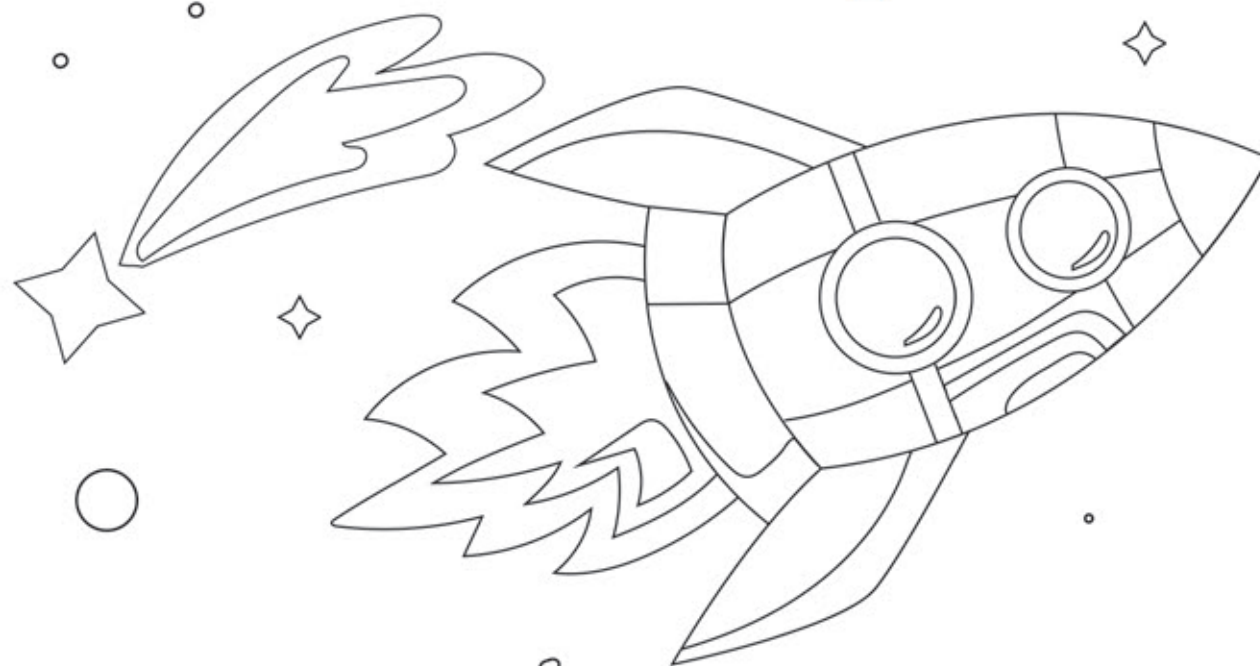
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

9

Roced
Fach



Cerdyn Her 9



Gallaf sgipio (gyda rhaff a hebddo)

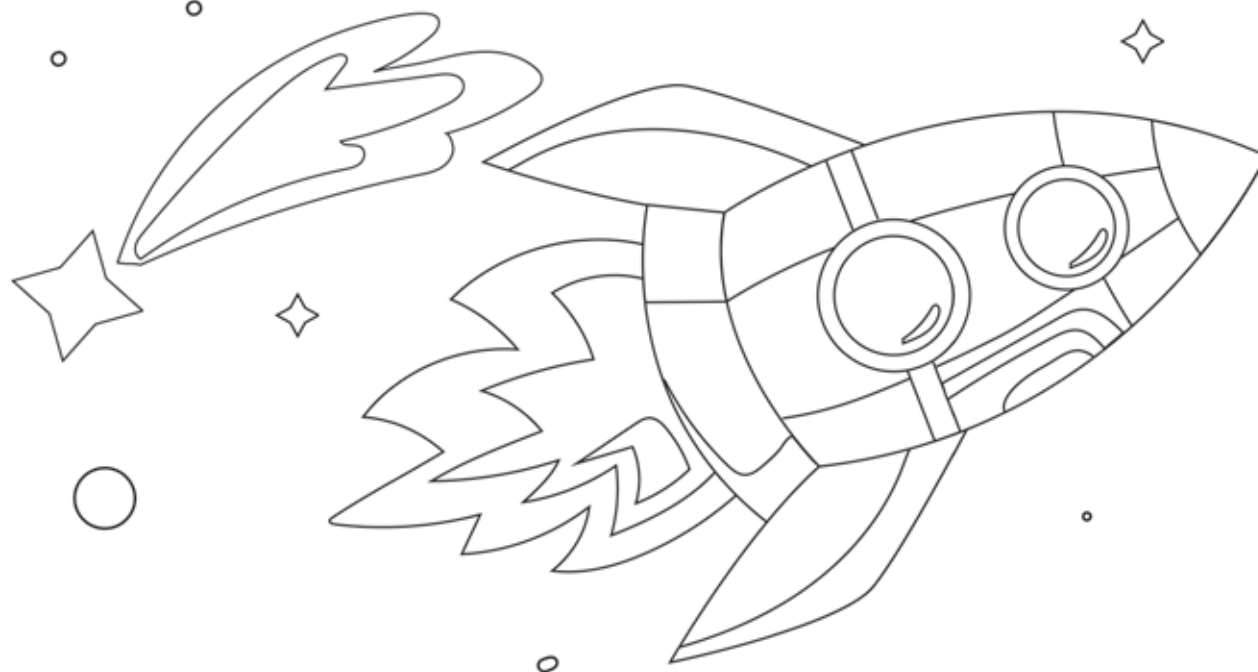
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

9

Little Rockets



Challenge Card No.9



I can skip (with and without a rope)

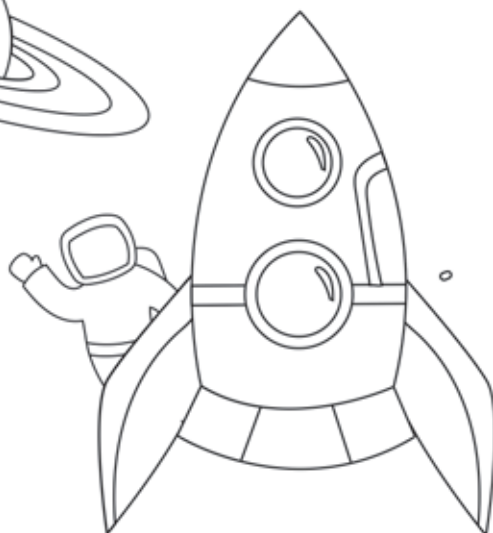
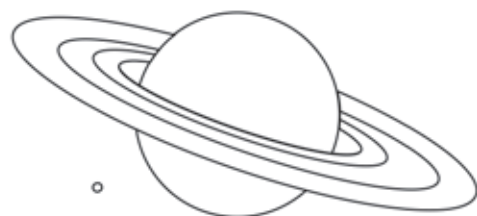
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10

Roced Fach



Cerdyn Her 10



Gorwedd i lawr a rholio (debyg i rollo i lawr allt)



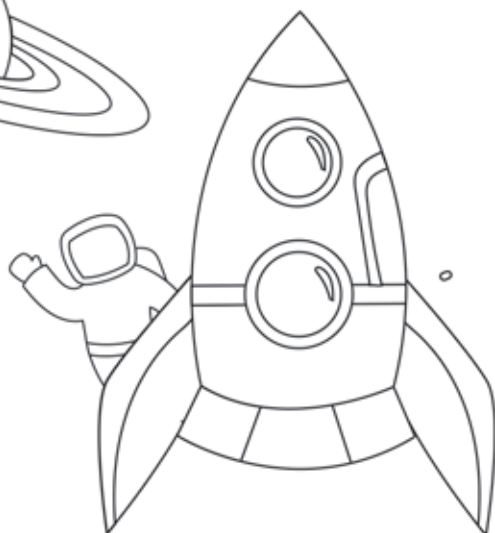
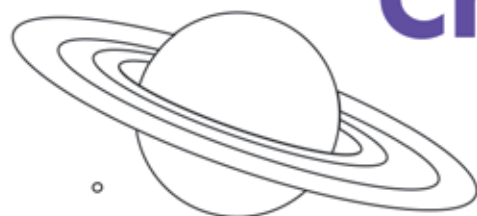
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

10

Little Rockets



Challenge Card No.10



**I can lie on the floor and roll sideways
over and over**

(similar action to rolling down a hill)



When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

