

Tasg Llafaredd



Learn these words / phrases by putting a movement to them.

Word / Phrase	Movement
medal aur	Hold one finger in the air.
medal arian	Hold two fingers in the air.
medal efydd	Hold three fingers in the air.
ymarfer	Pretend to practise something.
bwyta	Pretend to eat.
mynd i'r gampfa	Pretend to walk to gym and do some weightlifting, running, star jumps etc...
rhedeg	Pretend to run.
nofio	Pretend to swim.
beicio	Pretend to cycle.
rhoi	Pretend to give something.
prynu	Rub thumb and two fingers together gesturing money.
coginio	Pretend to cook.
gweithio'n galed	Use hand to pretend to wipe sweat off forehead.

Y Gemau Olympaidd

Tasg Llafaredd



Imagine that you've just won a medal in the Olympic Games! Perform an acceptance speech for your medal. Remember to cover all of the points below:

- * Which medal have you won?
- * For what did you win the medal?
- * How are you feeling?
- * Who are you?
- * How old are you?
- * Where do you live?
- * Do you have family?
- * When did you start your chosen sport?
- * Why do you enjoy that sport?
- * How do you train and keep fit?
- * Who would you like to thank?



Why not hold a ceremony for first, second and third to hear the speeches? Use a camera to record the ceremony.

Y Gemau Olympaidd

Enghraifft



WAW! BOBOL BACH! MAWREDD MAWR!

Medal aur yn y Gemau Olympaidd.
Medal aur am rhedeg 100m.

Dw i mewn sioc!
Dw i'n teimlo'n wych!

Usain Bolt ydw i a dw i'n byw yn Jamaica.
Dw i'n 25 mlwydd oed.
Mae un brawd ac un chwaer gyda fi.

Dw i'n hoffi rhedeg achos mae'n gyffrous a gyflym.

Dw i'n ymarfer bob dydd.
Dw i'n bwyta'n iach fel arfer.
Dw i'n bwyta yams a bananas i frecwast.
Dw i'n bwyta porc a reis i ginio a dw i'n bwyta porc a reis i swper.
Weithiau dw i'n bwyta nygets cyw iâr!

Diolch i fy mam am helpu fi fwyta'n iach.
Diolch i fy nhad am brynu treinyrs i fi.
Diolch i fy mrawd am chwarae criced gyda fi.
Diolch i fy chwaer am redeg gyda fi.
Diolch i fy hyfforddwr am weithio'n galed.

Diolch i bawb!

Y Gemau Olympaidd

Araith (Speech)



WAW!
GWYCH!
BOBOL BACH!
MAWREDD MAWR!
BENDIGEDIG!

aur
arian
efydd

Medal _____ yn y Gemau Olympaidd.
Medal _____ am _____.

Dw i mewn sioc!
Dw i'n teimlo'n _____!

...fendigedig
...wych
...ardderchog
...sal
...benigamp
...hapus iawn

_____ ydw i a dw i'n byw yn _____.
Dw i'n _____ mlwydd oed.
Mae _____ gyda fi.

un brawd
un chwaer
dau frawd
dwy chwaer
tri brawd
tair chwaer

Dw i'n hoffi _____ achos mae'n _____.

ymarfer
bwyta
bwyta'n iach
mynd i'r gampfa
rhedeg
nofio
beicio

Dw i'n _____ bob dydd (every day).
Dw i'n _____ fel arfer (usually).
Weithiau (sometimes) dw i'n _____.

Diolch i _____ am _____.
Diolch i bawb!

fy mam
fy nhad
fy mam-gu
fy nhad-cu
fy chwaer
fy mrawd
fy hyfforddwr

...roi __ i fi (to give me __)
...brynu __ i fi (to buy me __)
...helpu fi i... (help me to...)
...goginio __ i fi (to cook __ for me)
...chwarae __ gyda fi (to play __ with me)
...weithio'n galed (to work hard)