Rhag Ddysgu - Pre Learning

Cynlluniwyd y taflenni hyn ar gyfer cynorthwyo disgyblion yr ysgol wrth iddynt ddysgu am themâu a thestunau newydd yn eu pynciau. Ar y tudalennau pynciol, gwelir geirfa a themâu'r tymor fesul pwnc. Ar y taflenni hefyd gwelir syniadau am wefannau a llyfrau gellir eu defnyddio adref er mwyn gwneud gwaith annibynnol.

Mae modd i chi'r rhieni/gwarcheidwaid i ddefnyddio'r taflenni hyn ar gyfer cynorthwyo'ch plentyn pan fo problem gydag uned o waith. Gellir defnyddio'r taflenni hefyd pan nad oes gwaith cartref ffurfiol er mwyn ehangu dealltwriaeth mewn pwnc.

The aim of the following information sheets is to help pupils who are learning new topics and themes in their school work. On each subject page, you will find lists of key vocabulary and themes. You will also find suggestions for web-sites and books which can be used of help your child work independently at home.

Parents/guardians can use these sheets to help a child who is having problems with a particular unit of work. They can also be used to learn more about a subject when there is no formal homework set.

Cymraeg / Welsh

Nod ac Amcanion *(Objectives)*

Ysgrifennu Adroddiad a chyflwyno gwybodaeth am drychinebau *(Write a report give a presentation about disasters)*

Bydd y disgyblion yn:

- datblygu sgiliau ysgrifennu mynegi barn a pherswadiol
- datblygu sgiliau ieithyddol ~ ehangu geirfa, sillafu'n gywir, defnyddio treigladau, ysgrifennu mewn paragraffau a defnyddio cystrawen yn gywir
- cynhyrchu adroddiadau ysgrifenedig safonol a chyflwyno gwybodaeth ar lafar

The pupils will:

- *develop creative and descriptive writing skills*
- *develop language skills ~ expand vocabulary, spell correctly, use mutations, write in paragraphs and correct syntax.*
- *produce written reports of a high standard and prepare an oral presentation*

Geiriau Allweddol *(Key Words)*

Adroddiad Papur Newydd *(Newspaper Report)*
Senghenydd
Aberfan
trychineb *(disaster)*
glöwyr *(miners)*
cymuned *(community)*
pwll glo *(coal mine)*
ffrwydro *(explode)*
chwalu *(destroy)*
damwain *(accident)*
achubwyr *(rescuers)*
marwolaeth *(death)*
amodau gwaith *(work conditions)*
newyddion *(news)*
angladdau *(funerals)*

Gwaith Ymchwil *(Research)*

Er mwyn cyflawni'r asesiadau yn llwyddiannus, bydd angen i'r disgyblion ymchwilio'n annibynnol er mwyn casglu ffeithiau, gwybodaeth ac ystadegau sy'n ymwneud â thrychinebau.

In order to complete the assessments successfully, the pupils will have to research independently to glean facts, information and statistics about disasters.

Llyfrau *(Books)*

Mae yna restr o lyfrau Cymraeg cyfoes sy'n addas ar gyfer disgylbion CA3 ar 'Moodle', ar wefan yr ysgol ac yn y Ganolfan Ddysgu. Dylent ymdrechu i ddarllen o leiaf dau lyfr y tymor. Bydd cyfle i brynu llyfrau Cymraeg yn ystod y noson rieni.

There is a list of contemporary Welsh books which are suitable for KS3 on 'Moodle', on the school website and in the Learning Centre. They should read at least two books every term. There will be an opportunity to buy Welsh books during the parents evening.

Saesneg/ English

Term 1: Travel, WW1 and Poetry

We introduce the genre of Travel Writing and pupils enjoy reading and analysing examples from this genre and writing their own travel piece.

We read, analyse and compare famous poetry from WW1

Grammar Review:

Standard and non-standard English
Sentence variety
Punctuation:
Direct and indirect speech

Term 2: Oracy, Group Readers and Narrative Writing

In this term we develop oracy skills further and focus on the formality of speech delivery and speech writing and the use of Standard English.

Each class focuses on a chosen group reader and tasks are based on the class text and accompanying themes, e.g. in Animal Farm we focus on historical context, allegory, dystopian fiction as well as linked writing tasks.

Reading

Good websites to look at are www.lovereading4schools.co.uk (where we hold copies of book lists if you go to www.lovereading4schools.co.uk/schools/6542- we should stress that we have no expectation that you will buy through the site). Other sites are the Teenage Book Trust and Spinebreakers.co.uk. All these sites have book blurbs and extracts to try, book offers for new and classic teen/ children's books, and advice on what's good for different reading abilities and ages. Every month, a Cardiff teenage website (http://www.thesprout.co.uk) recommends a 'Book of the Month' as part of its Reading Power Virtual Book Club.

Examples of Our Yr 9 Class or Group readers:

Trash – Andy Mulligan; Face or Terror Kid – Benjamin Zephaniah; Animal Farm – George Orwell; Stonecold – Robert Swindells; The Curious Incident of the Dog in the Night Time – Mark Haddon .

Term 3: Shakespeare

We read, study and watch Romeo and Juliet, concentrating on the use of language and character development.

Pupils are also given the opportunity to role play and develop oracy skills

Literary terminology is introduced in preparation for Shakespeare coursework in Year 10

MATHEMATEG / MATHEMATICS

Blwyddyn 9—Pasg

Geiriau Allweddol (*Key Words*)

Lleoedd Degol (*Decimal place*)
Ongl Sgwâr(*Right angle*)
Triongl (*Triangle*)
Hypotenws (*Hypotenuse*)
Cyferbyn (*Opposite*)
Fertigol (*Vertical*)
Llorweddol (*Horizontal*)
Oleddol (*Diagonal*)
Croelinol (*Diagonal*
Prism (*Perimeter*)
Y Cylch (*The Circle*)
Radiws (*Radius*)
Diamedr(*Diameter*)

Cymarebau (*Ratios*)
Croesdorri (*Intercept*)
Rhyngdoriad (*Intercept*)
Hafaliad (*Equation*)
Amnewid (*Substitute*)
Cydbwyso (*Balance*)
Sicr (*Certain*)
Tebygol(*Likely*)
Siawns Deg (*Even Chance*)
Annhebygol (*Unlikely*)
Amhosib (*Impossible*)
Sgwario (*square*)
Ail-isradd (*Square root*)

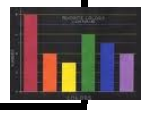
Testunau (*Topics*)

Hanner Tymor 1 (Gwanwyn):

Talgrynnu (*Round off*)
Theorem Pythagoras neu Rhifau Negatif
(*Pythagoras' Theorem or Negative numbers*)
Trigonometreg neu Amser
(*Trigonometry or The time*)

Hanner Tymor 2 (Pasg):

Graffiau Llinell Syth neu Degolion a'r Cylch
(*Straight Line Graphs or Decimals and Circle*)
Hafaliadau Cydamserol neu Cydbwysedd
(*Simultaneous Equations or Balance*)
Tebygolrwydd (Probability)



Cyfleoedd i Ymchwilio (*Research Opportunities*)

http://www.bbc.co.uk/schools/ks3bitesize/maths/

http://www.mathszone.co.uk/

http://www.ngfl-cymru.org.uk/cym/vtc-home/vtc-ks3-home/vtc-ks3-maths(2)

Llyfrau (*Books*)

Mathemateg CA3-Llyfr Adolygu (3-6)
Cyhoeddwr/Publisher:
Y Ganolfan Adnoddau Addysg

Mathemateg CA3:Rhifedd Llyfr Adolygu 1/2/3
Cyhoeddwr/Publisher:
EBOL

Cemeg

Geiriau Allweddol *(Key Words)*

Rhestr adweithedd (Reactivity series)
Adroddiad (report)
Dadleoli (Displacement)
Newidiadau Cemegol (Chemical changes)
Newidiadau Ffisegol (Physical changes)
Ocsidio (Oxidation)
Rhydu (Rusting)
Hylosgi (Combustion)
Endothermig (Endothermic)
Ecsothermig (exothermic)
Adwaith gwaddodi (Preciptation reactions)
Cystadleuaeth (Competition)
Hydoddiant (Solution)

Testunau (*Topics)*

Adweithedd metelau / Reactivity of metals

Edrych ar wahanol fathau o adweithiau / Classification of reactions

Ymweld â'r sgiliau gwyddonol:
Monitro cynnydd, prawf teg, creu meini prawf, adolygu meini prawf, rhagfynefi, gwerthuso'r dysgu, casgliadau a phenderfyniadau ac esbonio.

Scientific skills:
Monitor progress, Fair test, Determine success criteria, Evaluate learning, review success, Prediction, Explaining, Conclusions and decisions

Geiriau allweddol sgiliau (Skill key words)

Monitro Cynnydd (Monitor progress)
Prawf teg (Fair test)
Creu meini prawf (Determine success criteria)
Gwerthuso'r dysgu (Evaluate learning)
Adolygu meini prawf (Review success)
Rhagyfengiad (Prediction)
Esbonio (Explaining)
Casgliadau a Phenderfyniadau (Conclusions and decisions)

Cyfleon Ymchwilio *(Research Opportunities)*

http://www.bbc.co.uk/cymru/tacteg/gwyddoniaeth/

Llyfrau *(Books)*

Gwyddoniaeth Cyfnod Allweddol Tri Y Llyfryn adolygu (CAA)
P.Gannon
Siarad Gwyddoniaeth gyda Tic a Toc (Acen)

Ffiseg

Geiriau Allweddol *(Key Words)*

Moment (Moment)
Grym (Force)
Pellter (Distance)
Colyn (Pivot)
Cydbwysedd (Balanced)
Sbectrwm Electromagnetig (Electromagnetic Spectrum)
Tonnau Radio (Radio Waves)
Tonnau Meicro (Microwaves)
Tonnau Isgoch (Infrared Waves)
Golau (Light)
Tonnau Uwchfioled (Ultraviolet Waves)
Pelydr X (X Rays)
Pelydrau Gama (Gamma Rays)
Sain a Tonnau (Sound and Waves)
Amledd (Frequency)
Tonfedd (Wavelength)
Osgled (Amplitude)
Senifanedd (Volume)
Traw (Pitch)

Testunau (*Topics*)

Moment / *Moment*
Sbectrwm Electromagnetig / *Electromagnetic Spectrum*
Sain a Tonnau / *Sound and Waves*

Ymweld â'r sgiliau gwyddonol:
Esbonio, Cyfleu darganfyddiadau, Dod hyd i dystiolaeth
Mae'r rhain yn cael eu datblygu trwy ymchwiliad a gwaith ymchwilio.

Scientific skills:
Explaining, Communicate findings, Finding out information
These skills will be developed through an investigation and research.

Geiriau allweddol sgiliau (Skill key words)

Cyfleu darganfyddiadau (Communicate findings)
Esbonio (Explaining)
Dod o hyd i dystiolaeth (Finding out information)
Dulliau a Strategaethau (Methods and Strategies)

Bioleg

Geiriau Allweddol *(Key Words)*

Ffotosynthesis (Photosynthesis)
Carbon deuocsid (Carbon dioxide)
Dŵr (Water)
Egni golau (Light energy)
Cloroffil (Clorophyll)
Ocsigen (Oxygen)
Glwcos (Glucose)
Cloroplast (Chloroplast)
Startsh (Startch)
Egni cemegol (Chemical energy)
Hydoddiant iodin (Iodine solution)
Hydoddiant Biuret (Biuret solution)
Tymheredd (Temperature)
Dail (Leaves)

Testunau (*Topics)*

Ffotosynthesis/Photosynthesis

Ymweld â'r sgiliau gwyddonol:
Rhagfynegi, profi'n deg, cyfleu darganfyddiadau, casgliad a phenderfyniadau, arsylwi a mesur, esbonio.
Mae'r rhain yn cael eu datblygu trwy ymchwiliad a gwaith ymchwilio.

Scientific skills:
Predict, fair testing, communicate findings, conclusions andde-cisions, observe and measure, explaining.
These skills will be developed through an investigation and research.

Geiriau allweddol sgiliau (Skill key words)

Rhagfynegi (Predict)
Profi'n deg (Fair testing)
Arsylwi a mesur (Observe and measure)
Meini prawf llwyddiant (Determine success criteria)
Adolygu llwyddiant (Review success)
Cyfleu darganfyddiadau (Communicate findings)
Esbonio (Explaining)
Casgliad a phenderfyniadau (Conclusions and decisions)

Addysg Grefyddol / Religious Education

Geiriau Allweddol

Cyfryngau / *Media*
Dibynadwyedd / *Reliability*
Portreadu / *Portray*
Stereoteipio (ystrydeb) / *Stereotype*
Tueddiad / *Bias*
Dylanwad / *Influence*
Eithafiaeth / *Extremism*
Rhagfarn / *Prejudice*
Gwahaniaethu / *Discrimination*

Cysyniadau

Beth yw'r cyfryngau? / *What is the media?*
Crefydd yn y cyfryngau / *Religion in the media*
Effaith y cyfryngau / *Effects of the media*

Cyfleon Ymchwilio

https://www.bbc.co.uk/news
www.bbc.co.uk/religion

Hanes / History

Geiriau Allweddol (*Key Words*)

Cronoleg (chronology)
Tystiolaeth (evidence)
Achos a chanlyniad (cause and consequence)
Newid a Pharhad (change and continuation)
Dehongliad (interpretation)
Y Rhyfel Mawr (The Great War)
Cigydd y Somme (Butcher of the Somme)
Cytundeb Versailles (Treaty of Versailles)
Arfau (weapons)
Bywyd (life)
Hawliau (rights)
Unigolion (individuals)

Testunau (*Topics*)

Sgiliau hanes (History skills)
Y Rhyfel Mawr (The Great War)
Yr Ugeinfed Ganrif (The Twentieth Century)

Cyfleoedd i Ymchwilio (*Research Opportunities*)

www.historylearningsite.co.uk
www.spartacus.schoolnet.co.uk
www.schoolhistory.co.uk
www.bbc.co.uk/history
www.ngfl-cymru.org.uk

Llyfrau (*Books*)

The First World War: An Illustrated History -A J P Taylor
The Trenches: A First World War Soldier, 1914-1918 (My Story) -Jim Eldridge
In the First World War (Men, Women and Children)- Philip Steele
The Usborne Introduction to the First World War: In Association with the Imperial War Museum- Ruth Brocklehurst and Henry Brook
Horrible Histories

Daearyddiaeth.

Geiriau Allweddol (*Key Words*)

Diwydiant/ Industry
Primaidd/ Primary
Eilaidd/ Secondary
Tertaidd/ Tertiary
Masnach/ Trade
Swyddi/ Jobs
Anhegwch/ Unfair
Datblygiad/ Development
GllEDd/ Less developed countries
Globaleiddio/ Globalisation

Testunau (*Topics*)

Sgiliau map (Map skills)
Sectorau diwydiannol (industrial sectors)
Masnach deg (Fair Trade)
Globaleiddio (Globalisation)

Cyfleoedd i Ymchwilio (*Research Opportuinities*)

http://www.fairtrade.org.uk/
http://en.wikipedia.org/wiki/Fair_trade
http://www.continuetolearn.uiowa.edu/laborctr/child_labor/about/what_is_child_labor.html
http://www.antislavery.org/english/slavery_today/child_labour.aspx

ESPAÑOL-SBAENEG-SPANISH

1. ¡Hola!

Saludos, Nombre, Edad, Cumpleaños, Número-os.
Cyfarchion, Enw, Oedran, Penblwydd, Rhifau.
Greetings, Name, Age, Birthday, Numbers.

2. ¿De Dónde Eres?

Donde vivo, Países, Nacionalidades, Colores.
Lle rwy'n byw, Gwledydd, Cenedl, Lliwiau.
Where I live, Countries, Nationalities, Colours.

3. ¿Cómo Eres?

Describir a personas, Aparencias, Carácter.
Disgrifio pobl, Golwg, Cymeriad.
Describing people, Appearance, Character.

4. Mi Familia

Miembros de la familia, Animales.
Aelodau o'r teulu, Anifeiliaid.
Family members, Animals.

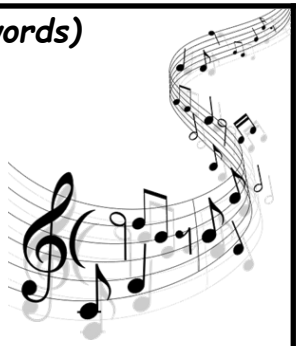
5. En Clase

En el aula, Asignaturas, Instrucciones.
Yn y dosbarth, Pynciau, Cyfarwyddiadau.
In the classroom, Subjects, Instructions.

Apoyo:
Cefnogaeth:
Support:
http://www.plasmawr.cardiff.sch.uk/moodle/login/index.php
http://linguascope.com/
http://www.languagesonline.org.uk/

Cerddoriaeth / Music

Geiriau allweddol *(Key words)*



Dynameg *(Dynamics)*
Tempo *(Tempo)*
Traw *(Pitch)*
Adeiledd *(Structure)*
Parhad *(Duration)*
Ansawdd tôn *(Timbre)*
Distawrwydd *(Silence)*
Gwead *(Texture)*

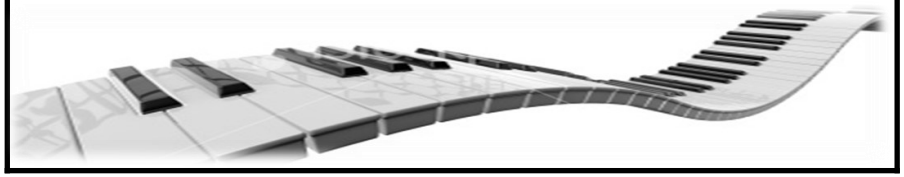
Testunau *(Topics)*

Yn ystod blynyddoedd CA3 bydd y disgyblion yn cael cyfleodd i ddatblygu eu sgiliau:

Perfformio, Cyfansoddi a Gwerthuso

Mewn ystod eang o arddulliau gan gynnwys:

Rap, pop, clasurol, Cerddoriaeth Gymreig, Sioeau gerdd, cerddoriaeth ffilm.



Cyfleuoedd i ymchwilio (research opportunities)

http://www.youtube.com/
http://www.bbc.co.uk/radio/
http://www.bbc.co.uk/iplayer/categories/music/

Llyfrau i ddechrau ar y piano:
Jibbidy F and A C E Childs First Piano Book
Tunes for Ten Fingers (Piano Time)

Termau Eidaleg (Italian terms)

pianissimo – tawel iawn *(very soft)*

piano – tawel *(soft)*

mezzo piano – eitha tawel *(moderately quiet)*

mezzo forte – eitha cryf *(moderately loud)*

forte – cryf (loud)

fortissimo – cryf iawn *(very loud)*

Termau Eidaleg (Italian terms)

largo – araf iawn *(very slow)*

adagio – araf *(slow)*

andante – cyflymder cerdded *(walking pace)*

moderato – cymhedrol *(moderately)*

allegro – cyflym *(fast)*

vivace – cyflym a bywiog *(very fast and lively)*

presto – cyflym iawn *(very fast)*

Dylunio a Thechnoleg Plasmawr

Geiriau Allweddol • Key Words

Arwyneb	• Surface	Cydrannau	• Components
Ansawdd	• Texture	Mecanyddol	• Mecanical
Dadansoddi	• To Analyse	Deniadol	• Attractive
Modelu	• To Model	Llachar	• Bright
Manyleb	• Specification	Cynrychioli	• Represent
Priodweddau	• Properties	Diddorol	• Interesting
Ysbrydoliaeth	• Inspiration	Lliwgar	• Colourful
Ymchwil Farchnad	• Market Research	Denu Sylw	• Attract Attention
Graddliwio	• Rendering	Dyluniad	• Design
Ymchwilio	• To Research	Mewnbwn	• Input
Marchnad Darged	• Target Market	Allbwn	• Output
Arogl	• Smell	Rheolaeth	• Control
Berwi	• To Boil	Microsglodyn	• Microchip
Braster	• Fat	Mecanweithiau	• Mecanisms
Daraludydd	• Conductor	Maethynnau	• Vitamins
Diet Gytbwys	• Balanced Diet	Swyddogaeth	• Function
Diogelwch	• Safety	Sublimeiddio	• Sublimation
Pren Haenog	• Pren Haenog	Gwelliannau	• Improvements

Cyfleon Ymchwilio • Research Opportunities

www.philiptreacy.co.uk
www.drawingnow.com
www.**jamieoliver.com**
www.bbc.co.uk/schools/ks3**bitesiz**
www.technologystudent.com
www.ngfl-cymru.org.uk/cym/vtc-home/vtc-ks3-home/vtc-ks3-dandt(2)
http://www.bbc.co.uk/schools/gcsebitesize/design/resistantmaterials/

Testunnau • Topics

Blwyddyn 7

Anifeiliaid Gwyllt • Wild Animals

Astudio priodweddau defnyddiau pren, dysgu am yr defnydd o offer newydd a CAD/CAM • Pupils will study the properties of wood, and learn about new equipement and CAD/CAM.

Ffob Golau • Mini Torch

Ymarfer sgiliau graffeg traddodiadol. Bydd disgyblion yn creu Ffob Golau gyda pecyn • Learn and develop traditional graphic skills. Pupils will make a mini torch with packaging.

Bwyta'n Iach • Eating Healthy

Adnabod gofynion maethea bwyta'n iach. Cynhyrchu seigiau iach. Dysgu rheolau Iechyd a Diogelwch • Identify healthy eating and nutritional needs. Learn health and safety rules.

Blwyddyn 8

Adeileddau • Structures

Astudio priodweddion adeileddau a creu adeiledd eu hun gan defnyddio dur meddal • Study structures and create their own using soft steel.

Crys T • T-Shirt

Dylunio cynllun newydd i sublimeiddio ar crys t gan defnyddio Photoshop • Design a new image to sublimate on a tshirt by using Photoshop.

Hetiau • Hats

Cynllunio a gwneud het lliwgar diddorol i fynd sgio. Adnabod ffibrau a ffabrigau, adnabod steiliau • Design and make a colourful ski hat. Identify fibres and fabrics, identify styles.

Blwyddyn 9

Plastigion • Plastics

Astudio dylunio cynhyrchion a priodweddau plastigion gwahanol. Yna creu cloc eu hun allan o blastig • A study of products and the properties of plastic. Create a plastic clock

Bwg Estron • Alien Bug

Astudio a deall pwysigrwydd mecanweithiau. Arbrofi ac rhaglennu Microsglodyn. Dylunio a Chreu Tegan symudol • Understand Mecanisms. Program a microchip and make a moving toy.

Saig i Blentyn • Recipe for a Child

Astudiaeth o faethea iachus er mwyn cynllunio seigiau cydbwys i blentyn. Datblygu sgiliau ymarferol coginio • A Study of healthy nutrition to help design a balanced meal for a child. The course will help develop pupils cooking skills.

Drama

Geiriau Allweddol (*Key Words*)

Slogan
Troslais (Voiceover)
Jingl (Jingle)
Cynulleidfa Darged (Target Audience)
Cynnyrch (Product)
Canolbwyntio (Concentration)
Cymeriadu (Characterisation)
Tôn (Tone)
Traw (Pitch)
Tempo (Pace)
Mynegiant Wynebol (Facial Expression)

Testunau (*Topics*)

- Yn ystod y flwyddyn bydd y disgyblion yn cael cyfleodd i ddatblygu eu sgiliau:
  - Creu
  - Perfformio
  - Gwerthuso

During the year, the pupils will have opportunities to develop the following skills:

- *Create*
- *Performance*
- *Evaluate*

Cyfleoedd i Ymchwilio (*Research Opportuinities*)

www.tellyads.com

www.youtube.com

CELF— LOSIN

BLWYDDYN 9
Tymor2

Geiriau Allweddol (*Key Words*)

Arddull—style
Llythrennu—Lettering
Ffont—font
Graddfa—Scale
Dylunio—design
Hysbysebu—advertize

Testunau (*Topics*)

Arlunio o fywyd.
Arbrofi gydag arddulliau, lliwiau a chyfryngau.
Datblygu dyluniadau personol.

Cyfleoedd i Ymchwilio (*Research Opportuinities*)

Gwefannau cwmniau losin
Celf Bop
Hysbysebion mewn cylchgronnau
Casglu papurau losin amrywiol

Technoleg Gwybodaeth a Chyfathrebu

Geiriau Allweddol (*Key Words*)

Prosesydd geiriau – *Word processor*
Taenlen – *Spreadsheet*
Databas – *Database*
Bwrddgyhoeddi – *Desk Top Publisher*
Rhaglen cyflwyno – *Presentation Software*
Trin – *Handling*
Modelu – *Modelling*
Argraffu – *Print*
Argraffydd—*Printer*
Allweddell – *Keyboard*
Llygoden – *Mouse*
Y we – *The web*
Y rhyngrwyd - *Internet*
Arbed – *Save*

E-bost—*E-mail*

Atodiad—*Attachment*

Rhwydwaith—*Network*

Cyfleoedd i Ymchwilio (*Research Opportunities*)

http://www.bbc.co.uk/schools/typing/
http://www.teach-ict.com/
http://www.ngfl-cymru.org.uk/cym/vtc-home/vtc-ks3-home/vtc-ks3-ict
http://www.openoffice.org/
http://audacity.sourceforge.net/

Testunau (*Topics*)

Blwyddyn 7

Tymor Pasg

Rhaglen cyflwyno (Powerpoint) - Diogelwch y We/ *Presentation Software - Internet Safety*
Defnyddio'r we / *Using the Internet*
Rhaglennu cyfrifiadurol (Gamemaker & Scratch)/ *Computer programming*
Trin (Access) - Holi a threfnu databas gwledydd y byd/ *Sorting and searching a database on countries of the world*
Creu databas ceir/ *Creating a car database*

Blwyddyn 8

Tymor Pasg

Rhaglen recordio a manipileiddio sain (Audactiy) – Creu hysbyseb radio/ *Audio recording and manipulation software – Create a radio advert*
Rhaglen recordio a manipileiddio fideo (Moviemaker) – Creu hysbyseb teledu ar gyfer Caerdydd/ *Video recording and manipulation software – Create a TV advert promoting Cardiff*

Blwyddyn 9

Tymor Pasg

Rhaglennu cyfrifiadurol (Gamemaker & Scratch)/ *Computer programming*
Prosiect creu databas ar gyfer clwb Ysgol/ *A project to create a database for a school club*

Addysg Gorfforol Bl 7, 8 a 9

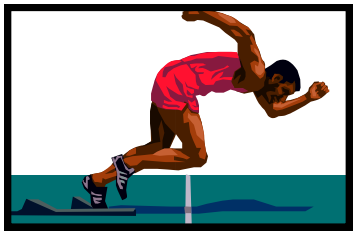
Geiriau Allweddol (*Key Words*)

Ymosod (*Attack*)
Amddiffyn (*Defence*)
Gwrth Ymosod (*Counter Attack*)
Curiad Calon (*Heart Rate*)
Ail-adroddiadau (*Repetitions*)
Ymarfer Cylched (*Circuit Training*)
Dilyniant (*Routine*)
Llif (*Flow*)
Cyfeiriad (*Direction*)
Llwybrau (*Pathways*)
Lefel (*Level*)
Mesur (*Measure*)
Amseru (*Timing*)
Ffurfiant (*Formation*)
Ras Cyfnewid (*Relay*)
Esgyniad (*Take off*)
Ehediad (*Flight*)
Cynhesu (*Warm Up*)
Ymestyn (*Stretch*)
Hyblygrwydd (*Flexibilty*)
Cryfder (*Strength*)
Cyd-bwysedd (*Balance*)
Cyd-drefniant (Co-ordinationn)
Cyflymder (*Speed*)
Ystwythder (*Agility*)
Pŵer (*Power*)
Tensiwn (*Tension*)
Eglurdeb Siap (*Clarity of Shape*)

Testunau (*Topics*)

Bechgyn: Rygbi, Ffitrwydd, Gymnasteg, Athletau, Pêl fas, Pêl Droed, Pel Fasged

Merched: Pêl rwyd, Hoci, Dawns, Gymnasteg, Athletau, Pêl Fasged, Rygbi Tag, Ffitrwydd



Cyfleoedd i Ymchwilio (*Research Opportuinities*)

www.bbc.co.uk/sport

www.topendsport.co.uk

www.wru.co.uk

www.faw.org.uk

www.welshnetball.co.uk

www.hockeywales.org.uk

www.cbac.co.uk

Offer (*Equipment*)

Bechgyn: Crys Rygbi Marŵn (*Maroon Rugby Shirt*)
Siorts Rygbi Du (*Black Rugby Shorts*)
Sanau Marŵn (*Maroon Socks*)
Crys Polo Gwyn (*White Polo Shirt*)
Siorts Gwyn (*White Shorts*)

Merched: Crys Polo Gwyn (*White Polo Shirt*)
Sgort Du (*Black Skort*)
Siorts Du (*Black Shorts*)
Sanau Marŵn (*Maroon Socks*)
***Gwisg Trac Du (*Black Tracksuit*)