



Chwarae Dysgu
a Thyfu'n Iach
Play Learn and
Grow Healthy

www.plgh.org

Hopscotch

What you need

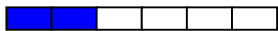
- Chalk to mark out the grid
- Outside space to mark the grid
- Bean bag



Safety

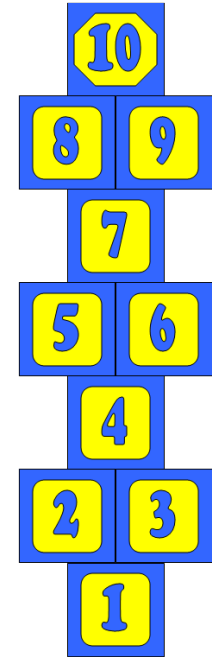
Only one child should use the grid at a time.
Make sure there is enough space between grids if you use more than one.

Activity Time- 20 minutes



What you need to do

1. Draw the squares on the ground as shown, using chalk.
2. The first child must throw the bean bag into the first square and then hop/jump through the other squares missing out the square with the bean bag.
3. Single squares must be hopped and double squares must be jumped. (2 feet to 2 squares)
4. When the children get to the end, they must turn around and hop/jump back picking up the bean bag on the way.
5. Once all the children have had a turn, repeat but throw the bean bag into square 2, then 3 etc.



If you have a lot of children taking part, try drawing more than one grid so that they will not have to wait too long.

For more activities, log onto www.plgh.org

Registered Office: Clybiau Plant Cymru Kids' Clubs, Bridge House, Station Road, Llanishen, Cardiff CF14 5UW
Swyddfa Gofrestredig: Clybiau Plant Cymru Kids' Clubs, Tŷ'r Bont, Ffordd Yr Orsaf, Llanisien, Caerdydd, CF14 5UW
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Beth sydd arnoch eu hangen

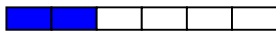
- Sialc i farcio'r grid
- Gofod y tu allan i farcio'r grid
- Bag ffa



Diogelwch

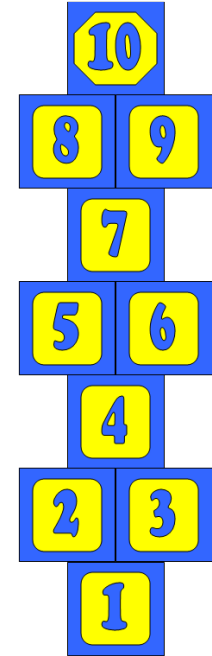
Dim ond un plentyn ar y tro ddylai ddefnyddio'r grid.
Gnewch yn siŵr fod digon o le rhwng y gridiau os ydych yn defnyddio mwy nag un.

Hyd y Gweithgaredd - 20 munud



Beth sydd angen ichi ei wneud

2. Gan ddefnyddio sialc, tynnwch siâp sgwariau ar y llawr.
3. Y plentyn cyntaf i daflu'r bag ffa i mewn i'r sgwâr cyntaf ac yna hercian/neidio drwy'r sgwariau eraill gan fynd heibio i'r sgwâr sy'n cynnwys y bag ffa.
4. Dylid hercian ar y sgwariau sengl, a neidio'r rhai dwbl. (2 feet to 2 squares)
5. Pan ddaw'r plant at y diwedd, maent i droi nôl a hercian/neidio at y man dechrau, gan godi'r bag ffa ar y ffordd.
6. Unwaith y bo'r plant i gyd wedi cael tro, ailadroddwch yr uchod, gan daflu'r bag ffa i sgwariau 2, 3 a.y.b.



Os oes gennych lawer o blant yn cymryd rhan, ceisiwch dynnu mwy nag un grid fel na fydd yn rhaid iddyn nhw aros yn rhy hir.

Am fwy o weithgareddau, mewngofnodwch ar
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