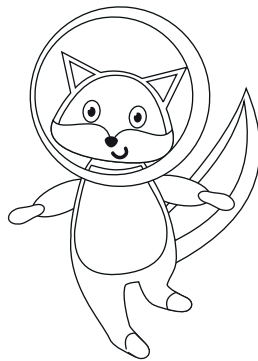
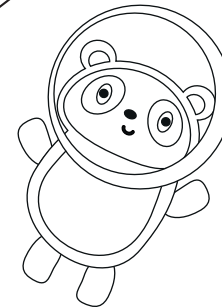
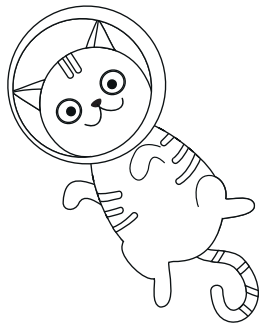
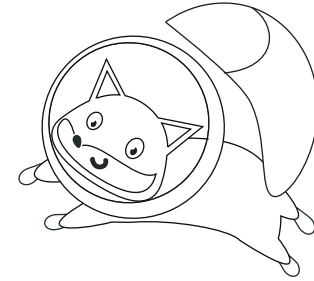
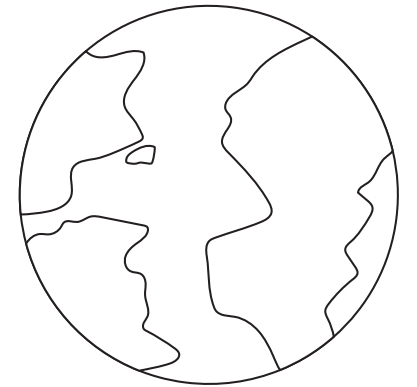
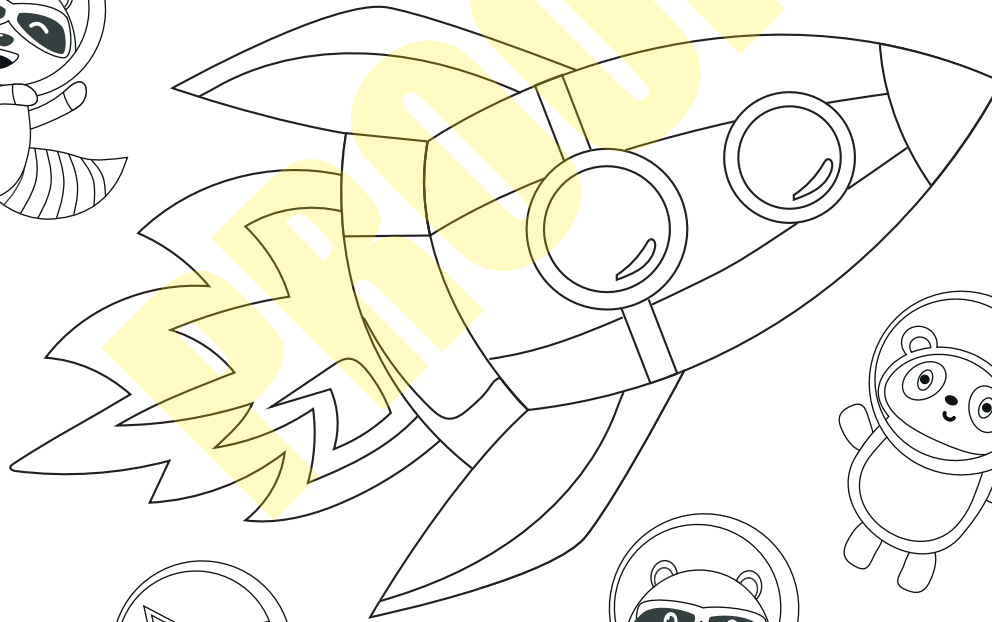
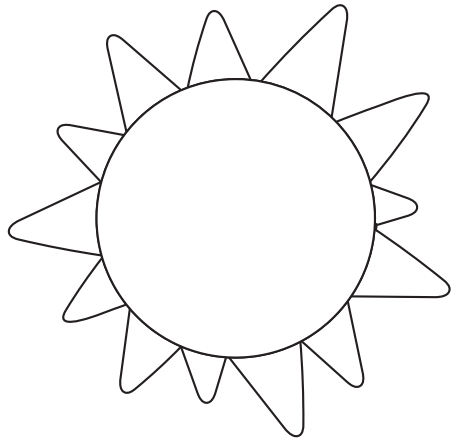




# Cerdyn Her Your Skills

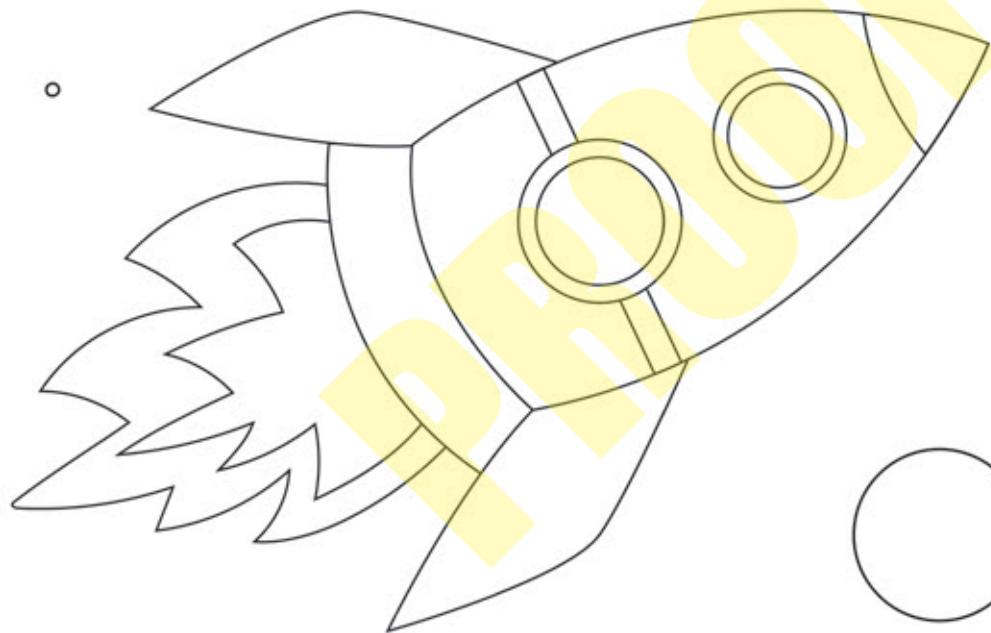


1

Roced  
Fach



Cerdyn Her 1



**Gallaf rolio pêl mewn llinell syth** ✓

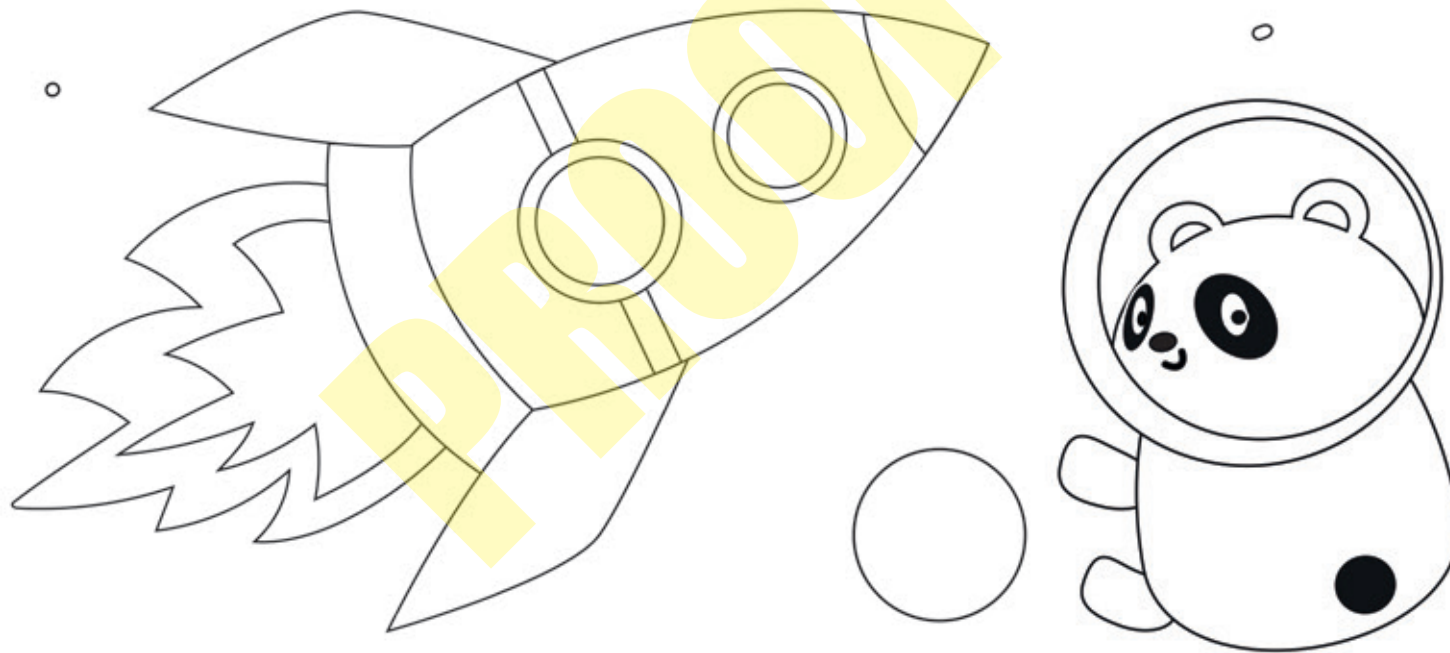
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd...Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

1

# Little Rockets



## Challenge Card No.1



**I can roll a ball in a straight line** ✓

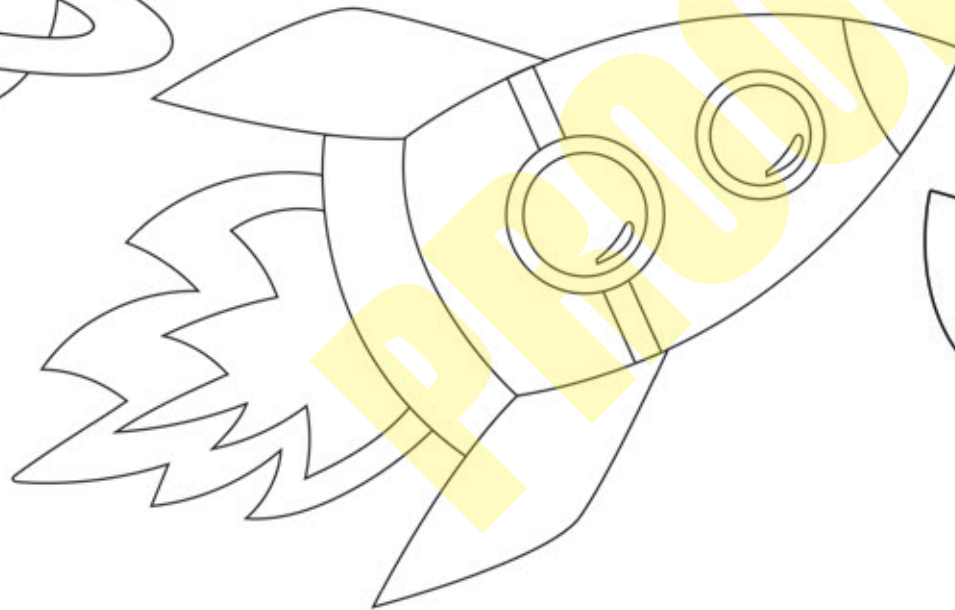
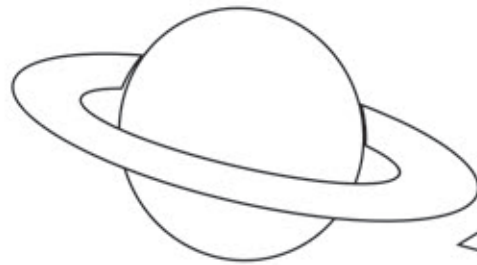
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

2

Roced  
Fach



Cerdyn Her 2



**Gallaf daflu pêl at darged**



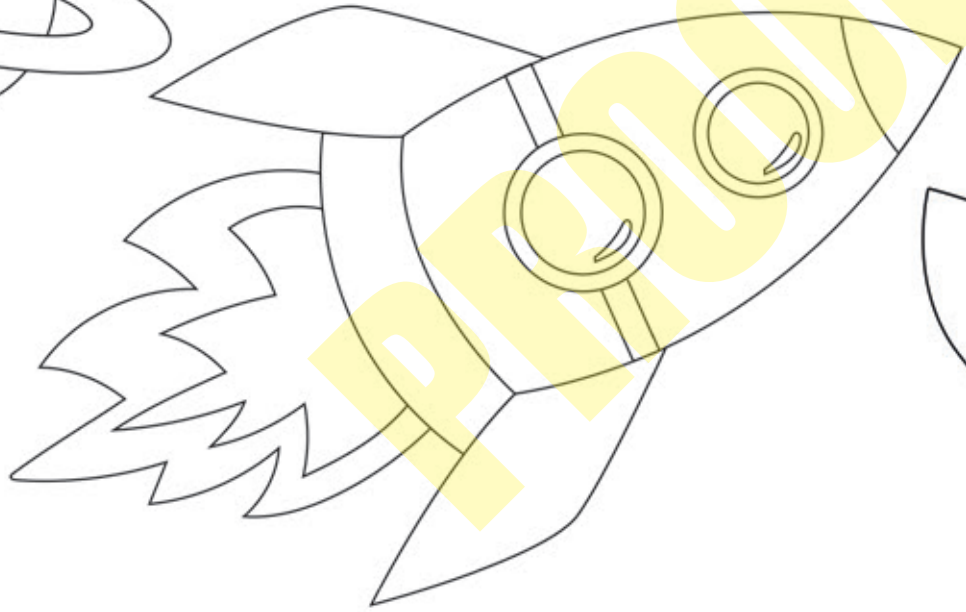
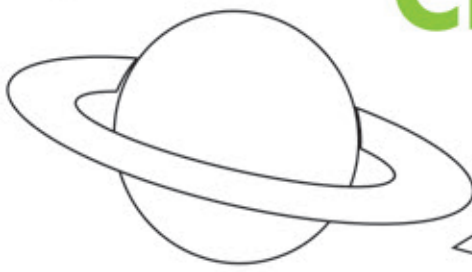
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

2

# Little Rockets



## Challenge Card No.2



### I can throw a ball at a target



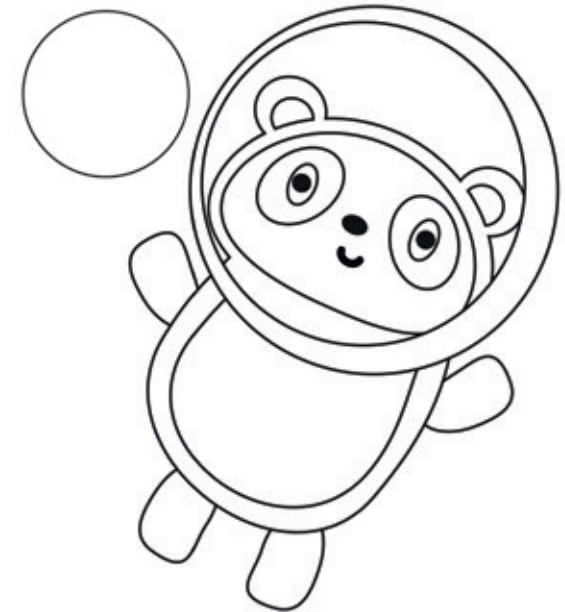
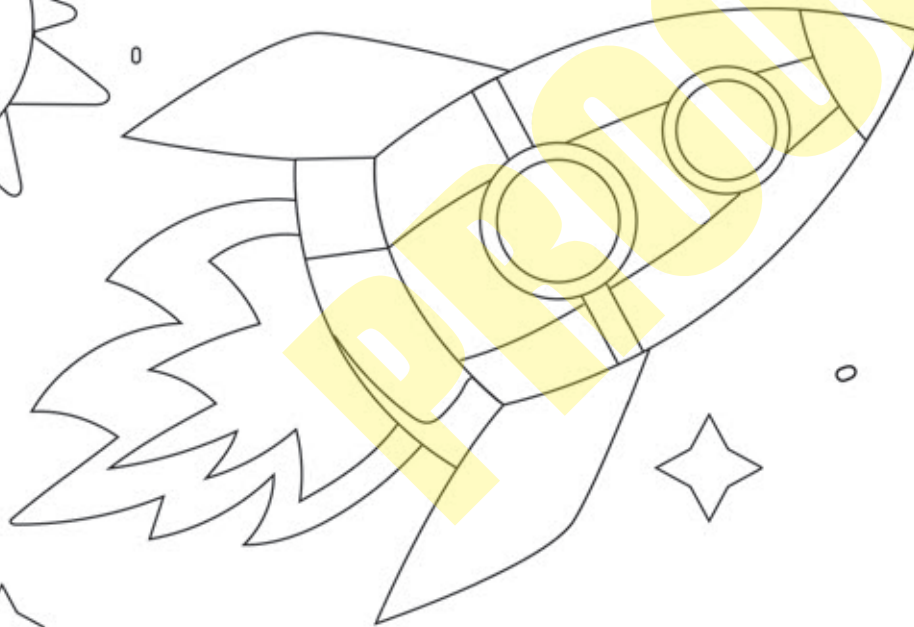
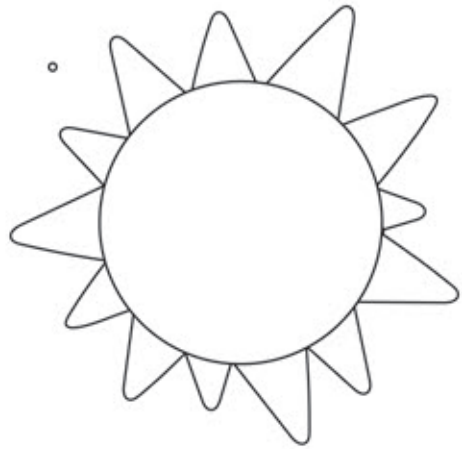
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

3

Roced  
Fach



Cerdyn Her 3



**Gallaf ddal pêl**



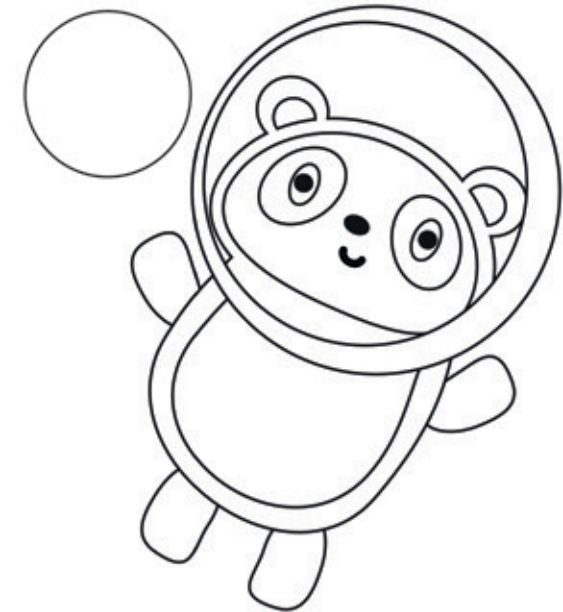
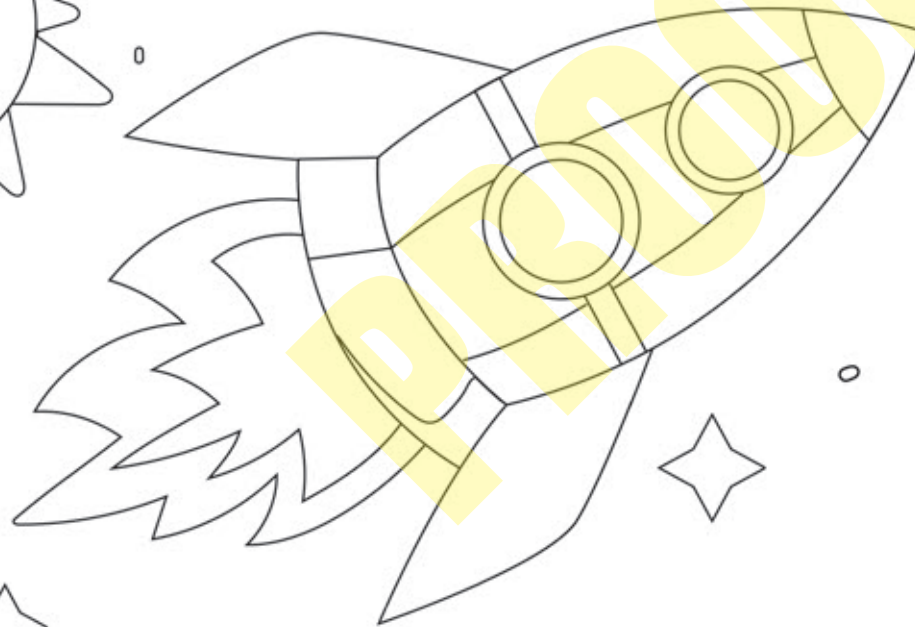
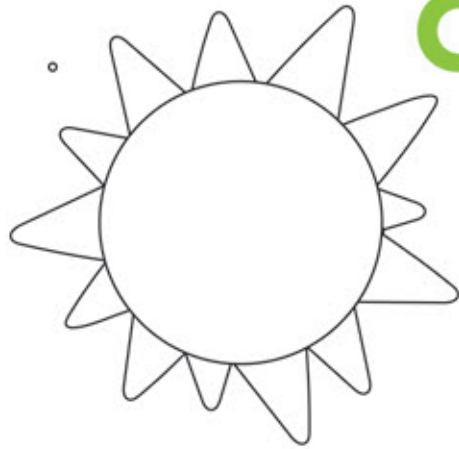
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

3

# Little Rockets



## Challenge Card No.3



**I can catch a ball**



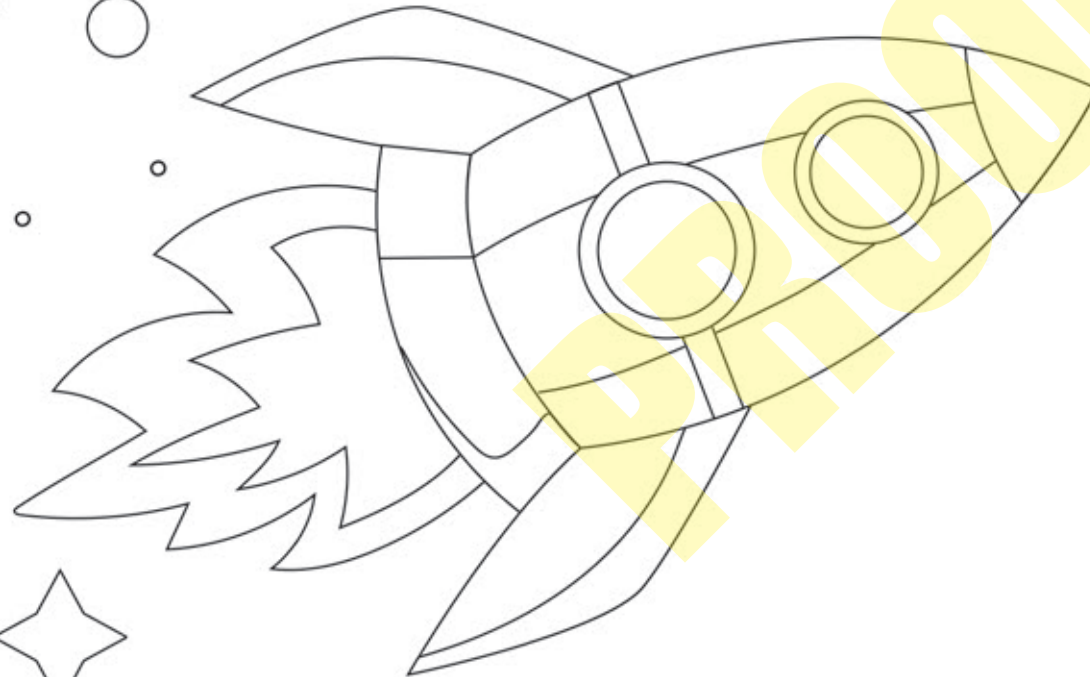
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

4

Roced  
Fach



Cerdyn Her 4



**Gallaf gicio pêl**



Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

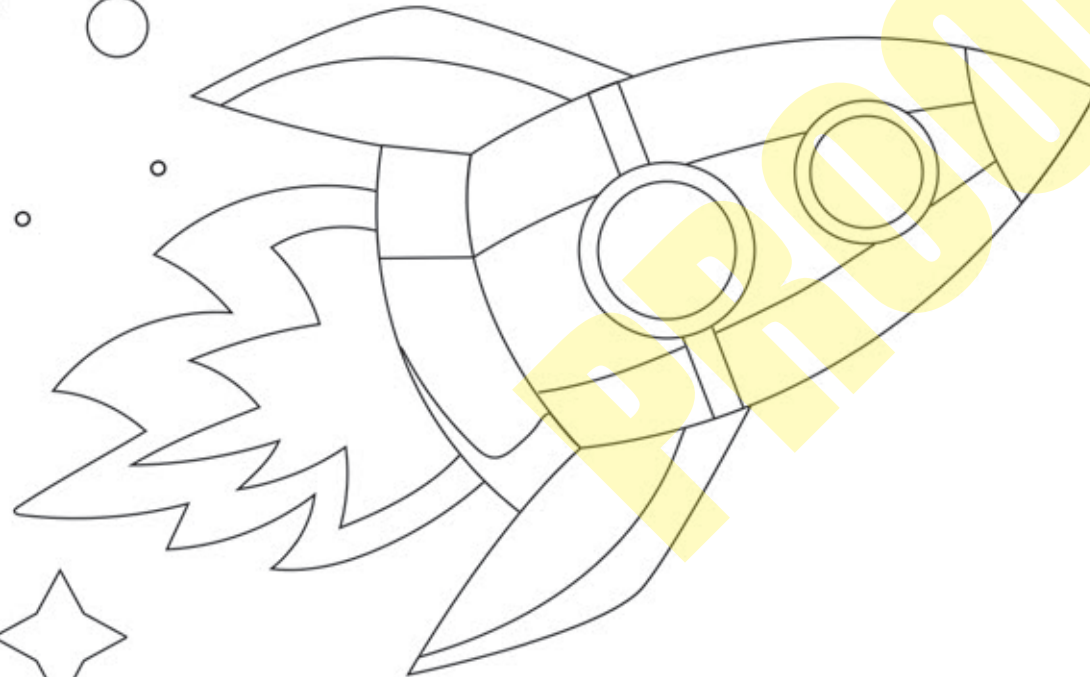


4

# Little Rockets



## Challenge Card No.4



**I can kick a ball** ✓

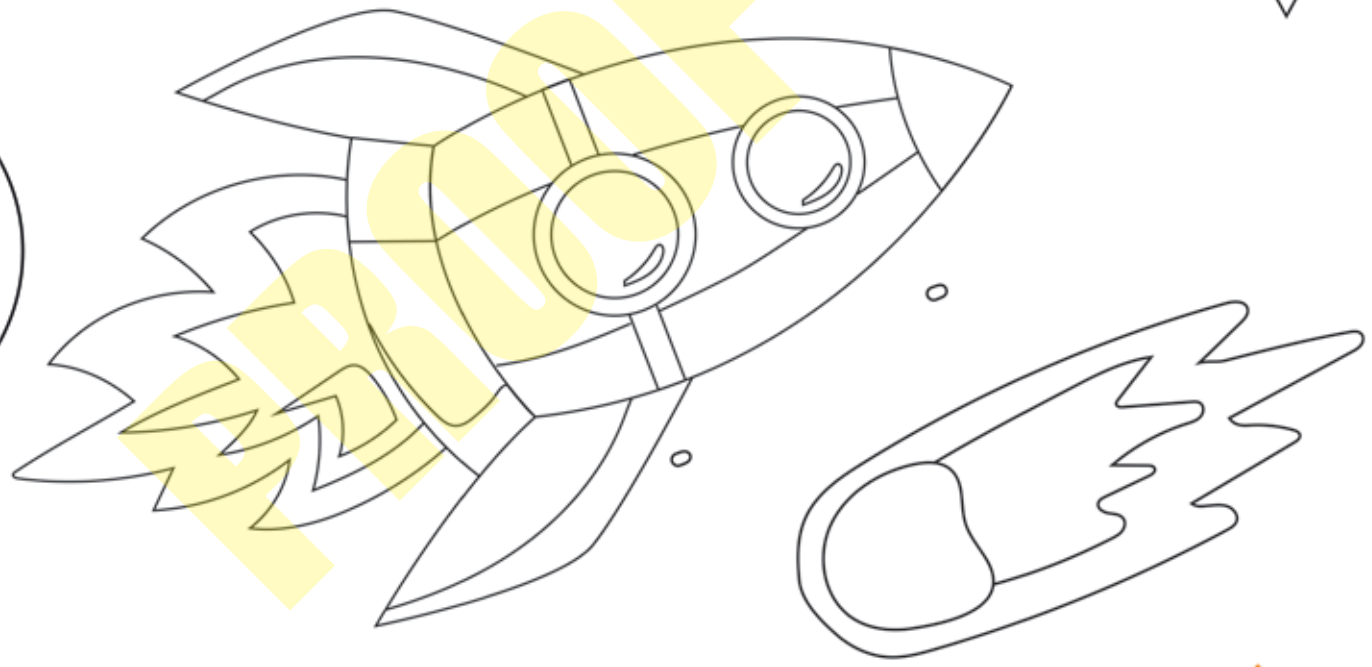
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

5

# Roced Fach



## Cerdyn Her 5



### Gallaf sefyll ar un goes



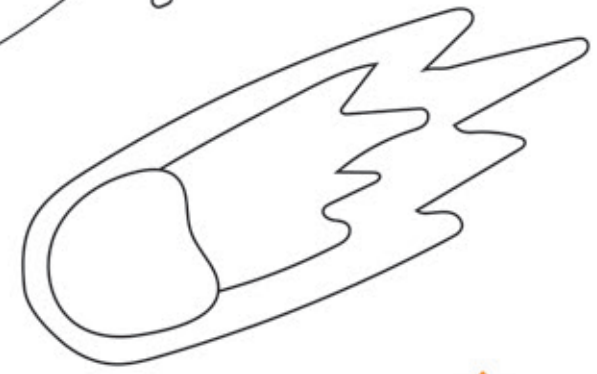
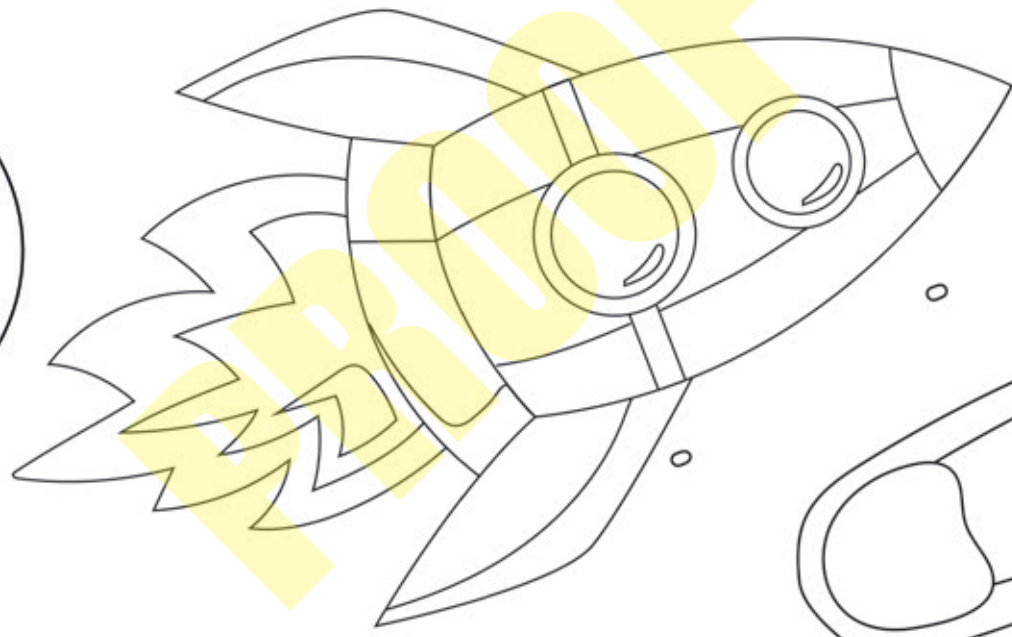
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

5

# Little Rockets



## Challenge Card No.5



### I can balance on one leg



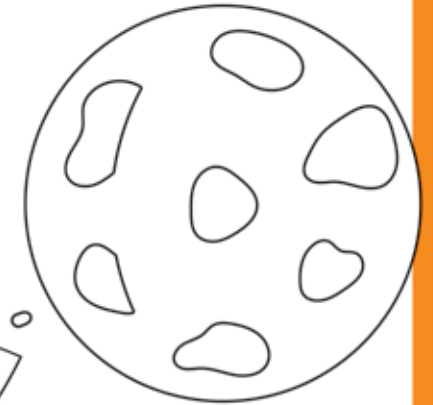
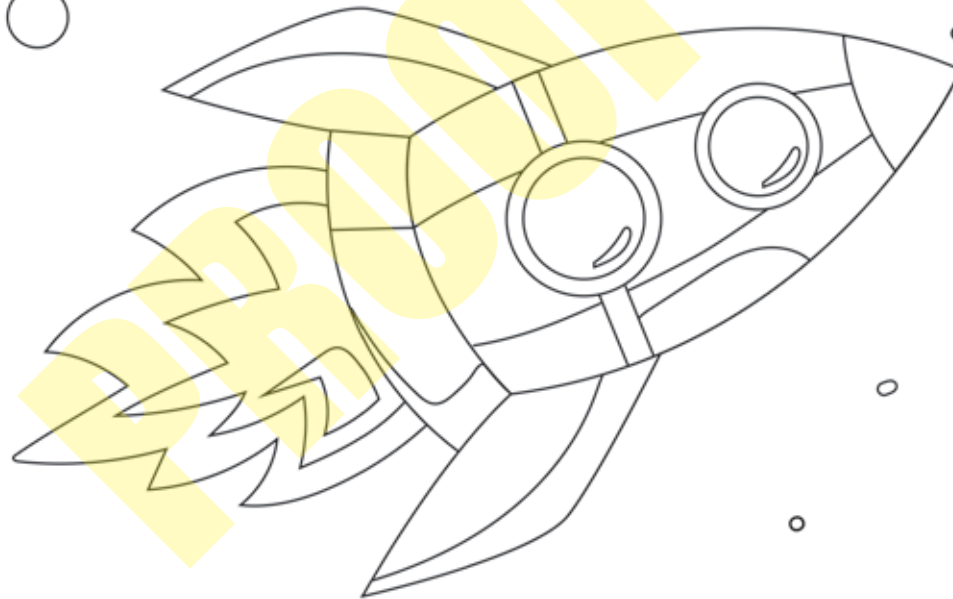
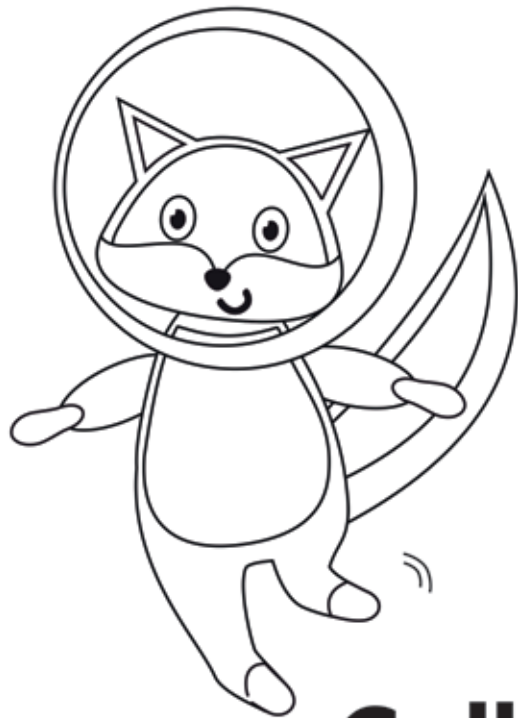
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

6

Roced  
Fach



Cerdyn Her 6



**Gallaf hercian ar un goes**



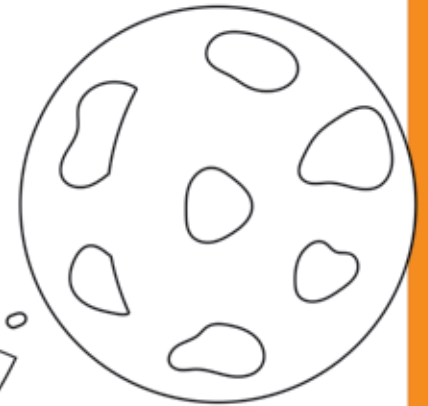
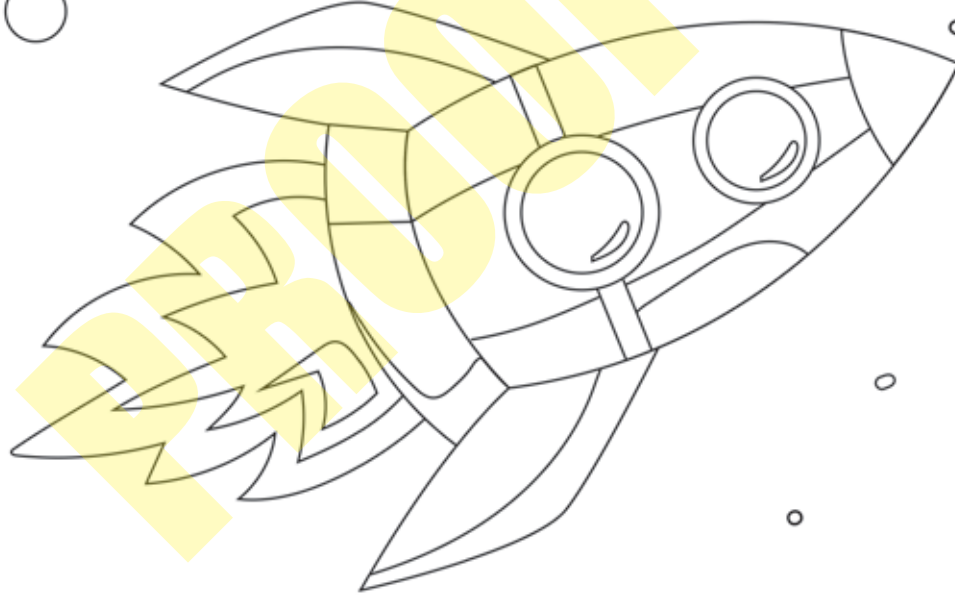
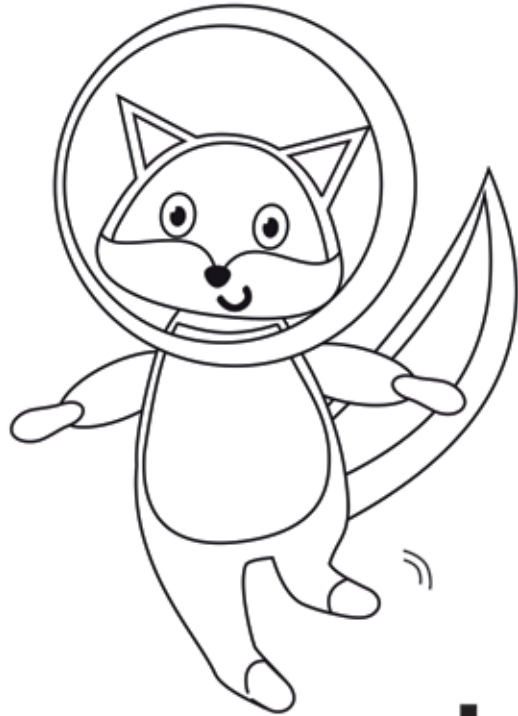
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

6

# Little Rockets



## Challenge Card No.6



### I can hop on one leg



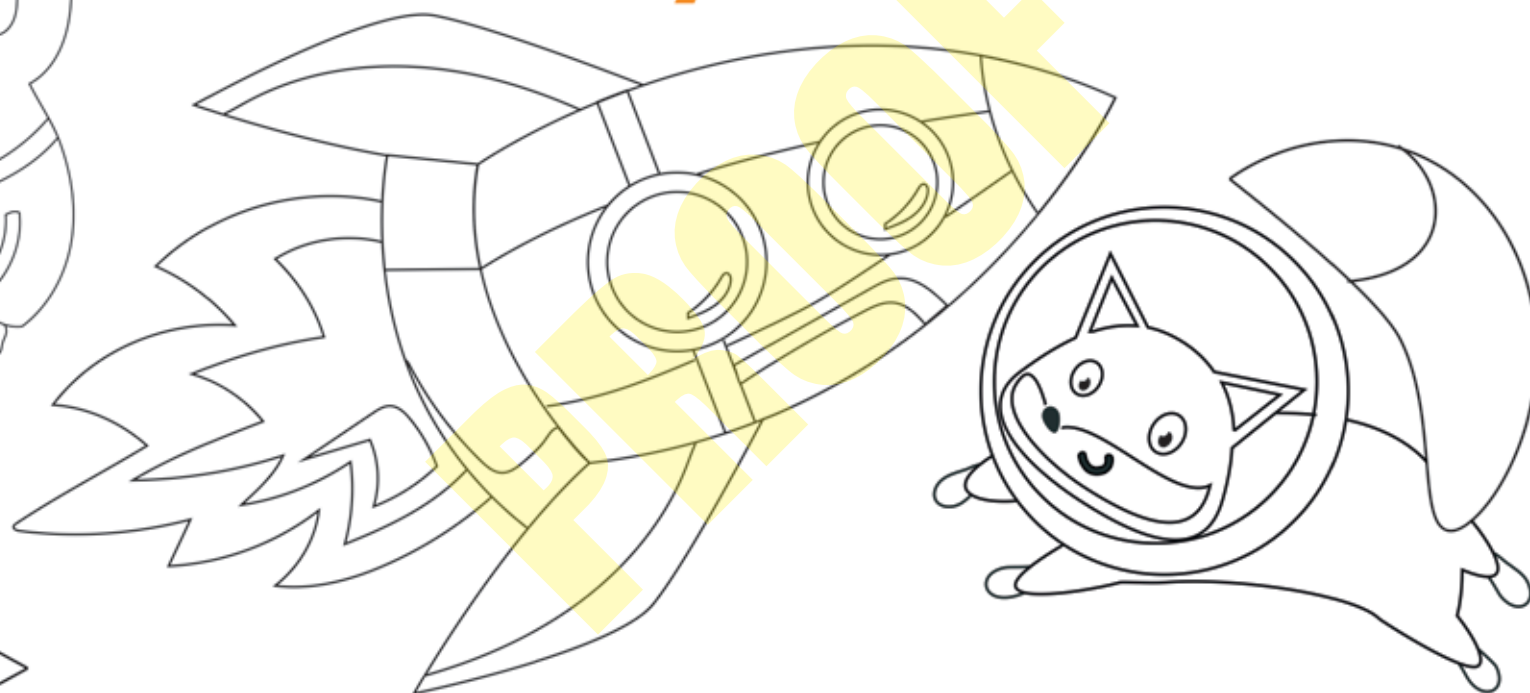
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

7

Roced  
Fach



Cerdyn Her 7



**Gallaf neidio oddi  
ar ddwy droed a glanio ar ddwy droed**

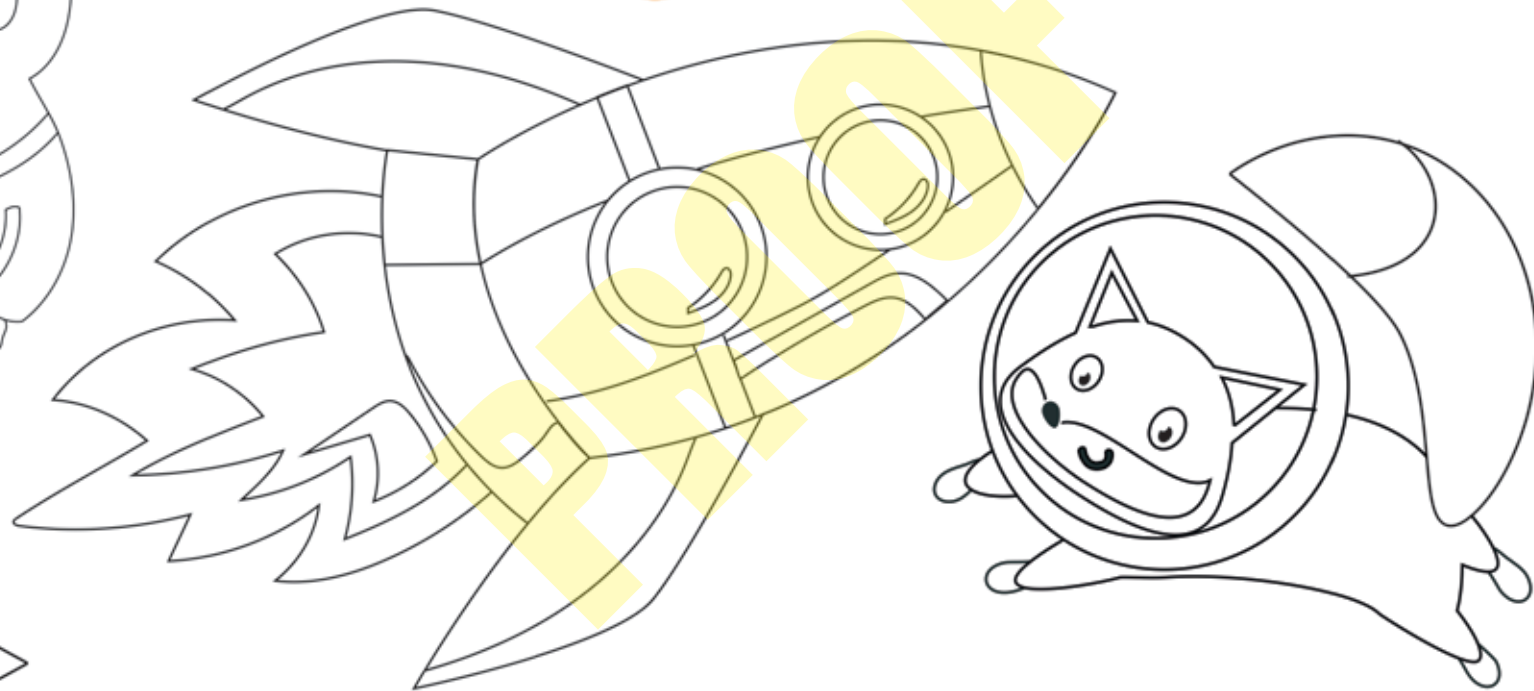
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

7

# Little Rockets



## Challenge Card No.7



**I can jump off 2 feet and land on 2 feet**

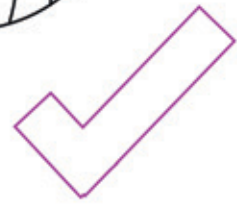
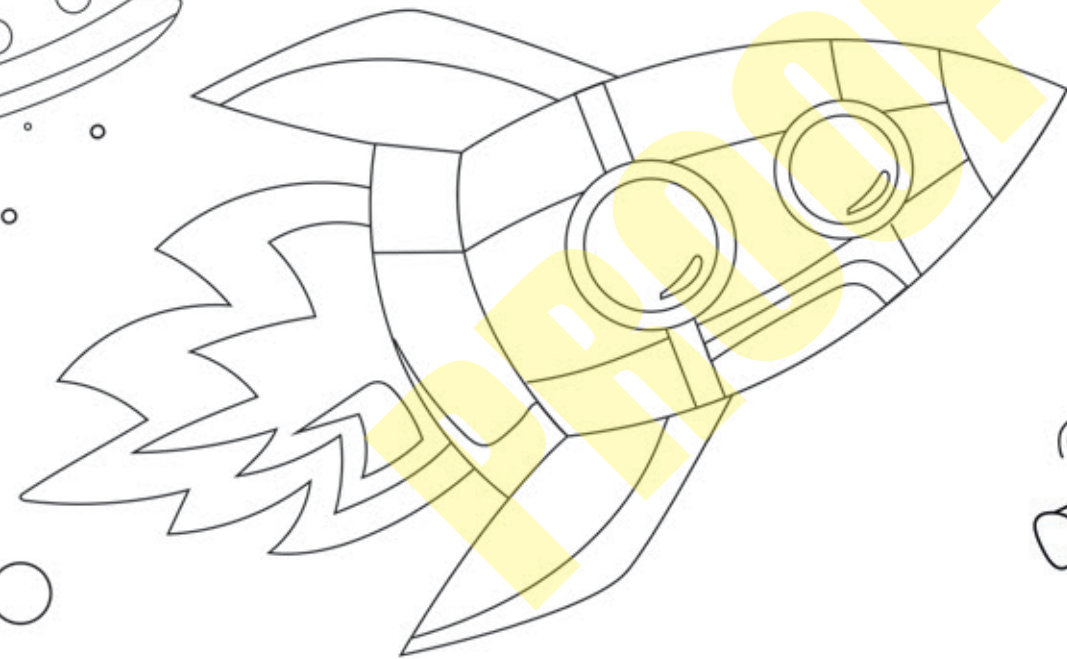
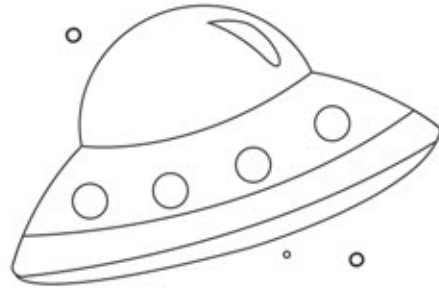
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

8

# Roced Fach



## Cerdyn Her 8



**Gallaf neidio oddi ar ddwy droed a glanio ar un droed (arddull 'hopscotch')**

Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

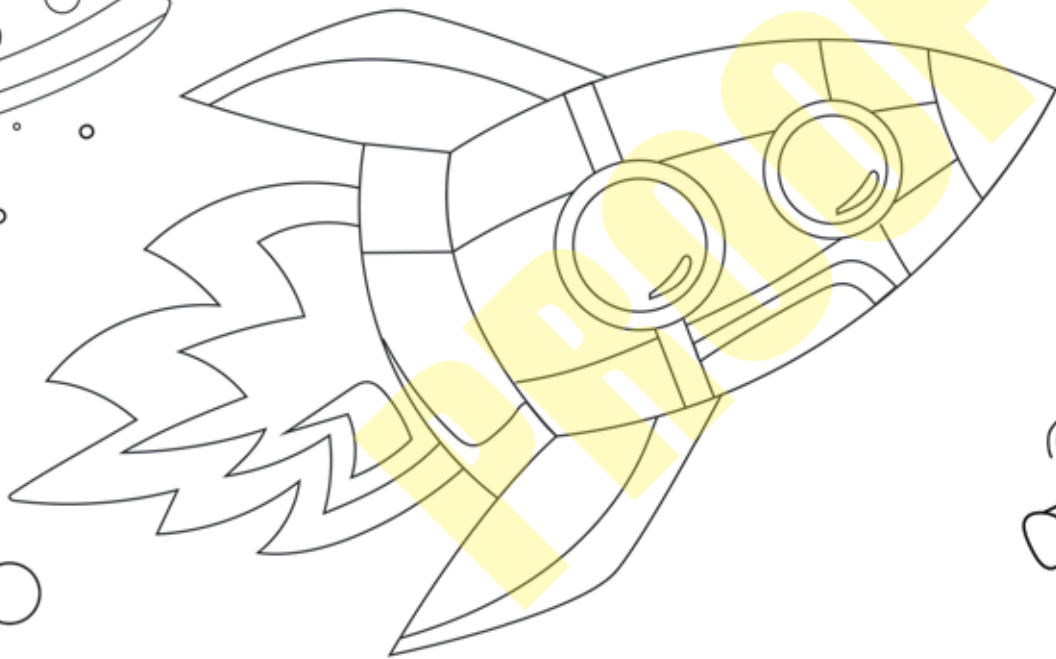
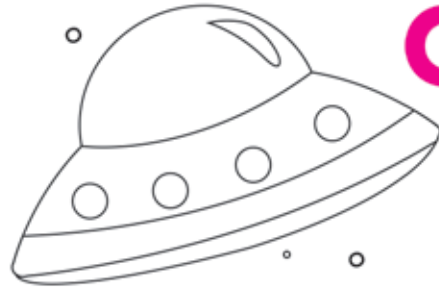


8

# Little Rockets



## Challenge Card No.8



**I can jump off 2 feet and land on 1 foot**  
(hopscotch style)

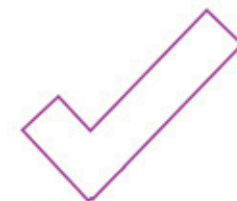
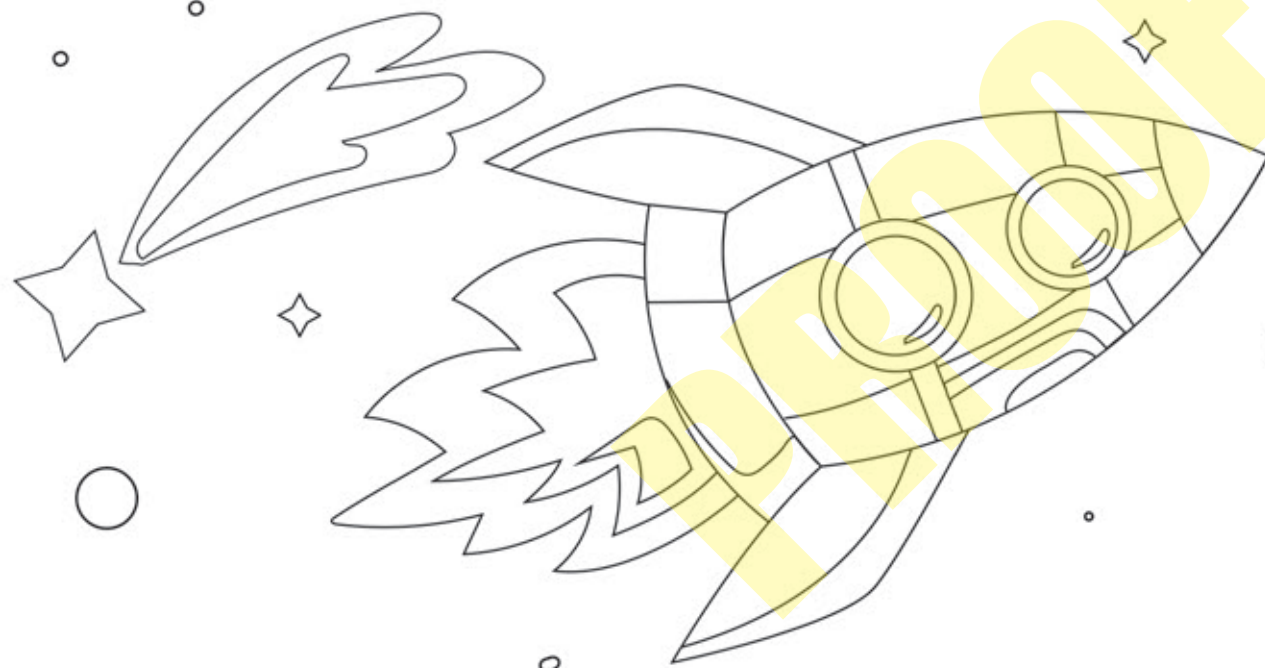
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

9

Roced  
Fach



Cerdyn Her 9



## Gallaf sgipio (gyda rhaff a hebdo)

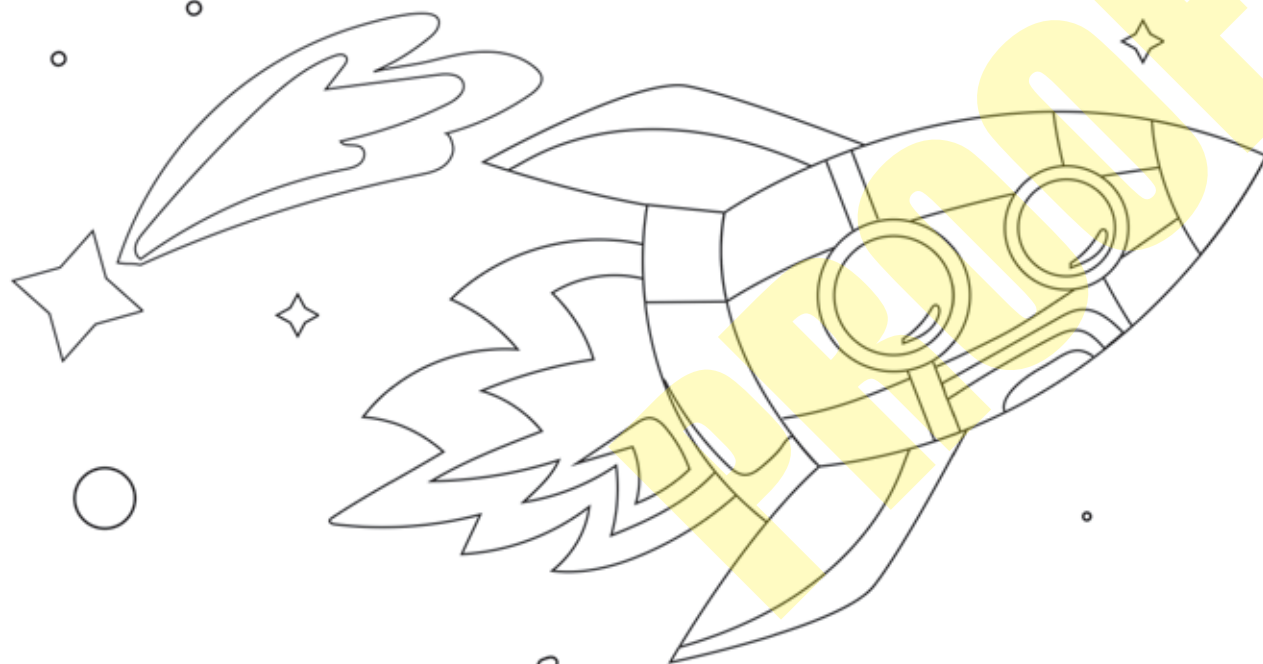
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

9

# Little Rockets



## Challenge Card No.9



**I can skip (with and without a rope)**

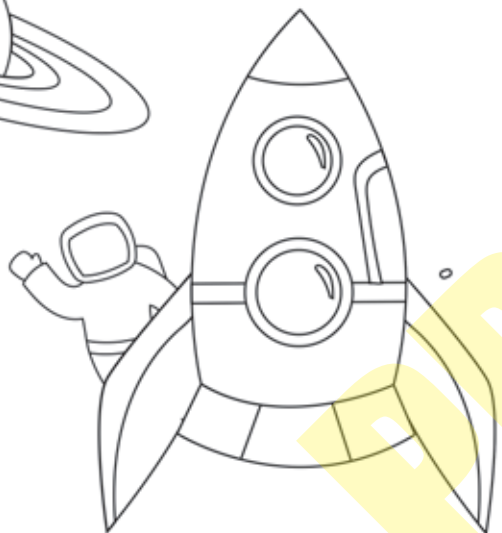
When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)

# 10

# Roced Fach



# Cerdyn Her 10



## Gorwedd i lawr a rholio (debyg i rollo i lawr allt)



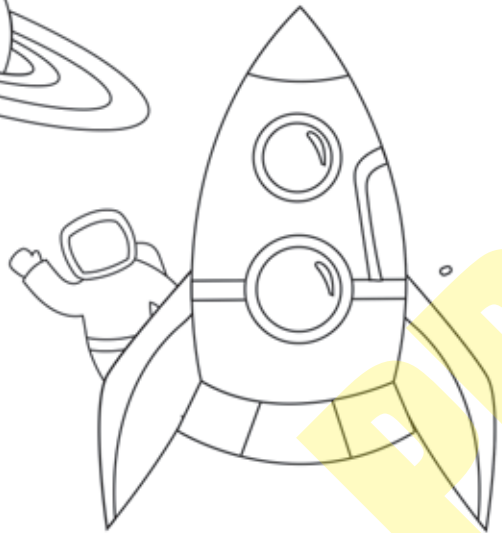
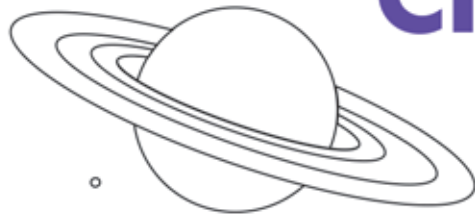
Gofynnwch i'ch plentyn liwio'r roced pan fydd yn gallu perfformio'r sgil yn rheolaidd....Cofiwch na fydd yn cyflawni hyn ar unwaith a gall rhai gymryd blwyddyn neu ddwy a llawer o ymarfer! Cofiwch annog plant i ddefnyddio ochr chwith ac ochr dde'r corff wrth ymarfer (e.e. cicio/taflu/cydbwysu gyda'r droed chwith a'r dde)

10

# Little Rockets



## Challenge Card No.10



**I can lie on the floor and roll sideways  
over and over**

**(similar action to rolling down a hill)**



When your child has performed this skill on a regular basis, colour in the rocket; remember that they will not achieve this immediately, some may take a couple of years and lots of practice! Don't forget, where possible, to encourage children to use both left and right sides of body when practising (e.g. kick/throw/balance with left and right foot)





