



Chwarae Dysgu
a Thyfu'n Iach

Play Learn and
Grow Healthy

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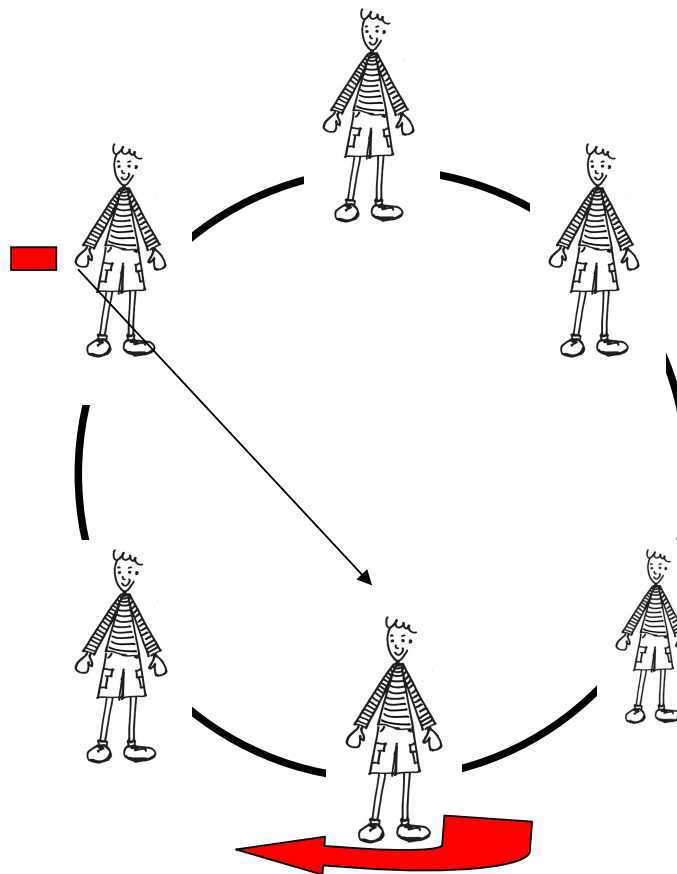
Pass the Bean Bag

1. All children to sit or stand in a circle.
2. One child has a bean bag or soft ball and throws to another child.
3. The child who catches the ball/bean bag must pass to the next person and run around the outside of the circle and back to their space.
4. The other children must pass the bean bag/ball around the circle and back to the first child.
5. If the child running beats the bean bag/ball, they stay in the game. If they do not, they become the thrower.



Safety

- Children to run around the outside of the circle making sure they are not too close to the other children.



Registered Office: Clybiau Plant Cymru Kids' Clubs, Bridge House, Station Road, Llanishen, Cardiff CF14 5UW
Swyddfa Gorestredig: Clybiau Plant Cymru Kids' Clubs, Tŷ'r Bont, Ffordd Yr Orsaf, Llanisien, Caerdydd, CF14 5UW
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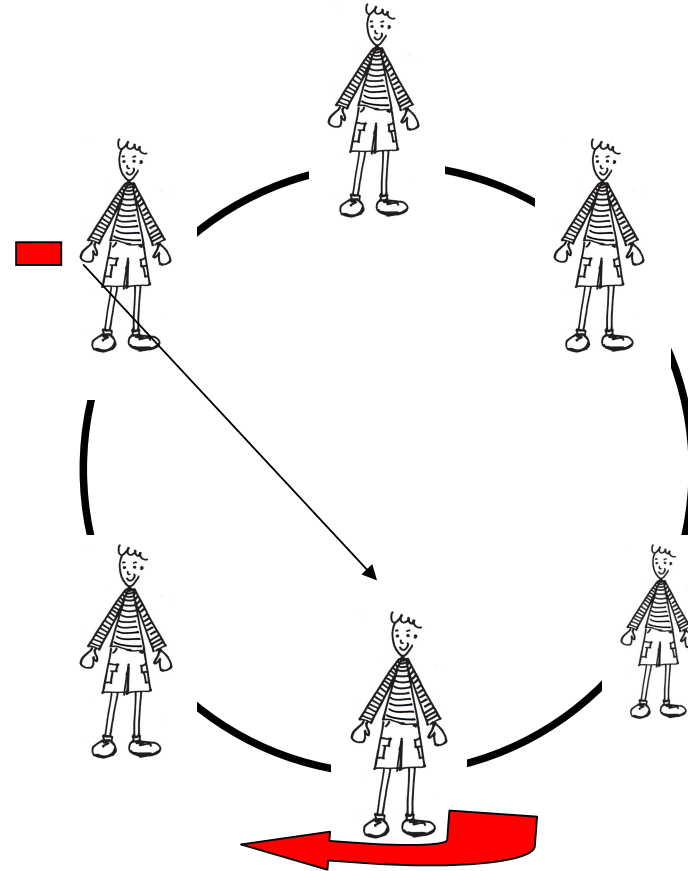
Pasio'r Bag Ffa

1. Dylai'r plant i gyd eistedd neu sefyll mewn cylch.
2. Mae gan un plentyn fag ffa neu bêl medal ac mae'n taflu un ohonynt at blentyn arall.
3. Rhaid i'r plentyn sy'n dal y bêl/bag ffa ei basio at y person nesaf a rhedeg o gwmpas y cylch ac yn ôl o amgylch y cylch ac yn ôl i'w tiriogaeth eu hunain.
4. Rhaid i'r plant eraill basio'r bag ffa/y bêl o gwmpas y cylch ac yn ôl i'r plentyn cyntaf.
5. Os yw'r plentyn sy'n rhedeg yn curo'r bag ffa/y bêl, maen nhw'n aros yn y gêm. Os nad yw, yna maen newid i fod yn daflwr.



Diogelwch

- Dylai'r plant redeg o gwmpas y cylch gan wneud yn siŵr nad ydynt yn rhy agos ar y plant eraill.



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