



Chwaraeon

# Gemau Olympaidd Adref

Home Olympic Games

## Gweithgaredd 1

**Cam 1:** Creu fflach lamp eich hunan adref gan ddefnyddio'r templed neu drwy ddylunio un eich hunain

**Cam 2:** Codwch guriad eich calon trwy ddilyn fideo Ionawr Iachus 2020 er mwyn twymo lan

**Cam 3:** Helpwch ni basio'r fflach lamp o amgylch Cymru drwy redeg lap o amgylch eich gardd / tŷ. Cofiwch gymryd fideo a rhannwch drwy #ActifAdref ar ein gwefannau cymdeithasol

Manteisiwch ar weddill adnoddau gweithgaredd 1 gan greu mascot, fflag, cwblhau cwis a llawer mwy

## Activity 1

**Step 1:** Design your own Olympic torch at home by using the template provided or creating your own

**Step 2:** Raise your heartbeat by completing the Ionawr Iachus 2020 video to warm-up

**Step 3:** Help us pass the Olympic torch around Wales by running a lap around your garden / house. Remember to take a video and share through #ActifAdref on our social media platforms

Take advantage of all the resources for activity 1 by creating a mascot, flag, complete a quiz and much more