Chwaraeon RhCT
Sport RCT

HWYL YN YR AWYR AGORED

27 Gweithgaredd awyr agored i'r teulu
Outdoor family activities

EXPLORE THE OUTDOORS

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Ymuna â grŵp Facebook 'Chwaraeon RCT Adnoddau i'r Teulu'
Join the 'Sport RCT Family Resources' Facebook group!
www.facebook.com/groups/sportrctfamilyresources

RHONDDA CYNON TAF

01. WEDI GWNEUD COMPLETED

Sgimio carreg

Dal dy garreg mor wastad ag y bo modd a'i hanelu at wyneb y dŵr.

Mae angen i'r garreg droelli ar wyneb y dŵr er mwyn iddi fownsio, felly wrth i ti ryddhau'r garreg, mae angen i ti fflicio dy arddwrn fel bod y garreg yn troelli wrth iddi gael ei rhyddhau.

CYNGOR CRAFF:
Cerrig gwastad sydd orau ar gyfer sgimio!

Learn to Skim a Stone

Hold your stone as horizontal and flat as you can - then aim at the surface of the water.

The stone needs to spin across the water to make it bounce so you need to flick your wrist as you release the stone to set it off spinning.

TOP TIP:
Flat stones are best for skimming!

02. WEDI GWNEUD COMPLETED

Map Trysor

Mae'n well dechrau trwy nodi ble mae'r dechrau a ble mae'r 'trysor'.

Yna tynna lun o'r llwybr i ddod o hyd i'r 'trysor'. Mae modd i'r trysor fod yn lle dirgel, blodyn pert, craig neu goeden ddiddorol.

Draw a Treasure Map

It's best to start by drawing the start and the 'treasure'.

Then draw the route to find the 'treasure'. The 'treasure' could be a secret place, a pretty flower, or an interesting rock or tree.

03. WEDI GWNEUD COMPLETED

Chwythu Cloc Dant y Llew

Chwytha'r blodyn nes bod dim hadau ar ôl. Faint o weithiau chwythaist ti? Yn ôl llên gwerin dyna faint o'r gloch yw hi! Tybed a yw hynny'n wir?

Blow a Dandelion Clock...

...and test the folklore that the number of blows needed is the time of day..
is it true?

04.

WEDI GWNEUD
COMPLETED ☐

Trefnu Picnic

Beth am gymryd archeb pawb, paratoi'r bwyd, a'i bacio?
Yna, cer i ffeindio'r lle gorau i gael picnic yn yr awyr agored.

Organise a Picnic

Take everyone's order... prepare the food... then pack it up!
Head outside and hunt for the perfect picnic spot.

05.

WEDI GWNEUD
COMPLETED ☐

Casglu Mathau Gwahanol o Dail

Cer am dro i weld faint o wahanol fathau o ddail rwyt ti'n gallu dod o hyd iddyn nhw.

Collect Different Types of Leaves

Go for a walk and see how many different types of leaves you can find.

Onnen
Ash

Sycamorwydden
Sycamore

Ffawydden
Beech

Derwen
Oak

Collen
Hazel

Castanwydden
Horse Chestnut

Leim
Lime

06.

WEDI GWNEUD COMPLETED

Chwarae Ffyn 'POOH'

Casgla ffyn pren bach a chwilia am bont droed sy'n mynd dros afon neu nant.
Rhaid i ti a dy ffrindiau/teulu ollwng eich ffyn i mewn i'r afon o un ochr y bont, ac yna croesi'r bont ac aros i weld ffon pwy sy'n dod allan gyntaf!

CYNGOR CRAFF: Tria ddewis rhan o'r nant/afon lle mae'r dŵr yn rhedeg yn gyflym, a chofia fod y ffyn yn gallu mynd yn sownd wrth yr ymylon.

Play 'POOH' Sticks

Collect some small sticks and find a footbridge over a river or a stream.
Drop your sticks on the upstream side of the bridge - then cross the bridge and wait to see whose stick comes out first!

TOP TIP: Aim for the fastest looking part of the stream and away from the edges where your stick may get snagged.

07.

WEDI GWNEUD COMPLETED

Gwylio'r Cymylau

Chwilia am siapiau yn y cymylau a phan weli di rywbeth, gofynna i dy deulu a'th ffrindiau p'un a ydyn nhw'n gweld yr un peth...
Neu a ydyn nhw'n gweld rhywbeth arall?
Bydda'n amyneddgar a byddi di'n synnu ar y rhyfeddodau sy'n hwylio'n hapus uwch dy ben!

Cloud watching

Look for shapes in the clouds and when you spot something, see if your family and friends can see the same shape.
Or do they see something else?
Be patient and you will be amazed at what floats by!

08.

WEDI GWNEUD COMPLETED

Chwythu Trwmped Glaswellt

Gwna drwmped gwair. Yn gyntaf, mae angen dod o hyd i ddarn o wair trwchus i ddal rhwng dy ddau fawd.
Chwytha'r gwair. Efallai fydd e ddim yn gweithio'r tro cyntaf, ond gydag ymarfer ac wrth i ti newid lle mae dy fodiau, dylet ti glywed chwibaniad traw uchel.

Blow Your Own Grass Trumpet

Make a grass trumpet. Put both thumbs together with the widest blade of grass you can find sandwiched between them.
It takes a few tries and adjustments of your thumbs but when you blow, you should be able to make a high pitched buzzing whistle.

09. WEDI GWNEUD COMPLETED

Chwilio am Adar

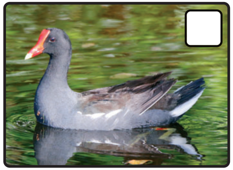
Chwilia am adar a gweld a oes modd i ti eu hadnabod.

Bird Spotting

Look for birds around you and see if you can identify them.

Barcud Coch
Red Kite

Boncath
Buzzard



Iâr ddŵr
Moorhen

Crëyr
Grey Heron

Titw Tomos Las
Blue Tit

Drudwy
Starling

Robin Goch
Robin

Aderyn y To
House Sparrow

Mwyalchen
Blackbird

Dryw
Wren

10. WEDI GWNEUD COMPLETED

Gorwedd a Gwrando

Gorwedda ar y gwair, cau dy lygaid, ac aros yn llonydd.

Beth alli di ei glywed? Coed yn gwichian? Adar yn canu? Dail yn siffrwd? Mae fel saffari sain!

Lie Down & Listen

Lie down on a patch of grass, close your eyes, and keep still.

What can you hear? Trees creaking? Birds singing? Leaves rustling? It's like a sound safari!

11.

WEDI GWNEUD COMPLETED ☐

Rhwbiadau Dail a Rhisgl

Cer ag ychydig o bapur a chreonau cwyr gyda thi pan rwyt ti'n mynd am dro.

Defnyddia nhw i wneud rhwbiadau rhisgl a dail wrth i ti fynd.

CYNGOR CRAFF:
Defnyddia ochr y creon i wneud y rhwbio.

Create Leaf & Bark Rubbings

Take some paper and wax crayons with you on a walk.

Create some bark and leaf rubbings as you go.

TOP TIP:
Use the wax crayon on its side to do the rubbing.

12.

WEDI GWNEUD COMPLETED ☐

Chwarae Cylchoedd a Chroesau

Beth am greu gêm cylchoedd a chroesau gan ddefnyddio brigau i wneud y grid ac unrhyw beth rwyt ti'n ei hoffi ar gyfer y cylchoedd a'r croesau (e.e. moch coed a cherrig llyfn).

Play Nature Noughts & Crosses

Create a nature noughts & crosses, using sticks for the grid and anything you like for the noughts & crosses (e.g. pine cones for noughts and pebbles for crosses).

13.

WEDI GWNEUD COMPLETED ☐

Cydbwyso Cerrig ac Adeiladu Tyrrau

Casgla gerrig llyfn neu arw bach a gweld pa mor uchel fedri di eu hadeiladu cyn i'r tŵr gwympo'n glep ar y llawr.

Stack & Balance Rocks

Collect some pebbles or small stones and see how high you can build a tower before they fall over.

14. **WEDI GWNEUD COMPLETED** ☐

Gwneud Rhaglen Ddogfen Natur

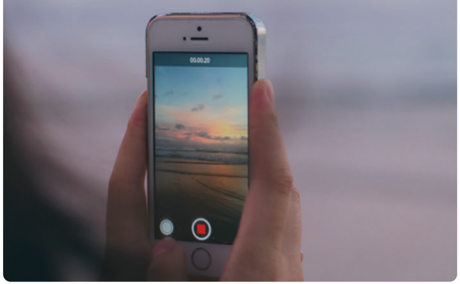
Beth am esgus mai ti yw'r Syr David Attenborough neu Iolo Williams nesaf a chreu dy raglen ddogfen natur dy hun gan ddefnyddio ffôn clyfar.

Ceisia ychwanegu sylwebaeth at y fideo.

Make a Nature Documentary

Pretend you're the next Sir David Attenborough or Iolo Williams and make your own nature documentary using a smart phone.

Try adding commentary to your video.



15. **WEDI GWNEUD COMPLETED** ☐

Darganfod Awyr y Nos

Sylla ar y sêr. Cer i rywle tywyll ar noson glir i gael yr olygfa orau o'r awyr.

Weli di'r Llwybr Llaethog'? Pa siâp yw'r lleuad?

Discover the Night Sky

Go stargazing. Head somewhere dark on a clear night to get the best view of the sky.

Can you see The Milky Way'? What shape is the Moon?

16.

WEDI GWNEUD
COMPLETED

Cadwyn Llygad y Dydd

Gwna dwll bach yn y coesyn gydag ewyn dy fawd. Yn araf ac yn ofalus, tynna goesyn llygad y dydd arall drwy'r twll ac ailadrodd y broses nes i ti wneud cadwyn gyflawn.

Mae modd gwneud breichled yn ogystal â wclis.

Make a Daisy Chain

Pierce a hole gently with your thumb nail into the stalk of one daisy. Thread another daisy's stalk through it and then repeat until you can make a complete chain.

You can make wrist bangles as well as necklaces.

17.

WEDI GWNEUD
COMPLETED

HELFA BRYFED

Bydda'n ymchwilydd pryfed!

Cer ar helfa bryfed i ddod o hyd i drychfilod bach fel pryfed cop, pryfed lludw, neu nadroedd cantroed. Lle da i edrych yw o dan gerrig neu foncyffion.

Cofia roi'r pryfed yn ôl yn ofalus lle dest ti o hyd iddyn nhw.

Go on a BUG HUNT

Become an insect investigator!

Go on a bug hunt and find creepy crawlies like spiders, woodlice or centipedes. A good place to look is underneath rocks or logs.

Remember to place them back carefully where you found them.

18.

WEDI GWNEUD
COMPLETED

Celf Cerrig

Daw cerrig mân mewn pob math o siapiau a meintiau. Beth am gasglu ambell un a defnyddio paent neu feiros i wneud patrymau arnyn nhw a'u troi'n ddarnau o gelf?

Create some Pebble Art

Pebbles come in all sorts of shapes and sizes. Collect some, then use paint or pens to draw patterns on them and turn them into art.

19.

WEDI GWNEUD
COMPLETED

Chwilio am Ryfeddodau

Cer am dro i chwilio am wrthrych naturiol anghyffredin. Efallai dei di o hyd i...

ffosilau, carreg siâp anarferol, carreg bert, plisgyn ŵy lliwgar neu hyd yn oed meillionen lwcus â 4 deilen!

Look for Exciting Finds

Go for a walk and look for an unusual natural object. See if you can find...

fossils; an unusually shaped stone; a pretty pebble; coloured egg shells or even a lucky 4 leafed clover!

20.

WEDI GWNEUD
COMPLETED

Gwasgu Blodau a Dail

Casgla dy hoff flodau a dail. Rho nhw rhwng dau ddarn o bapur sidan neu bapur tywel a'u gosod rhwng tudalennau llyfr trwchus.

Rhaid i ti eu cadw nhw yn y papur a'r llyfr er mwyn eu sychu a'u gwasgu'n wastad. Yna galli di eu gludo ar ddarn o gerdyn i greu darn o waith crefft hyfryd.

Pressed Flowers & Leaves

Collect your favourite flowers and leaves. Place them between the pages of a thick book, with tissue paper or paper towels in front and behind.

Leave them to flatten and dry out, then stick them onto a piece of card to create some lovely art.

21.

WEDI GWNEUD
COMPLETED

Chwarae yn yr Awyr Agored

Beth am roi cynnig ar gemau fel Chwarae Mig neu Sownd yn y Mwd?

Mae yna lawer o gemau y mae modd i ti eu chwarae, neu beth am i ti ddyfeisio dy rai dy hun? Cer ar ap Chwaraeon RhCT neu grŵp Facebook 'Chwaraeon RhCT - Adnoddau i'r Teulu' i ddod o hyd i syniadau am weithgareddau i'w gwneud â'r teulu.

Play Outside

Play games like Hide and Seek or Stuck in the Mud. There are lots of games you can play, or you could make up your own.

Visit the Sport RCT app or 'Sport RCT Family Resources' Facebook group to find family activity ideas.

22.

WEDI GWNEUD COMPLETED

Gwneud Coron Natur

Gwna goron o ddail a brigau.

Cer i nôl ychydig o frigau y mae modd eu plygu a'u ffurfio'n siâp cylch sy'n ffitio ar dy ben. Efallai y bydd angen llinyn arnat ti i'w clymu nhw at ei gilydd. Yna, casgla amrywiaeth o ddail, blodau a phlu gwahanol i'w gosod ymhlith y brigau i orffen y goron natur.

Make a Nature Crown

Make a crown out of leaves and twigs.

Get some bendy twigs and make a ring with them the same size as your head. You might need some string to tie them together. Then find all sorts of leaves, flowers and feathers to slot into your twigs and make your nature crown.

23.

WEDI GWNEUD COMPLETED

Natur Greadigol

Ysgrifenna dy enw neu wna lun gan ddefnyddio pethau naturiol, fel brigau, blodau neu laswellt.

Get Creative

Write your name or make a picture using natural things, such as twigs, flowers or grass.

24.

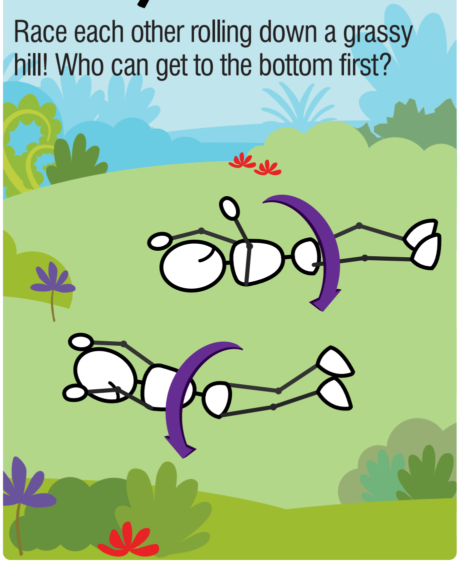
WEDI GWNEUD COMPLETED

Rholio i lawr y bryn

Rasiwch eich gilydd yn rolio i lawr bryn glaswelltog! Pwy all gyrraedd y gwaelod yn gyntaf?

Roll Down a Grassy Hill

Race each other rolling down a grassy hill! Who can get to the bottom first?



25.

WEDI GWNEUD COMPLETED

Cyfri Cylchoedd ar Fonyn Coeden

Chwilia am fonion coed a chyfra pa mor hen oedd y goeden pan gafodd ei thorri i lawr trwy gyfri'r cylchoedd ar y boncyff.

Count the rings on a tree stump

Find tree stumps and work out how old the tree was by counting the rings in the trunk.

26.

WEDI GWNEUD COMPLETED

Helfa Natur

Allwch chi ddod o hyd i bob un o'r rhain?

Nature Hunt

Can you find all 15?

- ❍ Blodyn — A flower
- ❍ Dŵr — Water
- ❍ Coeden — Tree
- ❍ Gwe pry cop — Spiderweb
- ❍ Pryfyn — Bug
- ❍ Cerrig — Rocks
- ❍ Aderyn — Bird
- ❍ Rhisgl coeden — Tree bark
- ❍ Pili-pala — Butterfly
- ❍ Gwair — Grass
- ❍ Deilen werdd — Green leaf
- ❍ Deilen frown — Brown leaf
- ❍ Morgrugyn — Ant
- ❍ Rhedyn — Fern
- ❍ Cwmwl — Cloud

27.

WEDI GWNEUD COMPLETED

Gwneud Gludwaith Natur

Gwna ddarn o ludwaith allan o bethau rwyt ti'n dod o hyd iddyn nhw ym myd natur, fel dail o wahanol siapiau a lliwiau, moch coed, cregyn, glaswellt a brigau.

Make a Nature Collage

Make a collage out of things you find in nature, such as different shaped and coloured leaves, pine cones, shells, grass and twigs.

Llwybrau Cerdded

Os wyt ti eisiau mynd allan i'r awyr agored ac am roi cynnig ar lwybr cerdded newydd, cer i'n **Ap** neu'n **gwefan** ni. Yno, byddi'n dod o hyd i lawer o lwybrau cerdded ar ffurf map neu wedi'u ffilmio, sy'n addas i deuluoedd.

www.rctcbc.gov.uk/chwaraeonrhctcerdded

Walking Routes

If you're looking to get outdoors and you want to try a new walking route, visit our **App** or our **website** to find lots of family friendly walking routes, that have been mapped and filmed.

www.rctcbc.gov.uk/sportrctwalking

Ap CHWARAEON RHCT

Lawrlwytha'r ap Hamdden am Oes AM DDIM a cher i glwb Chwaraeon RhCT i ddysgu rhagor am y canlynol:

- Clybiau a sesiynau yn y gymuned,
- Llwybrau cerdded, mapiau a fideos,
- Gweithgareddau teulu, gemau ac adnoddau,
- Mapiau o barciau, ardaloedd chwarae, a chyfleusterau yn y gymuned sy'n lleol i ti,
- Llawer o weithgareddau eraill, helfa sborion, sesiynau ymarfer a sesiynau her.

SPORT RCT APP

Download the FREE Leisure for Life app and visit the Sport RCT club to find:

- Community clubs and sessions,
- Walking routes, maps and videos,
- Family activities, games and resources,
- Maps of your local parks, play areas, and community facilities,
- Lots of other activities, scavenger hunts, workouts, challenges and sessions.

Bydden ni'n dwlu clywed gen ti!

Sgania'r cod QR i gwblhau ffurflen adborth fer, ac efallai mai ti bydd un o enillwyr lwcus ein raffl!

We would love your feedback!

Please scan the QR code to complete a short feedback form, and you could be one of our lucky prize draw winners.