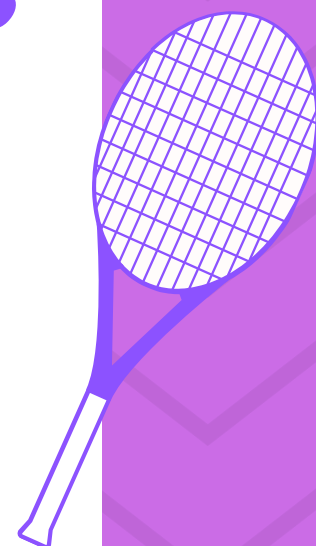
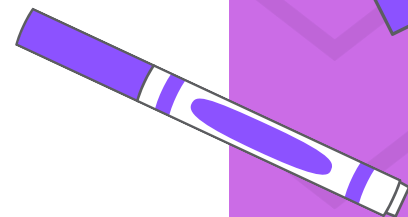




**HEALTHY, ACTIVE  
AND AT HOME**



**IACH, EGNÏOL  
AC YN Y GARTREF**





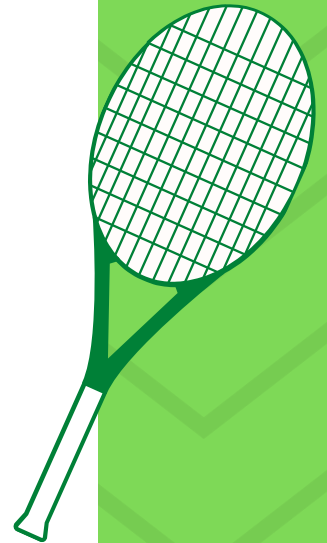
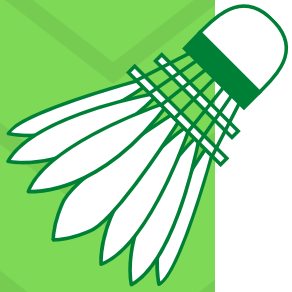
# MAKE YOUR OWN OBSTACLE COURSE

## HOW TO PLAY?

- Each obstacle course has to include the following skills: Jumping, Hopping, Log Roll, Catching, Running, Balance
- Each player can do it for fun or be timed
- If timed, each player will aim to beat their personal best

## EQUIPMENT

- Objects to throw and catch
- Skipping Ropes, ropes, garden hose
- Objects to jump over e.g. Cushions, soft objects available in the house





## ***INCLUSIVE IDEAS***

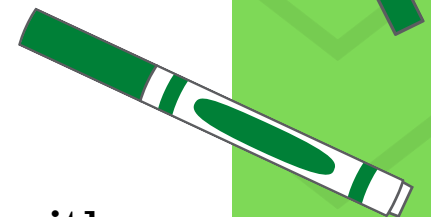
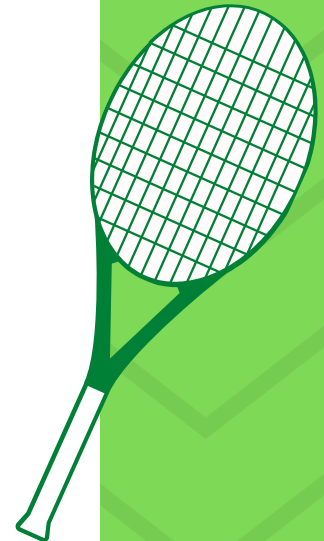
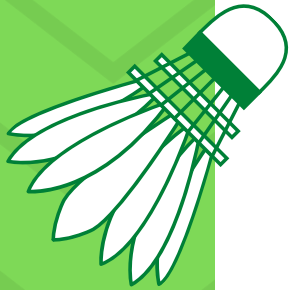
- Create activities suitable to each individual's ability e.g. Wheelchair users, people who use walkers
- Instead of jumping, players zig zag etc.
- Use a guide if needed or challenge players by just giving instructions

### ***WANT TO MAKE IT EASIER?***

- Space - Make the course shorter
- Task - Less obstacles
- Equipment - Easy Grip/Catch objects
- People - Create a course suited for a beginner with less complicated movements

### ***WANT TO MAKE IT HARDER?***

- Space - Make the course longer / do it twice
- Task - More obstacles
- Equipment - Smaller objects
- People - Increase the skill level of the course in line with each players ability





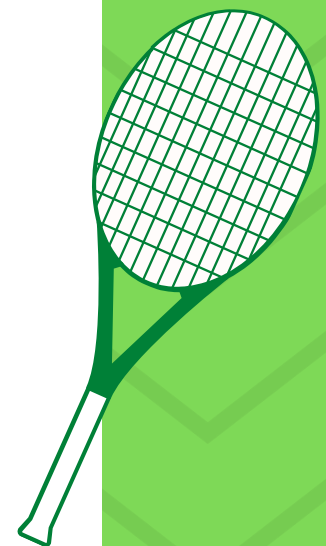
# GWNEWCH EICH CWRS OBSTACLE EICH HUN

## SUT I CHWARAE?

- Rhaid i bob cwrs rhwystrau gynnwys y sgiliau canlynol: Neidio, Neidio, Rholio Log, Dal, Rhedeg, Cydbwyso
- Gall pob chwaraewr ei wneud am hwyl neu gael ei amseru
- Os caiff ei amseru, bydd pob chwaraewr yn anelu at guro ei orau bersonol

## OFFER

- Gwrthrychau i'w taflu a'u dal
- Rhaffau Sgipio, rhaffau, pibell ardd
- Gwrthrychau i neidio drostyn nhw e.e. Clustogau, gwrthrychau meddal ar gael yn y tŷ





## **SYNIADAU CYNHWYSOL**

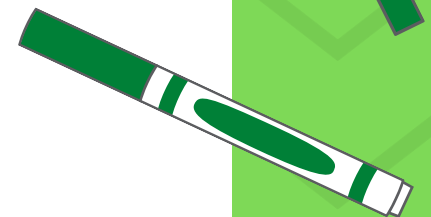
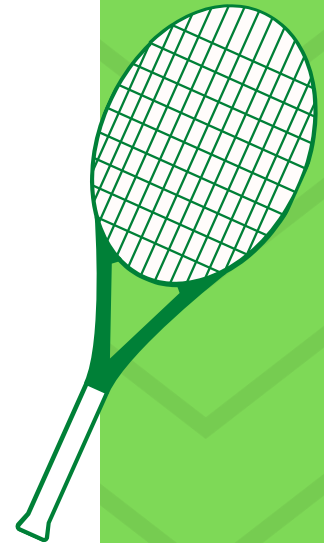
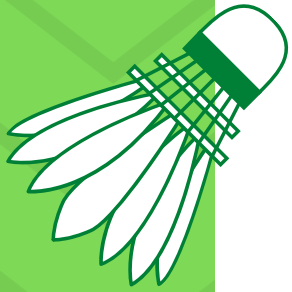
- Creu gweithgareddau sy'n addas i allu pob unigolyn e.e. Defnyddwyr cadeiriau olwyn, pobl sy'n defnyddio cerddwyr
- Yn lle neidio, chwaraewyr igam-ogam ac ati.
- Defnyddiwch ganllaw os oes angen neu heriwch chwaraewyr trwy roi cyfarwyddiadau yn unig

### **I'W WNEUD YN HAWS?**

- Gofod - Gwnewch y cwrs yn fyrrach
- Tasg - Llai o rwystrau
- Offer - Gwrthrychau Gafael / Dal Hawdd
- Pobl - Creu cwrs sy'n addas ar gyfer dechreuwr gyda symudiadau llai cymhleth

### **I'W WNEUD GALETACH?**

- Gofod - Gwnewch y cwrs yn hirach / gwnewch ef ddwywaith
- Tasg - Mwy o rwystrau
- Offer - Gwrthrychau llai
- Pobl - Cynyddu lefel sgiliau'r cwrs yn unol â gallu pob chwaraewr





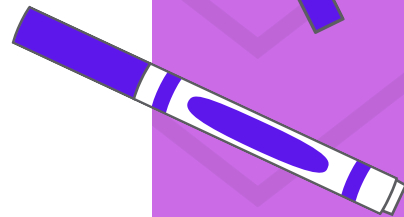
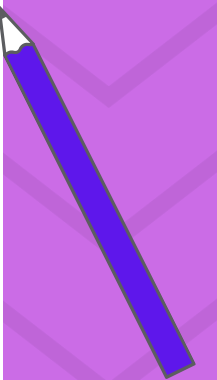
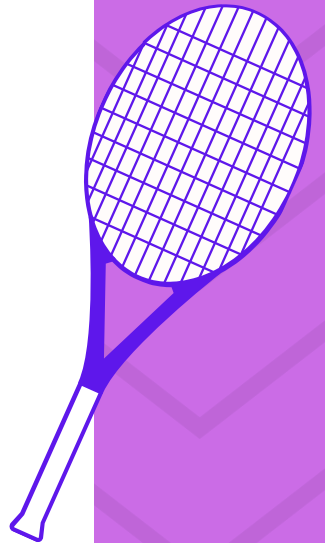
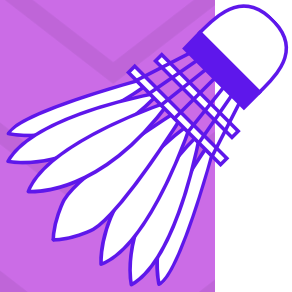
# JUNK MODELLING

## EQUIPMENT

- Clean Assorted Recycling e.g. cardboard tubes, plastic containers, egg boxes, tin foil
- Imagination

Your choice of...

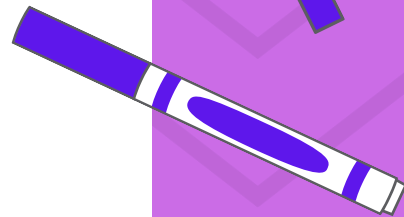
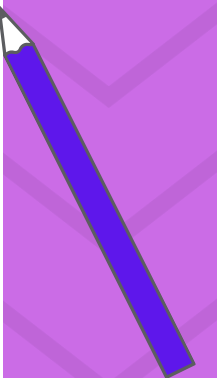
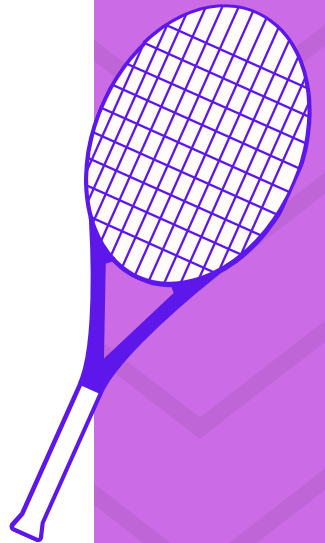
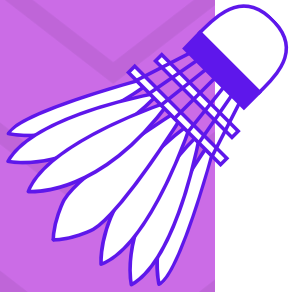
- Tape
- Glue
- Scissors
- String
- Leaves
- Paper
- Pens
- Paint
- Material





## ***HOW TO MAKE A JUNK MODELLING MASTERPIECE:***

- Use your imagination along with any of the materials you have, to make anything that you like!





# MODELU SOTHACH

## OFFER

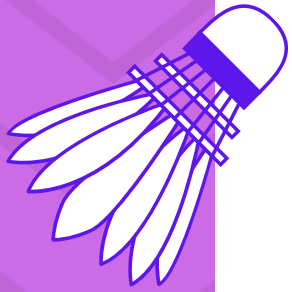
- Ailgylchu Amrywiol Glân e.e. tiwbiau cardbord, cynwysyddion plastig, blychau wyau, ffoil tun
- Dychymyg

Eich dewis o ...

- Tâp
- Glud
- Siswrn
- Llinyn
- Dail
- Papur
- Pinnau
- Paent
- Deunydd

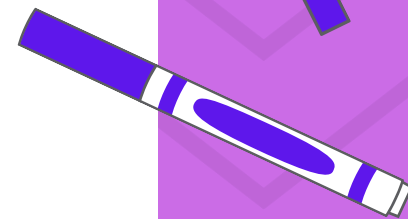
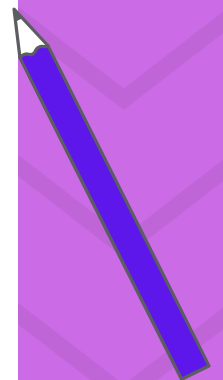
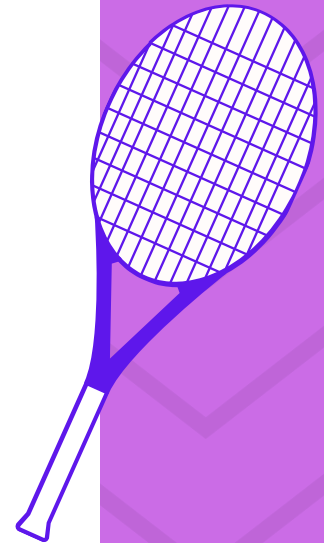






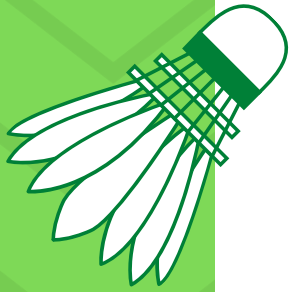
## ***SUT I WNEUD CAMPWAITH MODELU SOTHACH:***

- Defnyddiwch eich dychymyg ynghyd ag unrhyw un o'r deunyddiau sydd gennych chi, i wneud unrhyw beth yr ydych chi'n ei hoffi!





# VOLLEY TENNIS



## HOW TO PLAY?

- Set up a small court with a clear divide in the middle e.g. net, plant pots, chairs, garden hose etc.
- One player on each side
- Players have to propel an object to the other person without it bouncing
- See how many times the object can be touched by each player



## EQUIPMENT

- Balloons, netball, football, soft foam balls etc.
- A Net, String tied to two objects, garden hose,





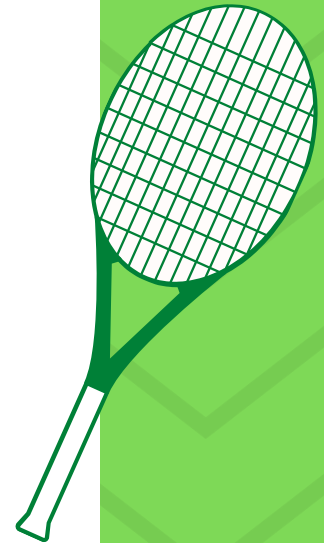
## ***INCLUSIVE IDEAS***

- Wheelchair users can play on a long table and propel the ball from one end to the other
- Use an object that is a suitable colour for a person with a visual impairment
- Balloon can be placed inside a pillow case if player doesn't like balloons



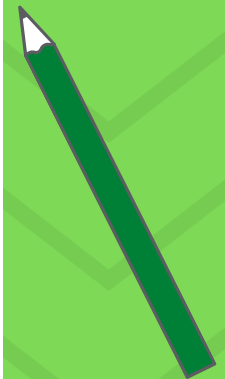
## ***WANT TO MAKE IT EASIER?***

- Space - Make the court smaller
- Task - Players can catch the object before throwing it back. Players can let the ball bounce once.
- Equipment - Use a balloon or beach ball
- People - Players to sit down and be close to each other



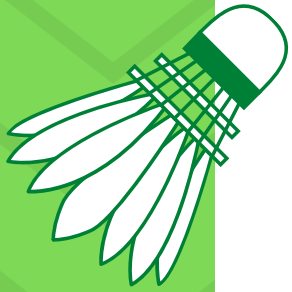
## ***WANT TO MAKE IT HARDER?***

- Space - Make the court bigger
- Task - Players to only use their feet to propel the object over the net
- Equipment - Players to use a smaller object e.g tennis ball
- People - Players have to aim the ball into different areas of the court





# TENIS FOLI



## SUT I CHWARAE?

- Sefydlu llys bach gyda rhaniad clir yn y canol e.e. rhwyd, potiau planhigion, cadeiriau, pibell gardd ac ati.
- Un chwaraewr ar bob ochr
- Rhaid i chwaraewyr yrru gwrthrych i'r person arall heb iddo bownsio
- Gweld sawl gwaith y gall pob chwaraewr gyffwrdd â'r gwrthrych



## OFFER

- Balwŷns, pêl-rwyd, pêl-droed, peli ewyn meddal ac ati.
- Llinyn, Llinyn wedi'i glymu i ddau wrthrych, pibell ardd,





## SYNIADAU CYNHWYSOL

- Gall defnyddwyr cadeiriau olwyn chwarae ar fwrdd hir a gyrru'r bêl o un pen i'r llall
- Defnyddiwch wrthrych sy'n lliw addas ar gyfer person â nam ar ei olwg
- Gellir gosod balw'n y tu mewn i gas gobennydd os nad yw'r chwaraewr yn hoffi balw'ns



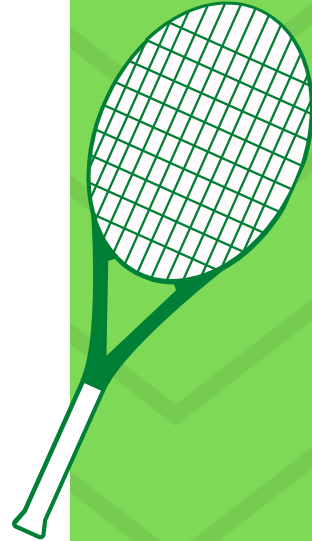
### I'W WNEUD YN HAWS

- Gofod - Gwneud y llys yn llai
- Tasg - Gall chwaraewyr ddal y gwrthrych cyn ei daflu yn ôl. Gall chwaraewyr adael i'r bêl bownsio unwaith.
- Offer - Defnyddiwch falw'n neu bêl traeth
- Pobl - Chwaraewyr i eistedd i lawr a bod yn agos at ei gilydd



### I'W WNEUD YN GALETACH

- Gofod - Gwneud y llys yn fwy
- Tasg - Chwaraewyr i ddefnyddio eu traed yn unig i yrru'r gwrthrych dros y rhwyd
- Offer - Chwaraewyr i ddefnyddio gwrthrych llai e.e. pêl denis
- Pobl - Mae'n rhaid i chwaraewyr anelu'r bêl i wahanol rannau o'r llys





# ***SENSORY BOTTLES***

## ***EQUIPMENT***

- Clear Plastic Bottle (with lid)
- Water
- Oil e.g. Baby Oil, Vegetable Oil
- Tape / Glue

Your choice of...

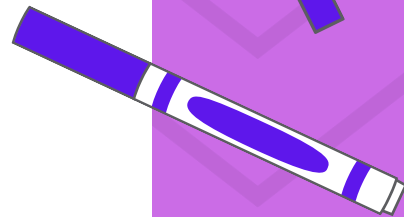
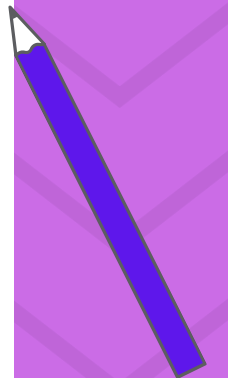
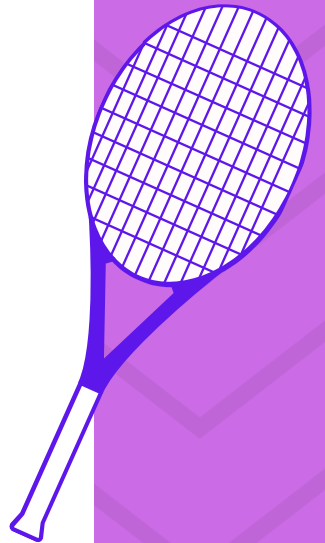
- Food Colouring
- Glitter / Sequins
- Water Beads
- Small Toys e.g. Lego pieces
- Pom Poms
- Coloured String

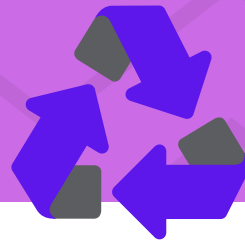




# HOW TO MAKE YOUR SENSORY BOTTLES:

- Half fill your plastic bottle with water
- Add a few drops of food colouring \*optional\*
- Add a splash of oil (the more you use the slower the items will be moving around your sensory bottle)
- Add in the items of your choice
- Fill the rest of the bottle with water - make sure you leave a gap so that the liquid can move around
- Tape / Glue the lid down to avoid any accidents!





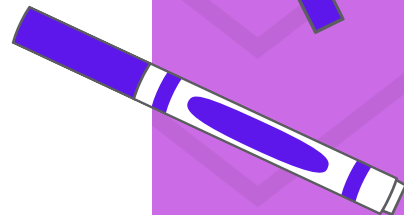
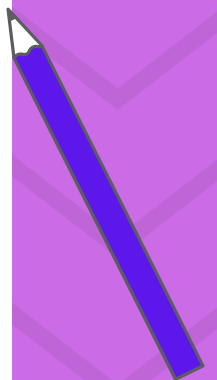
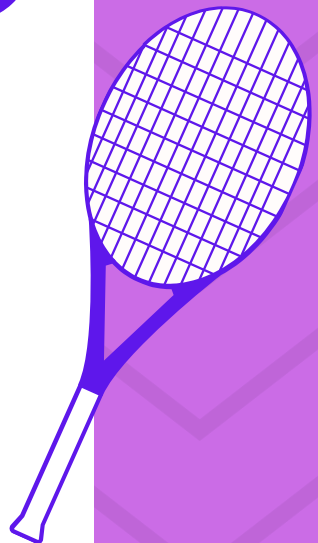
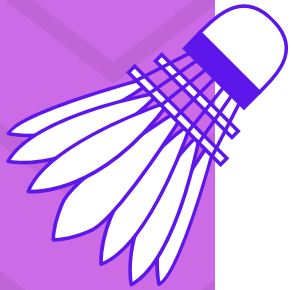
# POTELI SYNHWYRAIDD

## OFFER

- Potel Plastig Clir (gyda chaead)
- Dŵr
- Olew e.e. Olew Babi, Olew Llysiau
- Tâp / Glud

Eich dewis o ...

- Lliwio Bwyd
- Glitter / Sequins
- Gleiniau Dŵr
- Teganau Bach e.e. Darnau Lego
- Pom poms
- Llinyn Lliw

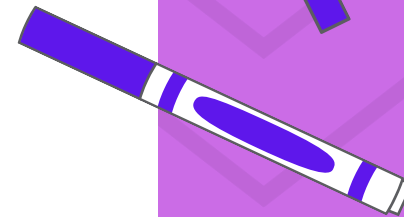
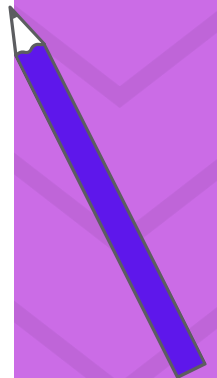
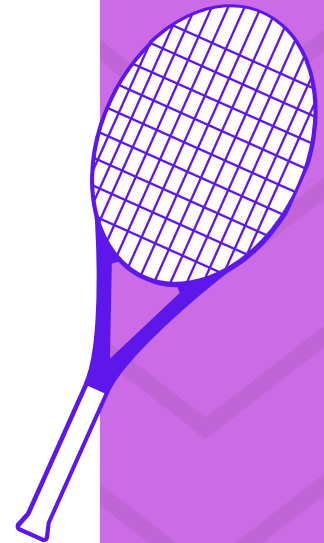






# ***SUT I WNEUD EICH POTELI SYNHWYRAIDD:***

- Hanner llenwi'ch potel blastig â dŵr
- Ychwanegwch ychydig ddiferion o liwio bwyd \*dewisol \*
- Ychwanegwch sblash o olew (po fwyaf y byddwch chi'n ei ddefnyddio, arafach bydd yr eitemau'n symud o amgylch eich potel synhwyrdd)
- Ychwanegwch yr eitemau o'ch dewis i mewn
- Llenwch weddill y botel â dŵr - gwnewch yn siŵr eich bod chi'n gadael bwlch fel y gall yr hylif symud o gwmpas
- Tâp / Gludwch y caead i lawr er mwyn osgoi unrhyw ddamweiniau!





# SOLDIER THROW

## HOW TO PLAY?

- Each player sets up targets and then army crawls along the floor back behind their safe zone
- Once a player gets back to their start position, they have to jump up and land in their safe zone
- The player performs an underarm throw/roll with objects towards the targets until they are all knocked over
- Players count how many throws it took them to knock over all the objects
- Once the objects are knocked over, the next player repeats the game

## EQUIPMENT

- Targets e.g. bottles, tins, skittles etc
- Throwing Objects e.g. beans bags, tennis balls, paper balls, small soft toys etc
- Something to mark out safe zone





## ***INCLUSIVE IDEAS***

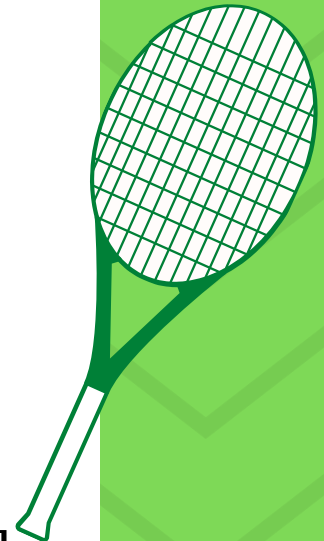
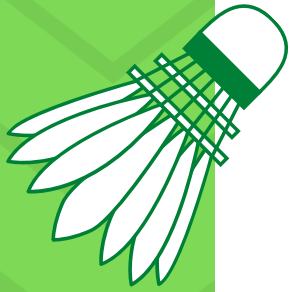
- Think of different ways to move that suits the person involved instead of crawling
- Can objects be propelled using other methods – feet, rolled from a seated position etc.
- Use sound to direct players with visual impairment to the targets e.g. stand behind the target and clap

### ***WANT TO MAKE IT EASIER?***

- Space - Decrease distance between targets and safe zone
- Task - Ball to be rolled along the floor. Targets placed close together
- Equipment - Decrease size of targets. Use objects that are easy to grip/throw
- People - Work in teams to knock down targets

### ***WANT TO MAKE IT HARDER?***

- Space - Increase distance between targets and safe zone
- Task - Objects to place in the way of targets to increase a range of throws from each player
- Equipment - Increase size of targets Decrease size of throwing object
- People - Players set up targets for the opposing player





# TAFLU MILWR

## SUT I CHWARAE?

- Mae pob chwaraewr yn sefydlu targedau ac yna'n cropian yn y fyddin ar hyd y llawr yn ôl y tu ôl i'w parth diogel
- Unwaith y bydd chwaraewr yn dychwelyd i'w safle cychwyn, mae'n rhaid iddo neidio i fyny a glanio yn ei barth diogel
- Mae'r chwaraewr yn perfformio taflriad / rôl underarm gyda gwrthrychau tuag at y targedau nes eu bod i gyd yn cael eu taro drosodd
- Mae chwaraewyr yn cyfrif faint o dafliadau a gymerodd iddyn nhw guro dros yr holl wrthrychau
- Unwaith y bydd y gwrthrychau yn cael eu taro drosodd, mae'r chwaraewr nesaf yn ailadrodd y gêm

## OFFER

- Targedau e.e. poteli, tuniau, sgitls ac ati
- Gwrthrychau Taflu e.e. bagiau ffa, peli tenis, peli papur, teganau meddal bach ac ati
- Rhywbeth i nodi parth diogel





## ***SYNIADAU CYNHWYSOL***

- Meddylwch am wahanol ffyrdd o symud sy'n gweddu i'r person dan sylw yn lle cropian
- A ellir gyrru gwrthrychau gan ddefnyddio dulliau eraill - traed, eu rhoio o safle eistedd ac ati.
- Defnyddiwch sain i gyfeirio chwaraewyr â nam ar eu golwg at y targedau e.e. sefyll y tu ôl i'r targed a chlapio



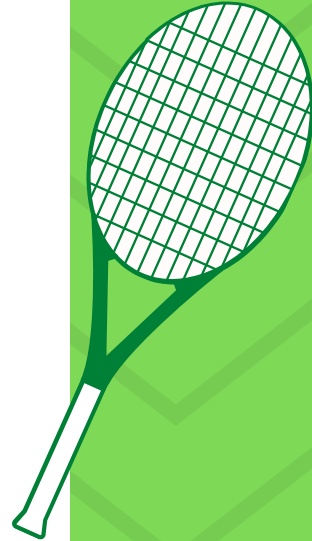
### ***I'W WNEUD YN HAWS***

- Gofod - Lleihau'r pellter rhwng y targedau a'r parth diogel
- Tasg - Pêl i'w rhoio ar hyd y llawr. Targedau wedi'u gosod yn agos at ei gilydd
- Offer - Lleihau maint y targedau. Defnyddiwch wrthrychau sy'n hawdd eu gafael / taflu
- Pobl - Gweithio mewn timau i ddymchwel targedau



### ***I'W WNEUD YN GALETACH***

- Gofod - Cynyddu'r pellter rhwng targedau a pharth diogel
- Tasg - Gwrthrychau i'w gosod yn y targedau i gynyddu ystod o dafliadau gan bob chwaraewr
- Offer - Cynyddu maint y targedau Gwella maint y gwrthrych taflu
- Pobl - Mae chwaraewyr yn sefydlu targedau ar gyfer y chwaraewr sy'n gwrthwynebu



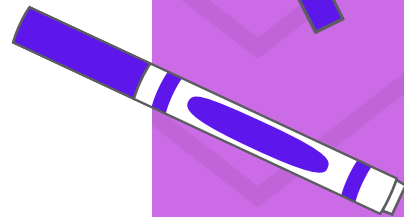
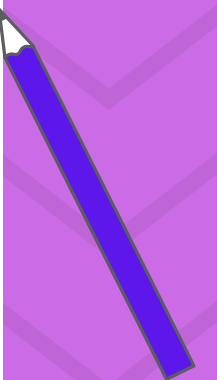
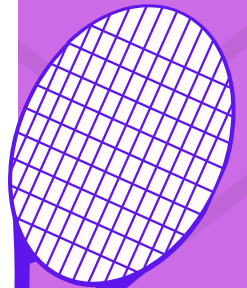
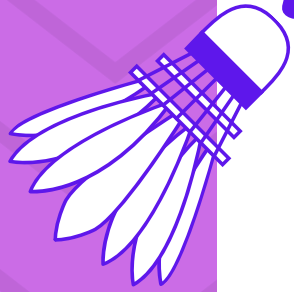


# FIND THE RAINBOWS

## EQUIPMENT

Your choice of...

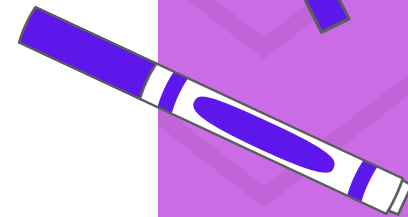
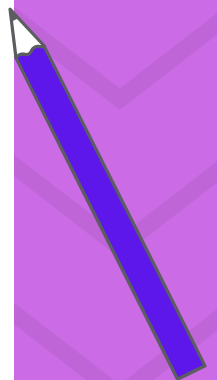
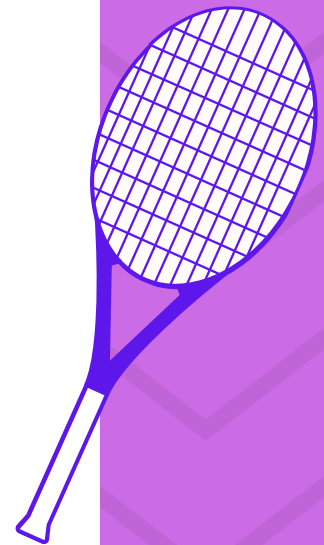
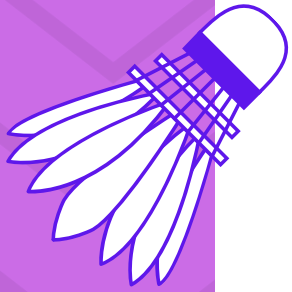
- Paper
- Card
- Paint
- Chalk
- Crayons
- Felt Pens
- Pencils
- Glitter
- Sequins
- Recycled Materials





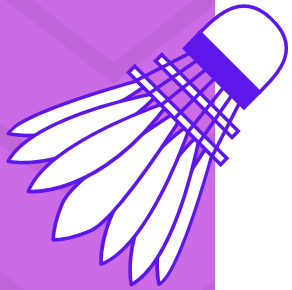
# HOW TO PLAY FIND THE RAINBOWS

- Create your own rainbow using whatever materials you would like
- Put your rainbow in a window for passers by to see
- Whilst out for your daily dose of fresh air, see how many rainbows you can find
- What else do you notice?
- You could create a rainbow diary and keep a count of how many you see in your community





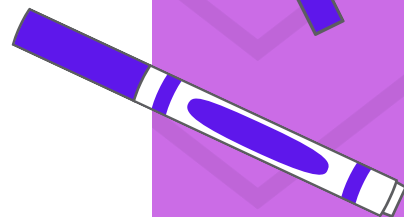
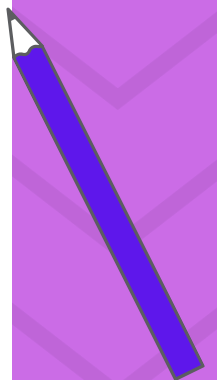
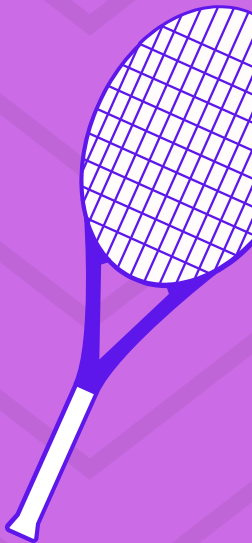
# DEWCH O HYD I'R ENFYYS



## OFFER

Eich dewis o ...

- Papur
- Cerdyn
- Paent
- Sialc
- Crayons
- Pinnau Ffelt
- Pensiliau
- Glitter
- Dilyniannau
- Deunyddiau wedi'u hailgylchu

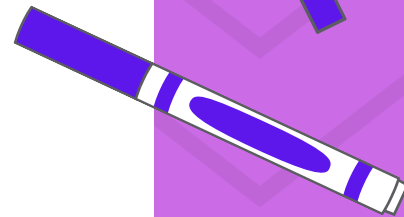
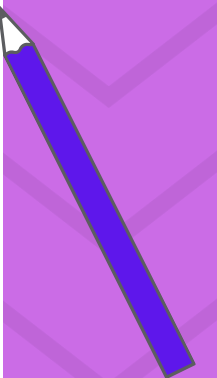
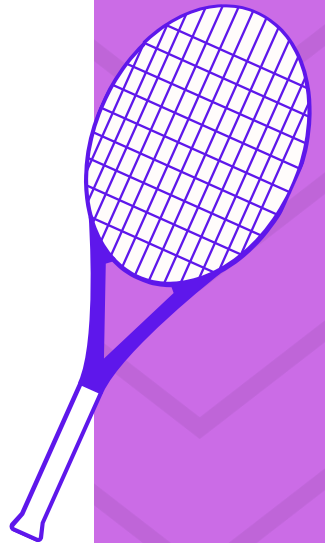
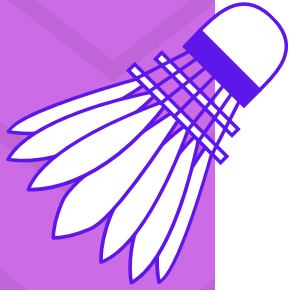






# SUT I CHWARAE DEWCH O HYD I'R ENFYS

- Creu eich enfys eich hun gan ddefnyddio pa bynnag ddeunyddiau yr hoffech chi
- Rhwch eich enfys mewn ffenestr i bobl sy'n mynd heibio ei gweld
- Tra allan am eich dogn dyddiol o awyr iach, gwelwch faint o enfysau y gallwch chi ddod o hyd iddynt
- Beth arall ydych chi'n sylwi arno?
- Fe allech chi greu dyddiadur enfys a chadw cyfrif o faint rydych chi'n eu gweld yn eich cymuned





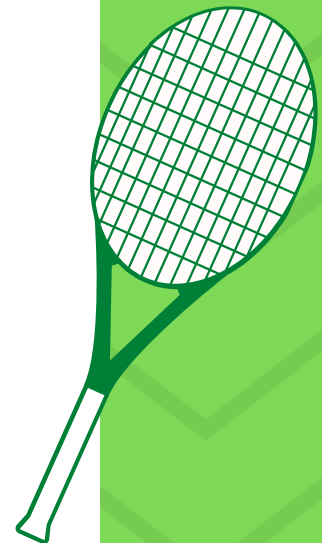
# WHO'S GOT THE CONTROL?

## HOW TO PLAY?

- Each player is moving around a small area e.g. garden or living room.
- Character names are called out by the leader
- Each character has an action associated with it which each player has to perform:
- Sonic - Fast Feet
- Mario - Jump
- Call of Duty - Army Crawl
- Fortnite - Any dance
- FIFA - Jump and perform a Header
- Mario Kart - Run as fast as you can
- Tetris - Lie on the floor

## EQUIPMENT

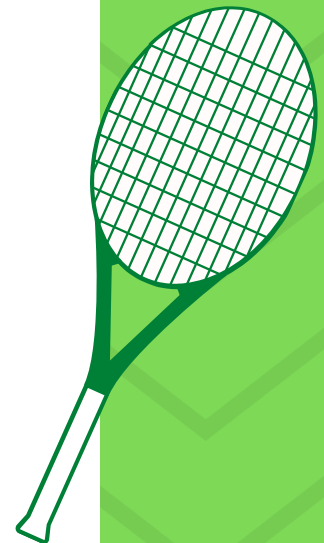
- Garden, living room, field.





## ***INCLUSIVE IDEAS***

- Change the names of the characters to suit a player's interest e.g. Cartoon Characters, Action Hero's, Favourite Toys etc.
- Let players practice movements before taking part
- Physically show players movements if they have a visual impairment and need assistance.
- Alternative movements for characters based on individual ability



### ***WANT TO MAKE IT EASIER?***

- Space - Make the area smaller
- Task - Call characters less often
- People - Use the movements each individual can easily do

### ***WANT TO MAKE IT HARDER?***

- Space - Make the area bigger
- Task - Call characters more times. Call more than one character at once.
- People - Make the movements more complicated





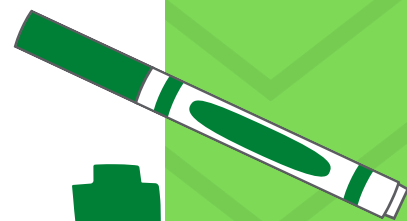
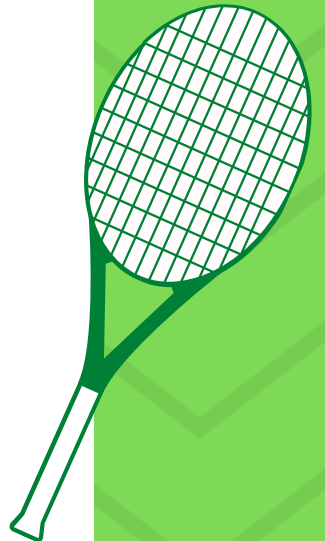
# PWY SYDD Â'R RHEOLAETH?

## SUT I CHWARAE?

- Mae pob chwaraewr yn symud o amgylch ardal fach e.e. gardd neu ystafell fyw.
- Mae'r enwau yn galw enwau cymeriadau allan
- Mae gan bob cymeriad weithred sy'n gysylltiedig ag ef y mae'n rhaid i bob chwaraewr ei berfformio:
- Sonig - Traed Cyflym
- Mario - Neidio
- Call of Duty - Cropian y Fyddin
- Pythefnos - Unrhyw ddawns
- FIFA - Neidio a pherfformio Pennawd
- Mario Kart - Rhedeg mor gyflym ag y gallwch
- Tetris - Gorwedddech ar y llawr

## OFFER

- Gardd, lolfa, cae.





## ***SYNIADAU CYNHWYSOL***

- Newidiwch enwau'r cymeriadau i weddu diddordeb chwaraewr e.e. Cymeriadau Cartwn, Action Hero's, Hoff Deganau ac ati.
- Gadewch i chwaraewyr ymarfer symudiadau cyn cymryd rhan
- Dangoswch symudiadau chwaraewyr yn gorfforol os oes ganddyn nhw nam ar eu golwg ac angen cymorth arnyn nhw.
- Symudiadau amgen ar gyfer cymeriadau yn seiliedig ar allu unigol



### ***I'W WNEUD YN HAWS***

- Gofod - Gwneud yr ardal yn llai
- Tasg - Ffoniwch gymeriadau yn llai aml
- Pobl - Defnyddiwch y symudiadau y gall pob unigolyn eu gwneud yn hawdd

### ***I'W WNEUD YN GALETACH***

- Gofod - Gwneud yr ardal yn fwy
- Tasg - Ffoniwch gymeriadau fwy o weithiau. Ffoniwch fwy nag un cymeriad ar unwaith.
- Pobl - Gwneud y symudiadau yn fwy cymhleth





# WHAT'S MISSING?

## HOW TO PLAY?

- Choose a selection of different objects from around the home (from toys to kitchen utensils) and place them on your tray (or a table if you don't have one)
- Allow everyone else to look at the objects
- When they've finished looking at all of the objects, cover the objects with a piece of material
- While everyone else looks the other way, remove one object from under the material
- Ask everyone to look again and guess **What's Missing?**

## EQUIPMENT

- A tray (or table)
- A variety of small objects from your home
- A piece of material or tea towel



## ***INCLUSIVE IDEAS***

- You can ask everyone to bring a selection of objects to the game
- This is a game for the whole family, so let the children test the adults memories too

### ***WANT TO MAKE IT EASIER?***

- Have less objects on the tray
- Use different coloured objects
- Give everyone longer to look at the objects

### ***WANT TO MAKE IT HARDER?***

- Have more objects on the tray
- Use similar objects
- Give everyone a time limit to look at the objects
- Take away more than one object at a time



# BETH SYDD AR GOLL?

## SUT I CHWARAE

- Dewiswch ddetholiad o wahanol wrthrychau o amgylch y cartref (o deganau i offer cegin) a'u rhoi ar eich hambwrdd (neu fwrdd os nad oes gennych chi un)
- Caniatáu i bawb arall edrych ar y gwrthrychau
- Pan fyddant wedi gorffen edrych ar yr holl wrthrychau, gorchuddiwch y gwrthrychau gyda darn o ddeunydd
- Tra bod pawb arall yn edrych y ffordd arall, tynnwch un gwrthrych oddi tan y deunydd
- Gofynnwch i bawb edrych eto a dyfalu **Beth sydd ar Goll?**

## OFFER

- Hambwrdd (neu fwrdd)
- Amrywiaeth o wrthrychau bach o'ch cartref
- Darn o ddeunydd neu dywel te







## ***SYNIADAU CYNHWYSOL***

- Gallwch ofyn i bawb ddod â detholiad o wrthrychau i'r gêm
- Mae hon yn gêm i'r teulu cyfan, felly gadewch i'r plant brofi atgofion yr oedolion hefyd



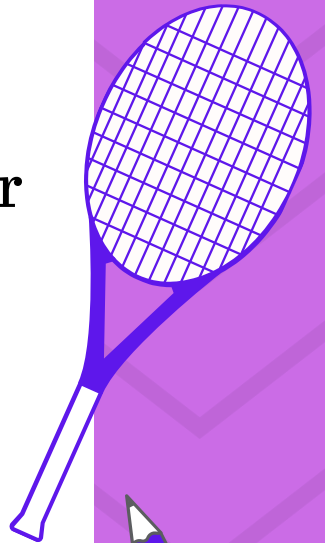
### ***I'W GWNEUD HI'N HAWS?***

- Cael llai o wrthrychau ar yr hambwrdd
- Defnyddiwch wrthrychau o wahanol liwiau
- Rhewch fwy o amser i bawb edrych ar y gwrthrychau



### ***I'W GWNEUD HI'N ANODDACH***

- Cael mwy o wrthrychau ar yr hambwrdd
- Defnyddiwch wrthrychau tebyg
- Rhewch derfyn amser i bawb edrych ar y gwrthrychau
- Ewch â mwy nag un gwrthrych i ffwrdd ar y tro





# GREEDY GIRAFFES



## HOW TO PLAY?

- One player goes at a time
- Each player must stand still on a spot/marker
- Objects are placed on the floor around the player, all within reaching distance
- Each player has to pick up each object, one at a time and place them into a safe area
- The game is finished when all the objects are in the safe area

## EQUIPMENT

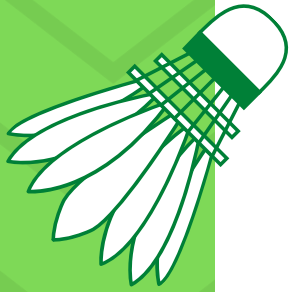
- Marker/spot - Coaster, Paper (on carpet only), Door mat
- Objects - Balls, soft toys, toy cars, paper
- Safe Zone - Wash basket, table, bin etc





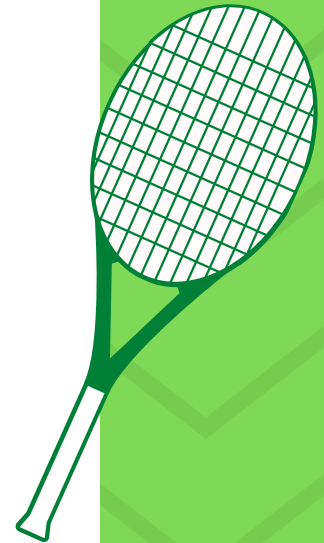
## ***INCLUSIVE IDEAS***

- Make sure items are bright and stand out against the floor
- Objects could be raised up (e.g on chairs or a table) for people who can't reach the floor
- Ensure items are easy to grip and pick up



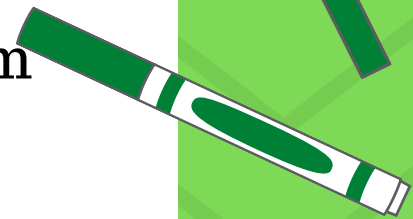
## ***WANT TO MAKE IT EASIER?***

- Space - Decrease distance of objects away from players
- Task - Players can sit down or go on their knees
- Equipment - Increase size of objects
- People - At easiest level



## ***WANT TO MAKE IT HARDER?***

- Space - Increase distance of objects away from players
- Task - Players can balance on one foot
- Equipment - Decrease size of objects
- People - Increase the number of players taking part at one time





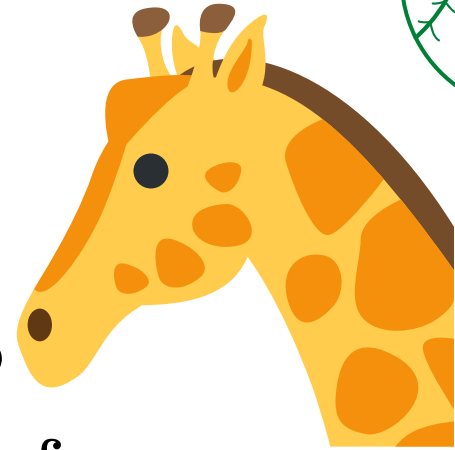
# JIRAFFOD BARUS

## SUT I CHWARAE

- Mae un chwaraewr yn mynd ar y tro
- Rhaid i bob chwaraewr sefyll yn ei unfan ar fan a'r lle
- Rhoddir gwrthrychau ar y llawr o amgylch y chwaraewr, i gyd o fewn cyrraedd pellter
- Rhaid i bob chwaraewr godi pob gwrthrych, un ar y tro a'u rhoi mewn man diogel
- Mae'r gêm wedi'i gorffen pan fydd yr holl wrthrychau yn yr ardal ddiogel

## OFFER

- Marciwr / smotyn - Coaster, Papur (ar garped yn unig), Mat drws
- Gwrthrychau - Peli, teganau meddal, ceir tegan, papur
- Parth Diogel - Basged ymolchi, bwrdd, bin ac ati





## ***SYNIADAU CYNHWYSOL***

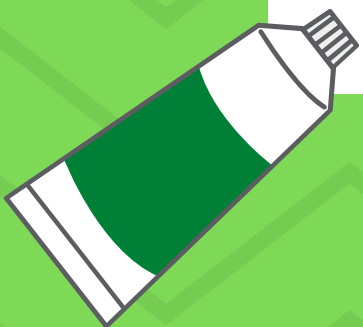
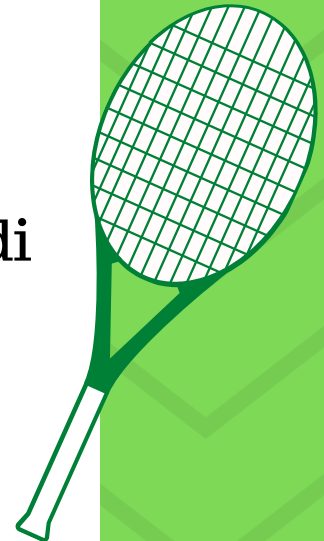
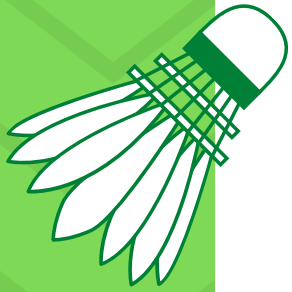
- Sicrhewch fod yr eitemau'n llachar ac yn sefyll allan yn erbyn y llawr
- Gellid codi gwrthrychau (e.e. ar gadeiriau neu ffwrdd) ar gyfer pobl na allant gyrraedd y llawr
- Sicrhewch fod eitemau'n hawdd eu gafael a'u codi

### ***I'W GWNEUD YN HAWS?***

- Gofod - Lleihau pellter gwrthrychau i ffwrdd oddi wrth chwaraewyr
- Tasg - Gall chwaraewyr eistedd i lawr neu fynd ar eu gliniau
- Offer - Cynyddu maint gwrthrychau
- Pobl - Ar y lefel hawsaf

### ***I'W GWNEUD YN ANODDACH***

- Gofod - Cynyddu pellter gwrthrychau i ffwrdd oddi wrth chwaraewyr
- Tasg - Gall chwaraewyr gydbwysu ar un troed
- Offer - Lleihau maint gwrthrychau
- Pobl - Cynyddu nifer y chwaraewyr sy'n cymryd rhan ar yr un pryd





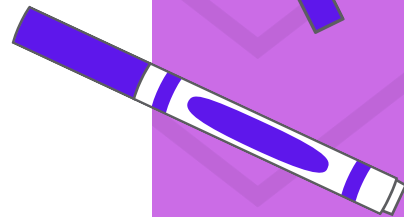
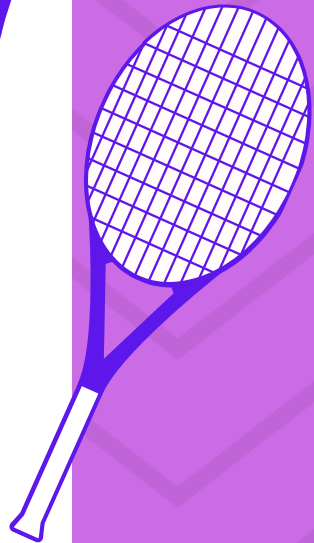
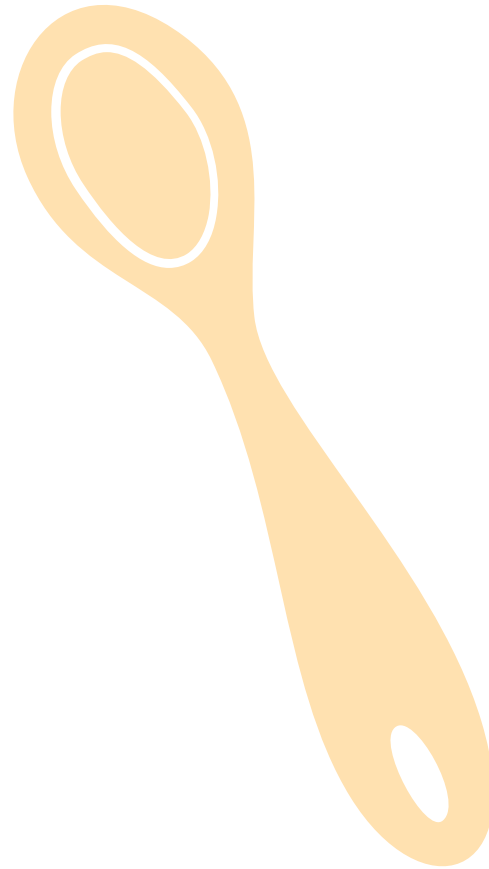
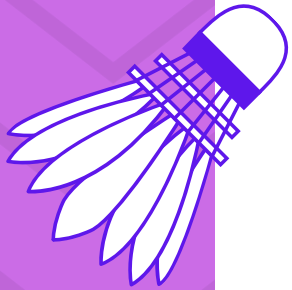
# MAKE YOUR OWN PLAY DOUGH

## EQUIPMENT

- 2 Mixing Bowls
- Spoon
- 8 tbsp Plain Flour
- 2 tbsp Table Salt
- 60ml Warm Water
- Food Colouring
- 1 tbsp Vegetable Oil

## YOU COULD ALSO ADD...

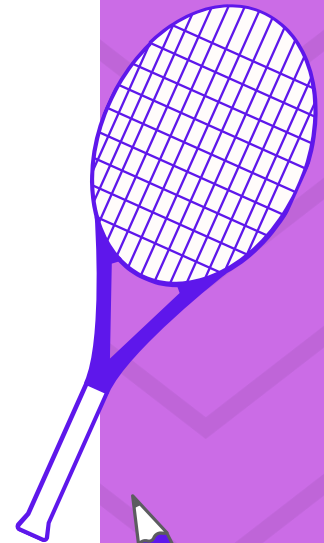
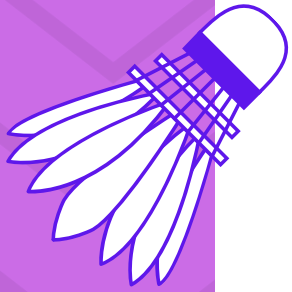
- Glitter
- Sequins
- Beads





## MAKE YOUR OWN PLAY DOUGH

- Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
- Pour the coloured water into the flour and mix with a spoon.
- Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth dough.
- If you want a brighter colour, add a few more drops of food colouring, or some sparkle!
- Store in an airtight bag / container in the fridge to keep it fresh.





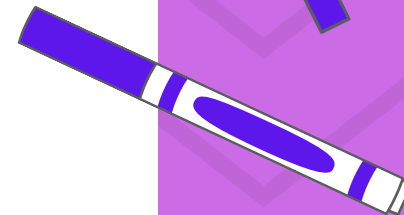
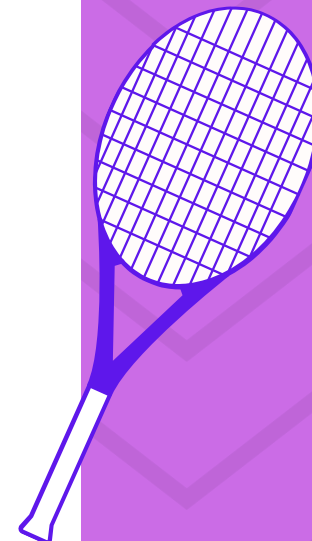
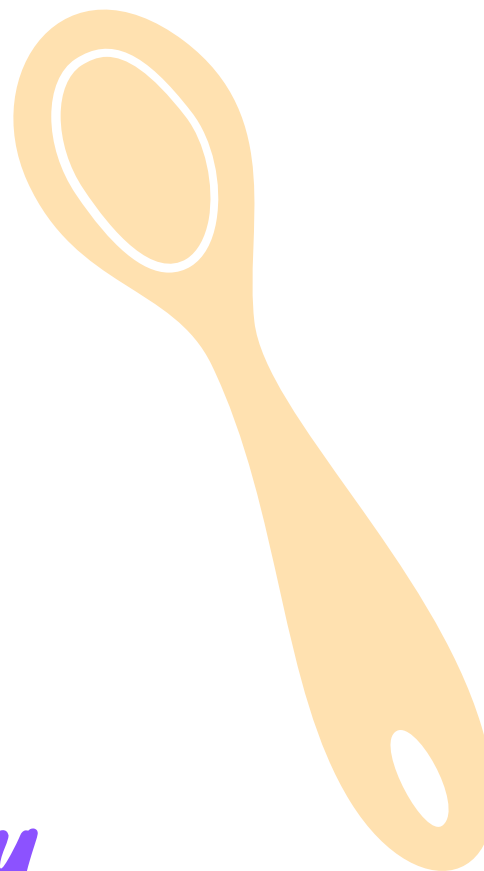
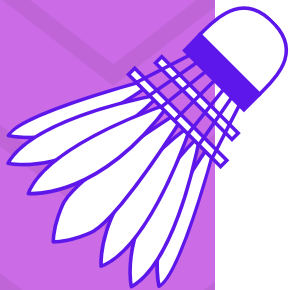
# ***GWNEWCH EICH TOES CHWARAE EICH HUN***

## ***OFFER***

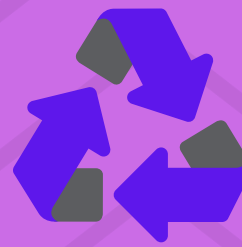
- 2 bowlen gymysgu
- Llwy
- 8 llwy fwrdd o Blawd Plaen
- 2 lwy fwrdd o Halen Tabl
- Dŵr Cynnes 60ml
- Lliwio Bwyd
- 1 llwy fwrdd o Olew Llysiau

## ***FE ALLECH CHI YCHWANEGU ...***

- Glitter
- Dilyniannau
- Gleiniau

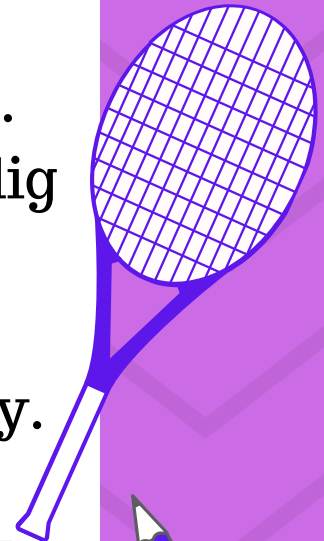






## **GWNEWCH EICH TOES CHWARAE EICH HUN**

- Cymysgwch y blawd a'r halen mewn powlen fawr. Mewn powlen ar wahân cymysgwch y dŵr, ychydig ddiferion o liwio bwyd a'r olew gyda'i gilydd.
- Arllwyswch y dŵr lliw i'r blawd a'i gymysgu â llwy.
- Llwchwch arwyneb gwaith gydag ychydig o flawd a throwch y toes allan. Tylinwch eich gilydd am ychydig funudau i ffurfio toes llyfn.
- Os ydych chi eisiau lliw mwy disglair, ychwanegwch ychydig mwy o ddiferion o liwio bwyd, neu ychydig o wreichionen!
- Storiwch mewn bag / cynhwysydd aerglos yn yr oergell i'w gadw'n ffres.





# DIY CRAZY GOLF

## HOW TO PLAY?

- Players design their own crazy golf holes
- Holes can be inside or outside the house or both.
- Players can throw, roll, hit or kick an object along the course
- Pick a start point and create a target (the golf hole)
- The aim is to get your object into the target with as few goes as possible
- Obstacles can be placed in the way of the hole to create hazards.

## EQUIPMENT

- Marker/spot - this can be any object to signal the start of a hole
- Objects to throw - scrunched up paper, soft toys, balls etc
- Hazards - flower pots, washing baskets, chairs, shoes, toys, boxes etc





## ***INCLUSIVE IDEAS***

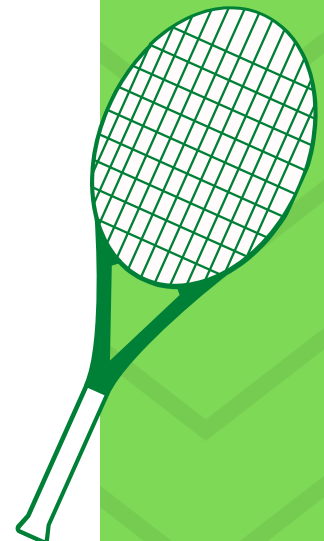
- Make sure items are bright and stand out against the floor
- Throwing objects to be light in weight
- Show a demonstration
- Ensure items are easy to grip and pick up

## ***WANT TO MAKE IT EASIER?***

- Space - Decrease length of holes
- Task - Decrease the number of hazards / Make the hole bigger
- Equipment - Increase size of objects
- People - Players can choose to remove obstacles to suit their ability

## ***WANT TO MAKE IT HARDER?***

- Space - Increase length of holes
- Task - Increase the number of hazards / Make the hole smaller
- Equipment - Decrease size of objects
- People - Player can compete against each other





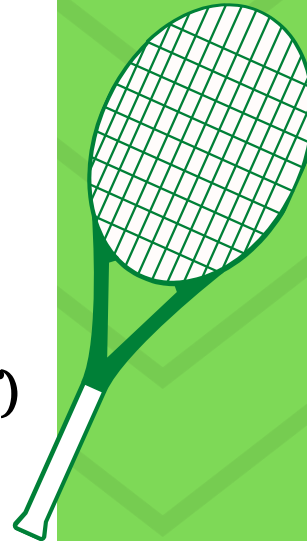
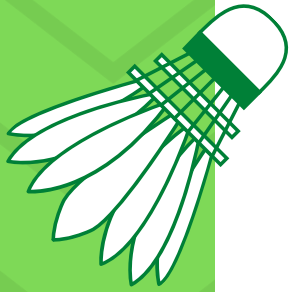
# GOLFF GWALLGOF

## SUT I CHWARAE?

- Mae chwaraewyr yn dylunio eu tyllau golff gwallgof eu hunain
- Gall tyllau fod y tu mewn neu'r tu allan i'r tŷ neu'r ddau.
- Gall chwaraewyr daflu, rholio, taro neu gicio gwrthrych ar hyd y cwrs
- Dewiswch fan cychwyn a chreu targed (y twll golff)
- Y nod yw cael eich gwrthrych i mewn i'r targed gyda chyn lleied â phosibl yn mynd
- Gellir gosod rhwystrau yn ffordd y twll i greu peryglon.

## OFFER

- Marciwr / fan a'r lle - gall hyn fod yn unrhyw wrthrych i nodi dechrau twll
- Gwrthrychau i'w taflu - papur wedi'i rinsio i fyny, tegantau meddal, peli ac ati
- Peryglon - potiau blodau, basgedi golchi, cadeiriau, esgidiau, tegantau, blychau ac ati





## ***SYNIADAU CYNHWYSOL***

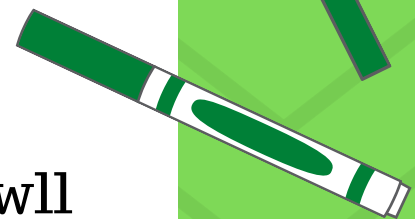
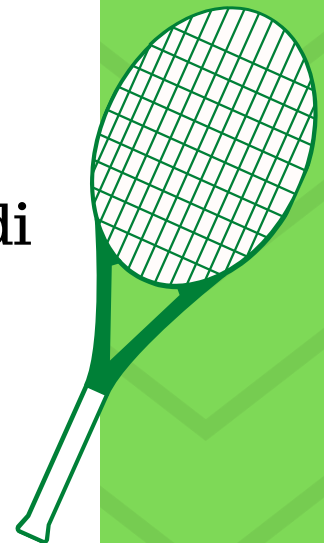
- Sicrhewch fod yr eitemau'n llachar ac yn sefyll allan yn erbyn y llawr
- Taflu gwrthrychau i fod yn ysgafn o ran pwysau
- Dangos arddangosiad
- Sicrhewch fod eitemau'n hawdd eu gafael a'u codi

## ***I'W GWNEUD YN HAWS***

- Gofod - Lleihau hyd y tyllau
- Tasg - Gostwng nifer y peryglon / Gwneud y twll yn fwy
- Offer - Cynyddu maint gwrthrychau
- Pobl - Gall chwaraewyr ddewis cael gwared ar rwystrau i weddu i'w gallu

## ***I'W GWNEUD YN ANODDACH***

- Gofod - Cynyddu hyd y tyllau
- Tasg - Cynyddu nifer y peryglon / Gwneud y twll yn llai
- Offer - Lleihau maint gwrthrychau
- Pobl - Gall chwaraewr gystadlu yn erbyn ei gilydd





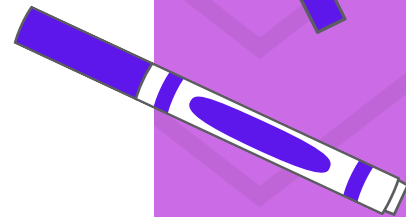
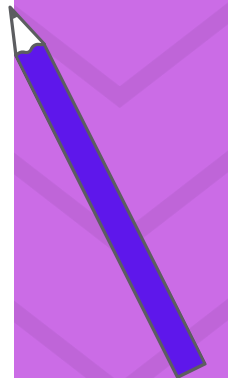
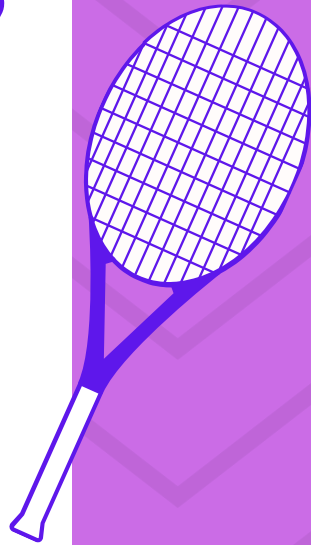
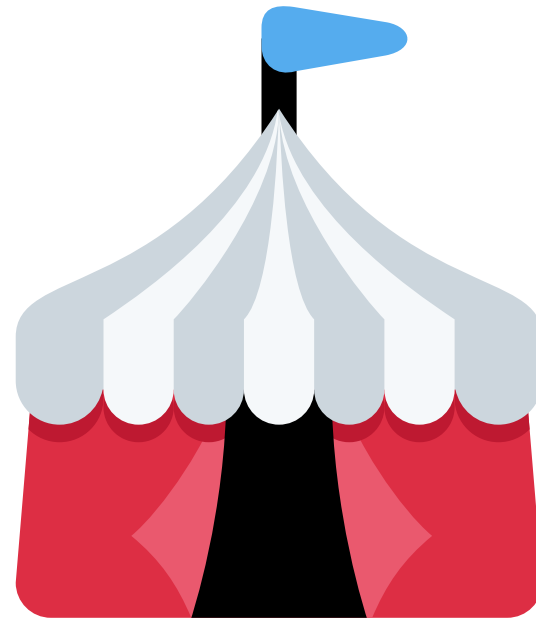
# ***BUILD YOUR OWN DEN***

## ***EQUIPMENT***

Your choice of...

- Material
- Pegs / Hair Clips
- Furniture
- Cushions
- Towels
- Cardboard Boxes / Tubes
- Sticks / Brooms / Umbrellas
- Cushions
- Blankets
- Toys

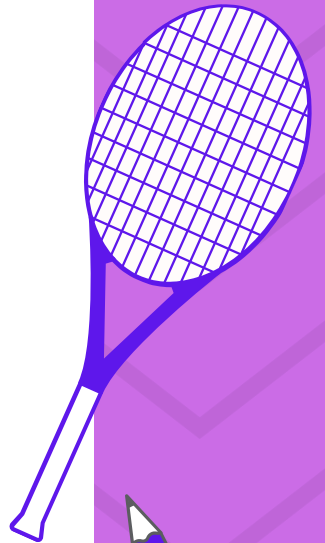
And anything else you can find in your house or garden!





# ***BUILD YOUR OWN DEN***

- Who will your den be for? Will it be for..
  - children
  - adults
  - toys
  - pets
  - everyone?
- Use the materials you have collected to start building your den.
- It can be as big or as small as you want it to be!
- You can add to it, you can decorate it inside, you can decorate it outside, you can build it however you like - it's yours!





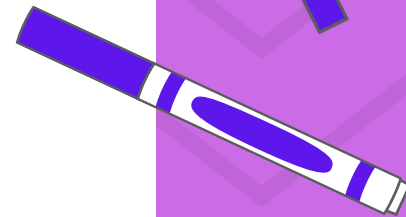
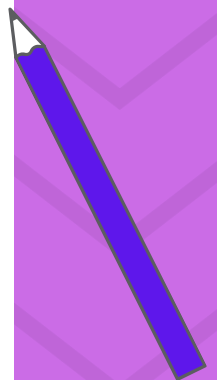
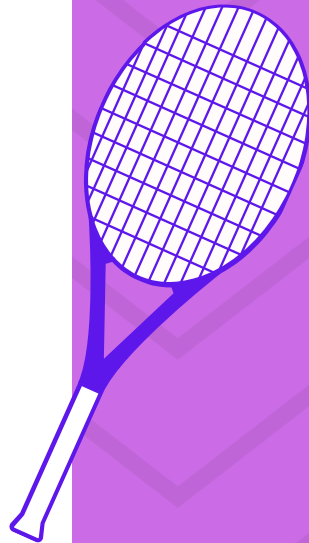
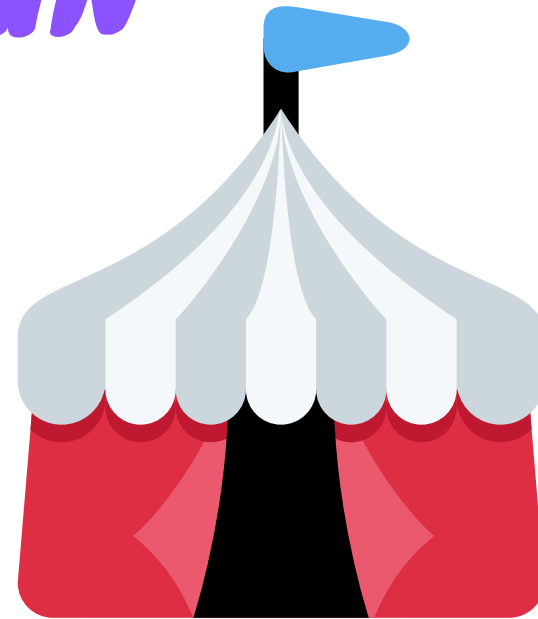
# ADEILADU EICH DEN EICH HUN

## OFFER

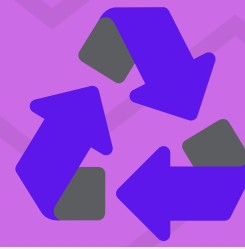
Eich dewis o ...

- Deunydd
- Pegiau / Clipiau Gwallt
- Dodrefn
- Clustogau
- Tyweli
- Blychau / Tiwbiau Cardbord
- Ffyn / Brooms / Umbrellas
- Clustogau
- Blancedi
- Teganau

Ac unrhyw beth arall y gallwch chi ddod o  
hyd iddo yn eich tŷ neu'ch gardd!







# ADEILADU EICH DEN EICH HUN

Ar gyfer pwy fydd eich ffau? A fydd ar gyfer ..

- plant
- oedolion
- teganau
- anifeiliaid anwes
- pawb?

- Defnyddiwch y deunyddiau rydych chi wedi'u casglu i ddechrau adeiladu'ch ffau.
- Gall fod mor fawr neu mor fach ag y dymunwch iddo fod!
- Gallwch ychwanegu ato, gallwch ei addurno y tu mewn, gallwch ei addurno y tu allan, gallwch ei adeiladu sut bynnag y dymunwch - eich un chi ydyw!



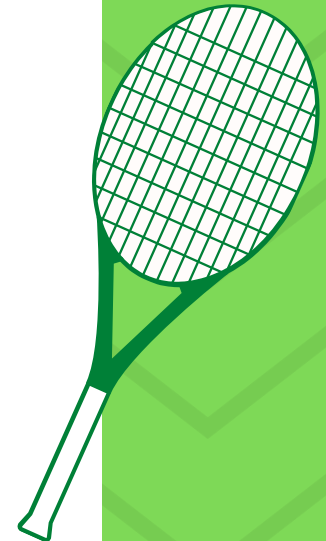
# ***FIT TREASURE HUNT***

## ***HOW TO PLAY?***

- Objects are to be hidden around the house and/or Garden
- Clues are to be placed in with each object which directs the players to a new object
- Players have to move in certain ways between finding the objects
- These can include: Crawling, Zig Zagging, Hopping, Moving Backwards, Jumping, Galloping, Skipping, Fast Feet, Spinning, High Knees, Lunging, Spinning,
- The aim is to find all the objects and work as a team

## ***EQUIPMENT***

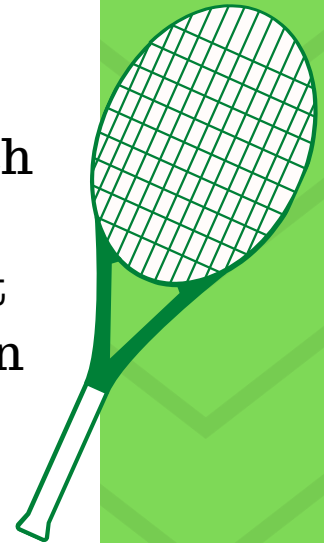
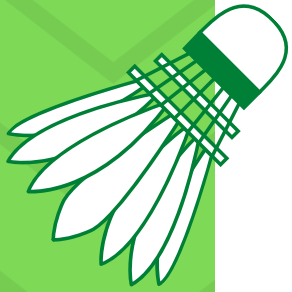
- Paper and Pen to write down clues
- Treasure - soft toys, fruit, sponges, towels, plastic spoon etc





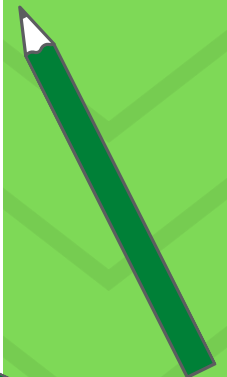
## ***INCLUSIVE IDEAS***

- Players can be guided in a way they find best
- Show demonstrations of any movements
- Instead of moving in different ways between objects, players can perform a task suited to their ability e.g. catch a ball 5 times whilst moving around an area; players can perform a stretch; players can throw an object at a target
- Give the treasure hunt a theme that could be related to an individuals interests



## ***WANT TO MAKE IT EASIER?***

- Space - Decrease distance between treasures
- Task - Instead of clues, tell them where the next treasure is
- Equipment - At easiest level
- People - Players to work in larger teams



## ***WANT TO MAKE IT HARDER?***

- Space - Increase distance between treasures
- Task - Include an exercise when they find each clue e.g. 10 star jumps / Add obstacles between finding treasures
- Equipment - Increase size of obstacles
- People - Player can compete against each other





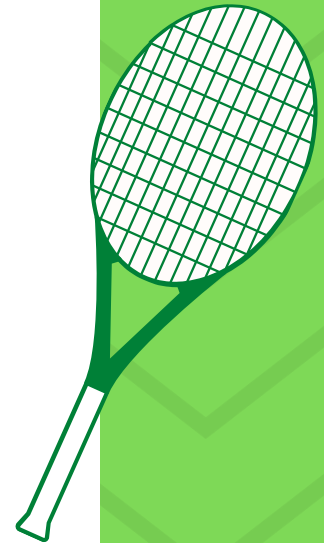
# HELFA DRYSOR FFIT

## SUT I CHWARAE?

- Mae gwrthrychau i'w cuddio o amgylch y tŷ a / neu'r Ardd
- Rhaid gosod cliwiau gyda phob gwrthrych sy'n cyfeirio'r chwaraewyr at wrthrych newydd
- Rhaid i chwaraewyr symud mewn rhai ffyrdd rhwng dod o hyd i'r gwrthrychau
- Gall y rhain gynnwys: Cropian, Zig Zagging, Hopian, Symud yn Ôl, Neidio, Galloping, Sgipio, Traed Cyflym, Nyddu, Pen-gliniau Uchel, Cinio, Nyddu,
- Y nod yw dod o hyd i'r holl wrthrychau a gweithio fel tîm

## OFFER

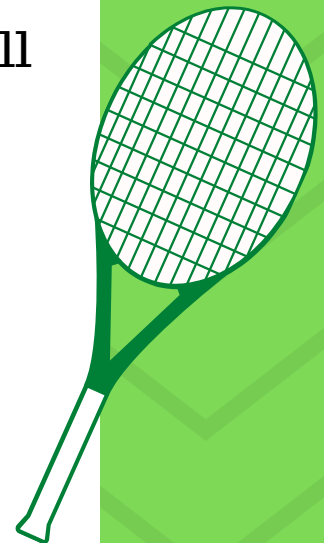
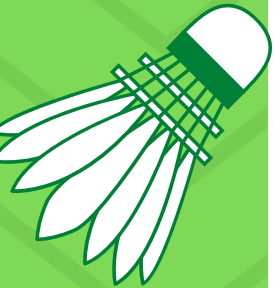
- Papur a Pen i ysgrifennu cliwiau
- Trysor - teganau meddal, ffrwythau, sbyngau, tyweli, llwy blastig ac ati





## SYNIADAU CYNHWYSOL

- Gellir tywys chwaraewyr yn y ffordd maen nhw'n dod o hyd orau
- Dangos arddangosiadau o unrhyw symudiadau
- Yn lle symud mewn gwahanol ffyrdd rhwng gwrthrychau, gall chwaraewyr gyflawni tasg sy'n addas i'w gallu e.e. dal pêl 5 gwaith wrth symud o amgylch ardal; gall chwaraewyr berfformio darn; gall chwaraewyr daflu gwrthrych at darged
- Rhowch thema i'r helfa drysor a allai fod yn gysylltiedig â diddordebau unigolyn



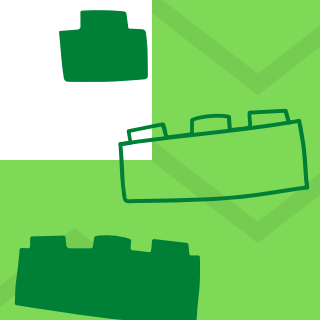
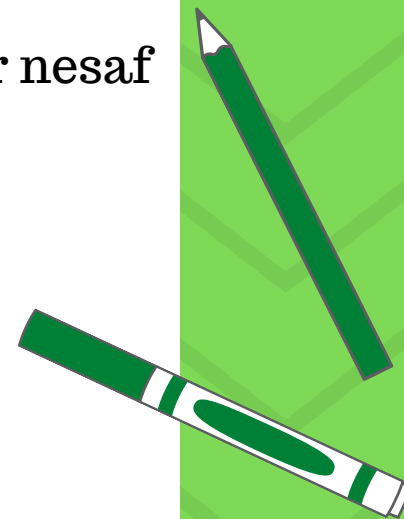
## I'W GWNEUD YN HAWS



- Gofod - Lleihau'r pellter rhwng trysorau
- Tasc - Yn lle cliwiau, dywedwch wrthynt ble mae'r trysor nesaf
- Offer - Ar y lefel hawsaf
- Pobl - Chwaraewyr i weithio mewn timau mwy

## I'W GWNEUD YN ANODDACH

- Gofod - Cynyddu'r pellter rhwng trysorau
- Tasc - Cynhwyswch ymarfer pan ddônt o hyd i bob cliw e.e. Neidiau 10 seren / Ychwanegu rhwystrau rhwng dod o hyd i drysorau
- Offer - Cynyddu maint y rhwystrau
- Pobl - Gall chwaraewr gystadlu yn erbyn ei gilydd





# ***SUPERHERO SUNDAY***

## ***FOR YOUR MASK***

Your choice of...

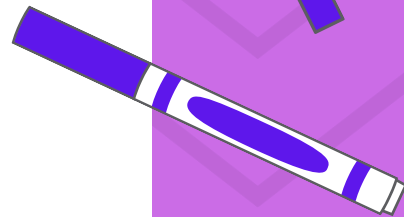
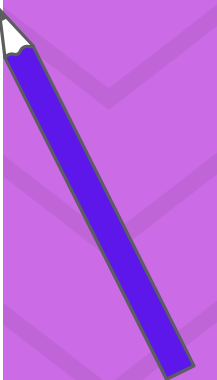
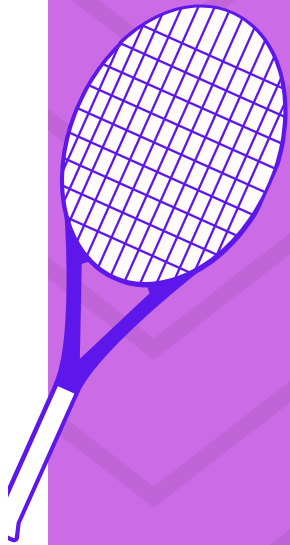
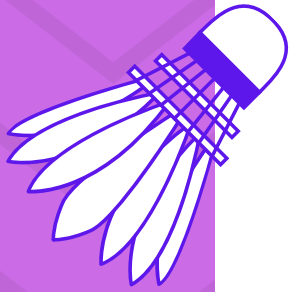
- Cardboard
- Clean Recycling
- Paper / Card
- String
- Coloured Pens / Pencils
- Paint
- Glue / Tape
- Sequins / Glitter / Buttons



## ***FOR YOUR CAPE***

Your choice of...

- Material
- Bin Liner





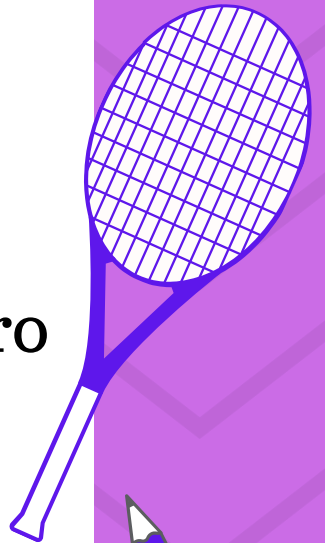
# ***SUPERHERO SUNDAY***



## ***WHAT NEXT?***

You can spend the day creating your superhero

- Choose your superhero name
- Design your superhero logo
- What are your superpowers?
- Does your superhero have a sidekick?
- Does your sidekick need a costume too?



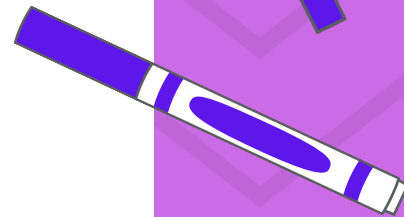
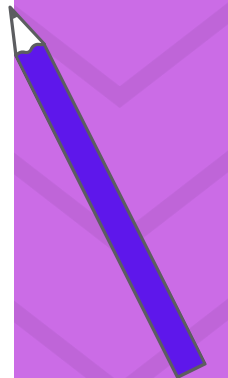
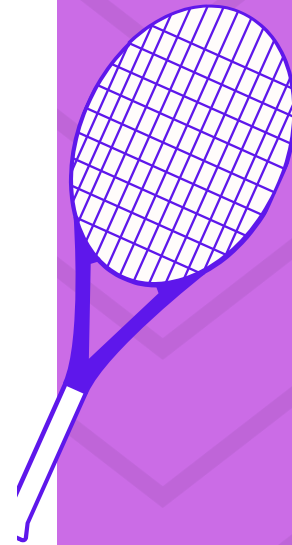


# DYDD SUL ARCHARWR

## AR GYFER EICH MWGWD

Eich dewis o ...

- Cardbord
- Ailgylchu Glân
- Papur / Cerdyn
- Llinyn
- Pinnau / Pensiliau Lliw
- Paent
- Glud / Tâp
- Dilyniannau / Glitter / Botymau



## FM EICH CLOGYN

Eich dewis o ...

- Deunydd
- Leinin Bin





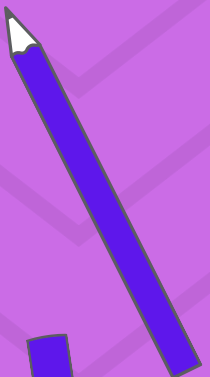
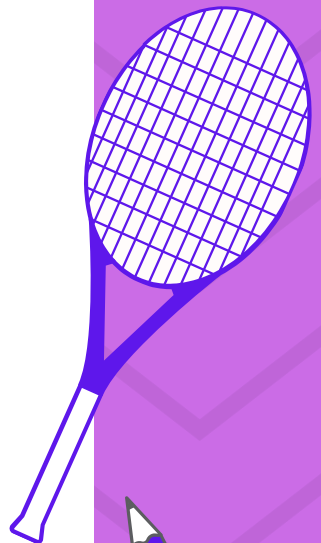
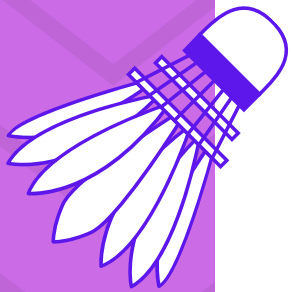


# DYDD SUL ARCHARWR

## BETH NESAF?

Gallwch chi dreulio'r diwrnod yn creu eich archarwr

- Dewiswch eich enw archarwr
- Dyluniwch eich logo archarwr
- Beth yw eich uwch bwerau?
- A oes gan eich archarwr 'sidekick'?
- A oes angen gwisg ar eich sidekick hefyd?





# SPELL YOUR NAME GAME

## HOW TO PLAY?

- Spell your name spending 20 seconds on each letter

**A** Fast feet, toe taps or side stretches (touching the floor or side of your leg!)

**B** Be a butterfly - flap your arms

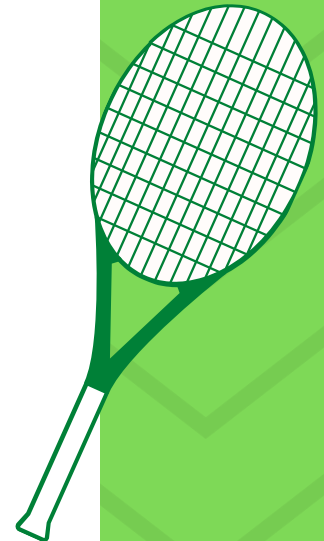
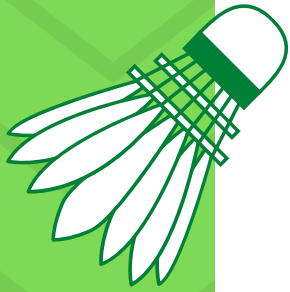
**C** Clap a shape as fast as you can

**D** Dive in to the pretend sea and swim

**E** Energy jumps - from low to high

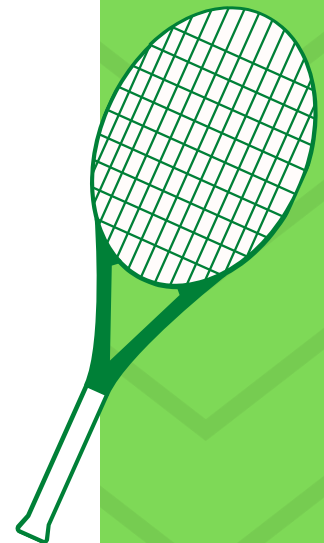
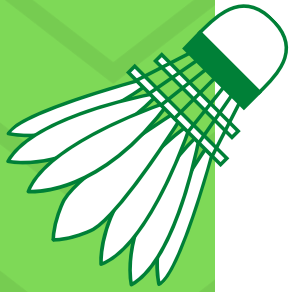
**F** Fast feet, toe taps or side stretches (touching the floor or side of your leg!)

**G** Gallop





- H** High knees as fast as you can
- I** In and out of cones / obstacles
- J** Jump as high and fast as you can
- K** Keepie Uppies with a ball / soft toy / balloon
- L** Lie down and lift your legs up and down
- M** March on the spot as fast as you can
- N** New tricks - make up a new trick with a ball
- O** Overarm bowl
- P** Pretend to climb a ladder as fast as you can
- Q** Quickly run around as many rooms as you can





**R** Row a pretend boat (watch out for crocodiles!)

**S** Star Jumps

**T** Touch your toes

**U** Use an umbrella to dribble a ball / balloon

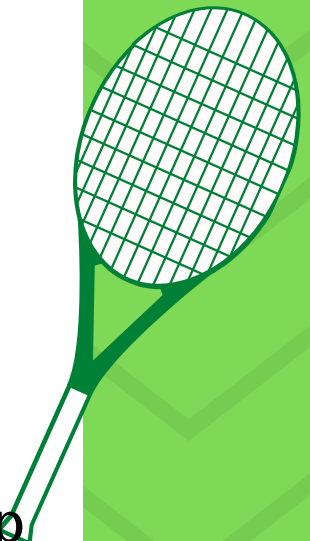
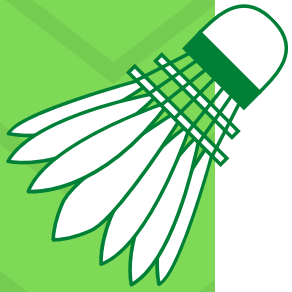
**V** V Sit - Sit on the floor with your legs and arms up

**W** Waist challenge - pass a ball / object around your waist

**X** eXercise of your choice

**Y** Yoga - hold a pose

**Z** Zig Zag around the room

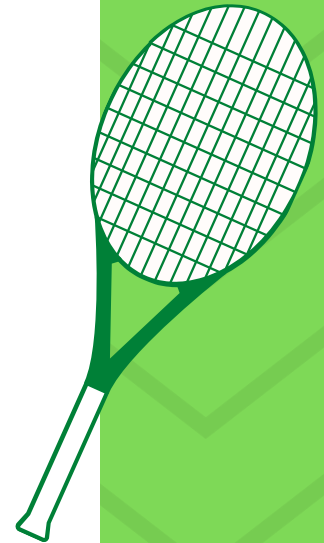
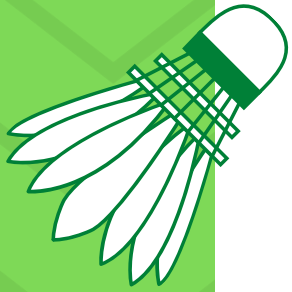




# SILLAFU EICH GÉM ENW

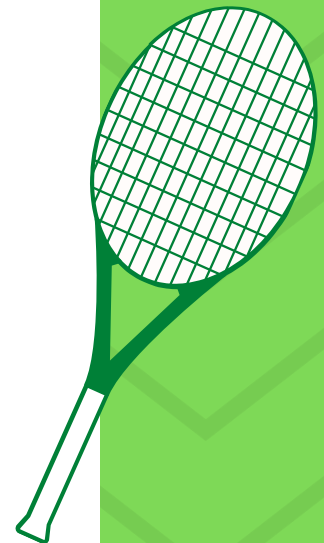
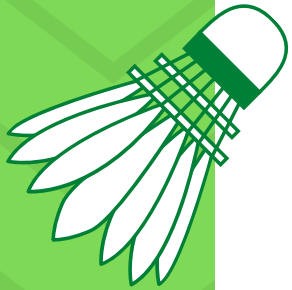
## SUT I CHWARAE?

- Sillafu eich enw gan dreulio 20 eiliad ar bob llythyr
  - A** Traed cyflym, tapiau bysedd traed neu ddarnau ochr (gan gyffwrdd â llawr neu ochr eich coes!)
  - B** Byddwch yn löyn byw - fflapiwch eich breichiau
  - C** Clapiwch siâp mor gyflym ag y gallwch
  - D** Plymiwch i'r môr esgus a nofio
  - E** Neidiau egni - o'r isel i'r uchel
  - F** Traed cyflym, tapiau bysedd traed neu ddarnau ochr (gan gyffwrdd â llawr neu ochr eich coes!)
  - G** Gallop





- H** Pengliniau uchel mor gyflym ag y gallwch
- I** I mewn ac allan o gonau / rhwystrau
- J** Neidio mor uchel a chyflym ag y gallwch
- K** Keepie Uppies gyda phêl / tegan meddal / balwŵn
- L** Gorweddwch a chodwch eich coesau i fyny ac i lawr
- M** Mawrth yn y fan a'r lle mor gyflym ag y gallwch
- N** Triciau newydd - lluniwch dric newydd gyda phêl
- O** Bowlen Overarm
- P** Esgus dringo ysgol mor gyflym ag y gallwch
- Q** Rhedeg o gwmpas cymaint o ystafelloedd ag y gallwch yn gyflym





**R** Rheswch gwch esgus (gwyliwch am grocodeilod!)

**S** Neidiau Seren

**T** Cyffyrddwch â bysedd eich traed

**U** Defnyddiwch ymbarél i ddriblo pêl / balwn

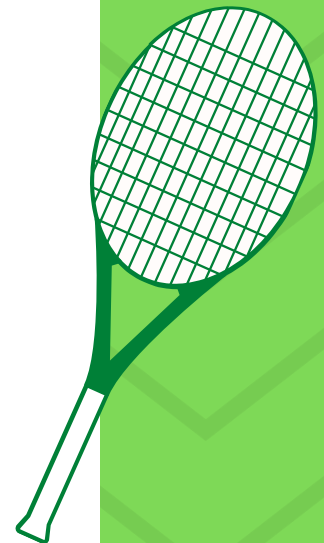
**V** Eisteddwch - Eisteddwch ar y llawr gyda'ch coesau a'ch breichiau i fyny

**W** Her Gwasg - pasiwch bêl / gwrthrych o amgylch eich canol

**X** eXercise o'ch dewis

**Y** Ioga - dal ystum

**Z** Zig Zag o amgylch yr ystafell

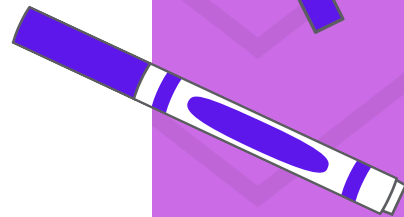
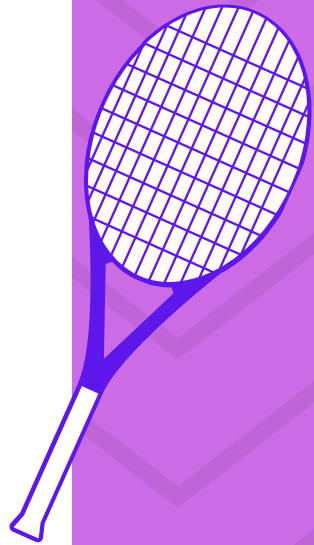
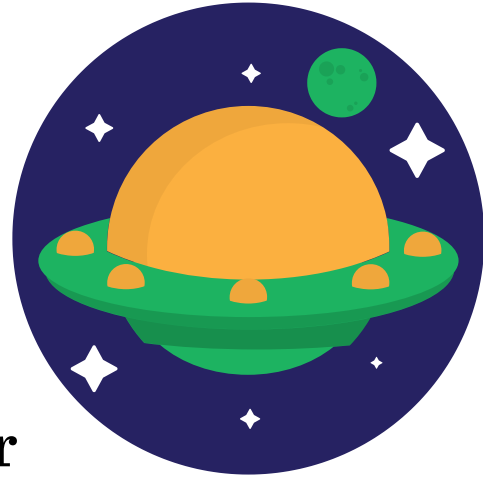




# OUT OF THIS WORLD

## HOW TO PLAY

- Spend the day planning a trip to outer space
- Build spaceships from lego or junk modelling
- Make a rocket from cardboard tubes and tin foil
- Create a spacesuit from things that you find around the house: material, fancy dress costumes, recycling, paper plates







# ***OUT OF THIS WORLD***

## ***WHAT NEXT?***

- Design your own planet!

## ***WHO LIVES THERE?***

- Design your very own aliens!



You can...

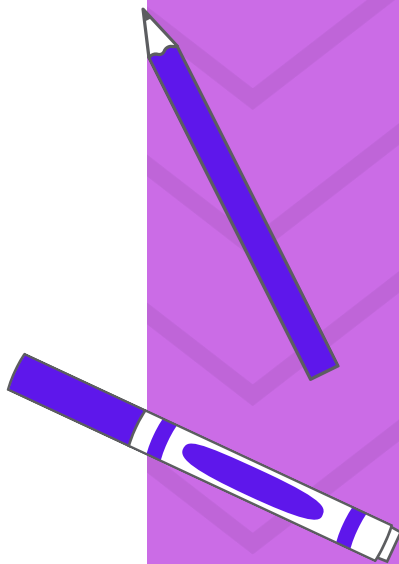
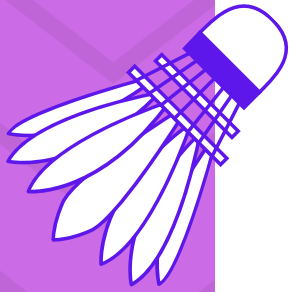
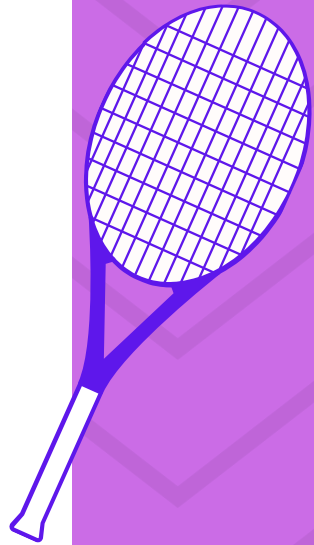
- Draw your planet and aliens on paper / card
- Build 3D models using junk modelling



# ALLAN O'R BYD HWN

## SUT I CHWARAE?

- Treuliwch y diwrnod yn cynllunio a taith i'r gofod allanol
- Adeiladu llongau gofod o lego neu modelu sothach
- Gwnewch roced o diwbiau cardbord a ffoil tun
- Creu gwisg ofod o bethau rydych chi'n dod o hyd iddyn nhw o amgylch y tŷ: deunydd, gwisgoedd gwisg ffansi, ailgylchu, platiau papur





# ALLAN O'R BYD HWN

## BETH NESAF?

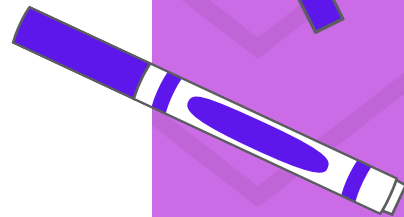
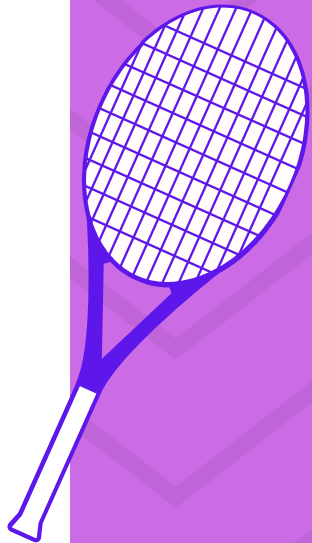
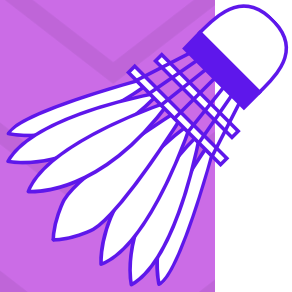
- Dyluniwch eich planed eich hun!

## PWY SY'N BYW YNO?

- Dyluniwch eich estroniaid eich hun!

Gallwch chi ...

- Tynnwch lun eich planed a'ch estroniaid ar bapur / cerdyn
- Adeiladu modelau 3D gan ddefnyddio modelu sothach





# DODGE, DUCK, DIVE AND DODGE

## HOW TO PLAY?

- Two teams consisting of equal number of players (1x1, 2x2 etc)
- Create an area with a divider in the middle, one team on each side
- Teams to throw soft objects at opposing team, if you hit an opposing player, your team gets 1 point
- Players must avoid being hit whilst gathering the objects to throw back at the other team
- The team that reaches 10 points first, wins

## EQUIPMENT

- Objects - Soft toys, Scrunched up paper, foam balls,
- Divider - String, hosepipe etc



## ***INCLUSIVE IDEAS***

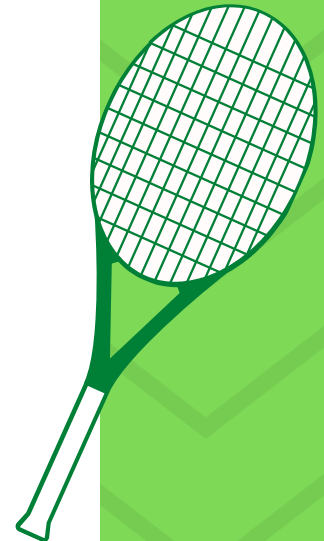
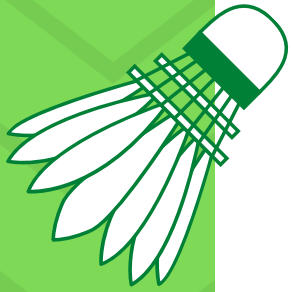
- Every player can play the game from a seated position
- Objects are bright and make a noise
- Have a clear signal for start and end of game
- Instead of hitting opposition with object, the aim is to catch instead
- Show a demonstration

## ***WANT TO MAKE IT EASIER?***

- Space - Decrease the size of the playing area
- Task - Players aren't allowed to move  
Under arm throws only
- Equipment - Have larger/easy grip objects to throw  
Balloons can be used
- People - Players to work in larger teams

## ***WANT TO MAKE IT HARDER?***

- Space - Increase the size of the playing area
- Task - Players throw with non-dominant hand  
There is no dividing line so players can run where they want to
- Equipment - Have smaller, faster moving objects  
(that are still low impact)
- People - One team has more players than the other





# OSGOI, EWCH O DAN, DEIFIO A OSGOI

## SUT I CHWARAE?

- Dau dîm yn cynnwys nifer cyfartal o chwaraewyr (1x1, 2x2 ac ati)
- Creu ardal gyda rhannwr yn y canol, un tîm ar bob ochr
- Timau i daflu gwrthrychau meddal at dîm sy'n gwrthwynebu, os byddwch chi'n taro chwaraewr gwrthwynebol, mae eich tîm yn cael 1 pwynt
- Rhaid i chwaraewyr osgoi cael eu taro wrth gasglu'r gwrthrychau i'w taflu yn ôl at y tîm arall
- Y tîm sy'n cyrraedd 10 pwynt yn gyntaf, sy'n ennill

## OFFER

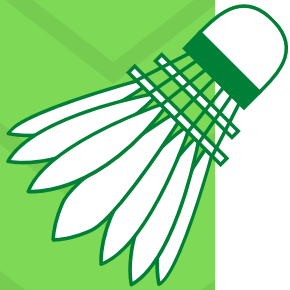
- Gwrthrychau - Teganau meddal, Papur wedi'i sgrolio i fyny, peli ewyn,
- Divider - Llinyn, pibell ddŵr ac ati





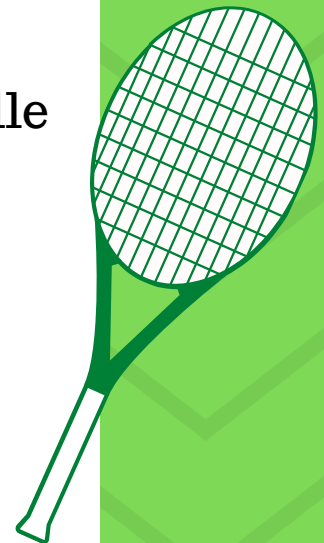
## **SYNIADAU CYNHWYSOL**

- Gall pob chwaraewr chwarae'r gêm o safle eistedd
- Mae gwrthrychau yn llachar ac yn gwneud sŵn
- Meddu ar signal clir ar gyfer dechrau a diwedd y gêm
- Yn lle taro gwrthwynebiad â gwrthrych, y nod yw dal yn lle
- Dangos arddangosia



## **I'W GWNEUD YN HAWS**

- Gofod - Gostwng maint yr ardal chwarae
- Tasg - Ni chaniateir i chwaraewyr symud  
O dan fraich yn taflu yn unig
- Offer - Sicrhewch fod gennych wrthrychau gafael mwy hawdd i'w taflu
- Gellir defnyddio balw̃ns
- Pobl - Chwaraewyr i weithio mewn timau mwy



## **I'W GWNEUD YN ANODDACH**

- Gofod - Cynyddu maint yr ardal chwarae
- Tasg - Chwaraewyr yn taflu â llaw amlycaf  
Nid oes llinell rannu felly gall chwaraewyr redeg lle maen nhw eisiau
- Offer - Bod â gwrthrychau llai, sy'n symud yn gyflymach (sy'n dal i fod yn effaith isel)
- Pobl - Mae gan un tîm fwy o chwaraewyr na'r llall

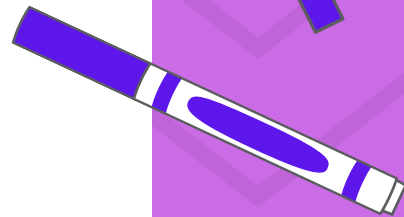
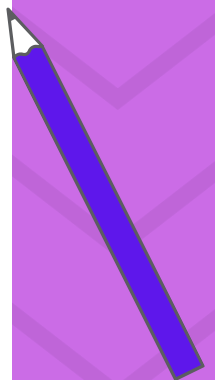
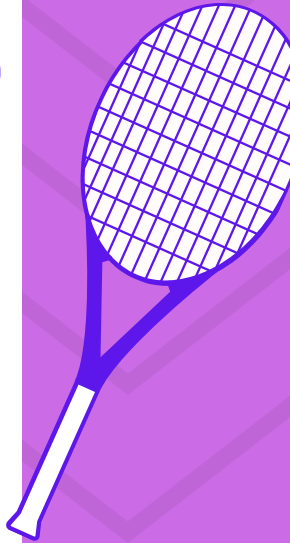
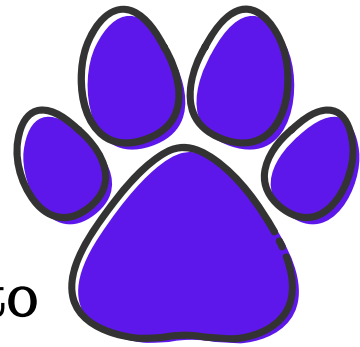




# ANIMAL SAFARI

## HOW TO PLAY

- Collect items from around the house to make your own animal masks.
- Can you use recycled materials to create a selection of wild animals?
- Do you have toy animals in the house that can be included in your animal safari?
- Can you design a route for your safari tour?
- Take other members of the household on your animal safari!



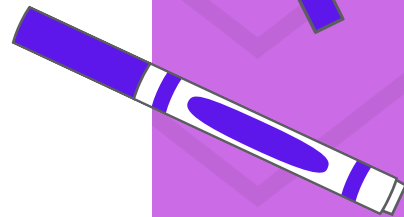
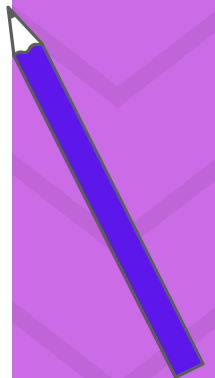
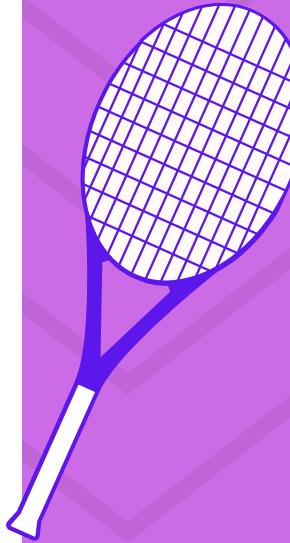




# SAFFARI ANIFEILIAID

## SUT I CHWARAE?

- Casglwch eitemau o bob cwr o'r tŷ i wneud eich masgiau anifeiliaid eich hun.
- Allwch chi ddefnyddio deunyddiau wedi'u hailgylchu i greu detholiad o anifeiliaid gwyllt?
- Oes gennych chi anifeiliaid tegan yn y tŷ y gellir eu cynnwys yn eich saffari anifeiliaid?
- Allwch chi ddylunio llwybr ar gyfer eich taith saffari?
- Ewch ag aelodau eraill o'r cartref ar eich saffari anifeiliaid!





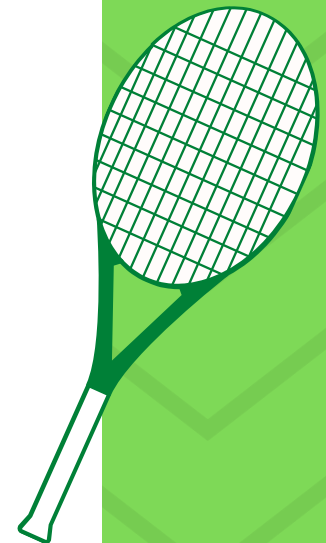
# DIY FITNESS

## HOW TO PLAY?

- 1 child/participant has to design 5 fitness activities they can show their family
- The participant then teaches the movements to the family before they all take part
- Movements can include: Star Jumps, Running on the Spot, Press ups, Bunny Hops, Frog Jumps, Fast Feet etc
- Participants can go online and research what movements the family can do
- The session can take place in the garden or house
- Decide on which songs you'd like to play whilst taking part in the activities

## EQUIPMENT

- Paper and Pen to plan session
- Some form of music player
- An area you can all take part in





# INCLUSIVE IDEAS

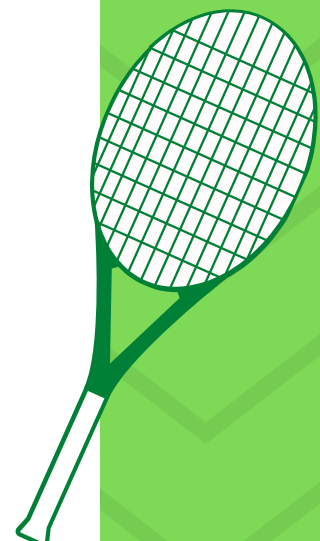
- Give good verbal descriptions of movements
- Show demonstrations of any movements
- Movements can be from a seated position
- Think about what the functional ability is of each person and suit exercises to what they can do
- Give people time to practice each movement until they get the correct technique

## WANT TO MAKE IT EASIER?

- Space - Decrease size of area so people move less
- Task - Decrease the number of movements in one session  
Pick Simple movements the whole family can do with ease
- Equipment - At easiest level
- People - Decrease the number of people you are teaching the movements to

## WANT TO MAKE IT HARDER?

- Space - Increase size of area so people can move more
- Task - Increase the number of movements in one session  
Pick harder movements  
Repeat the sequence
- Equipment - Include equipment to help with movements  
e.g. skipping ropes, objects to jump over etc
- People - Increase the number of people you are teaching the movements to





# INCLUSIVE IDEAS

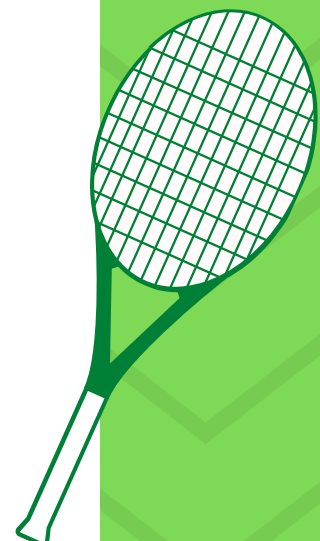
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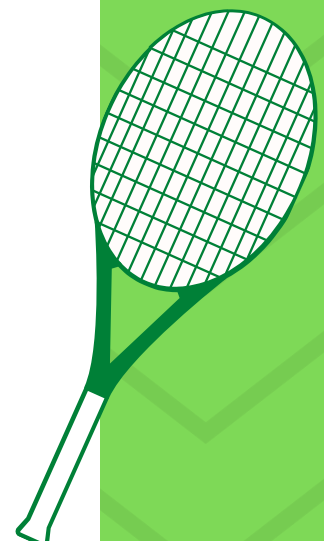
# FFITRWYDD DIY

## SUT I CHWARAE?

- Rhaid i 1 plentyn / cyfranogwr ddylunio 5 gweithgaredd ffitrwydd y gallant eu dangos i'w deulu
- Yna mae'r cyfranogwr yn dysgu'r symudiadau i'r teulu cyn iddynt i gyd gymryd rhan
- Gall y symudiadau gynnwys: Neidiau Seren, Rhedeg yn y Smotyn, Press ups, Bunny Hops, Neidiau Broga, Traed Cyflym ac ati.
- Gall cyfranogwyr fynd ar-lein ac ymchwilio i ba symudiadau y gall y teulu eu gwneud
- Gellir cynnal y sesiwn yn yr ardd neu'r tŷ
- Penderfynwch pa ganeuon yr hoffech chi eu chwarae wrth gymryd rhan yn y gweithgareddau

## OFFER

- Papur a Pen i gynllunio'r sesiwn
- Rhyw fath o chwaraewr cerddoriaeth
- Maes y gallwch chi i gyd gymryd rhan ynddo





# SYNIADAU CYNHWYSOL

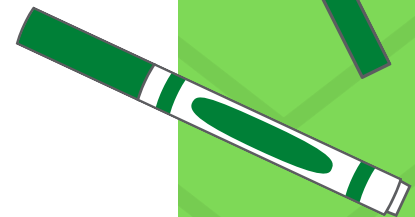
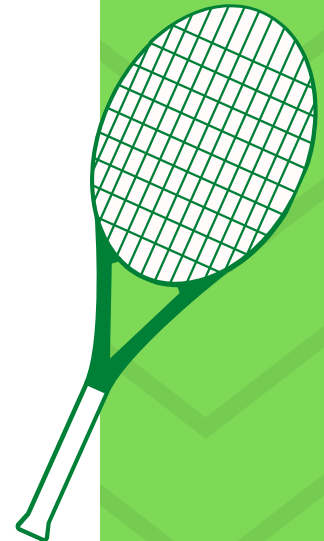
- Rhowch ddisgrifiadau llafar da o symudiadau
- Dangos arddangosiadau o unrhyw symudiadau
- Gall symudiadau fod o safle eistedd
- Meddylwch beth yw gallu swyddogaethol pob person a siwtiwch ymarferion i'r hyn y gallant ei wneud
- Rhowch amser i bobl ymarfer pob symudiad nes eu bod yn cael y dechneg gywir

## I'W GWNEUD YN HAWS?

- Gofod - Lleihau maint yr ardal fel bod pobl yn symud llai
- Tasg - Gostwng nifer y symudiadau mewn un sesiwn  
Dewiswch symudiadau syml y gall y teulu cyfan eu gwneud yn rhwydd
- Offer - Ar y lefel hawsaf
- Pobl - Gostwng nifer y bobl rydych chi'n eu haddysgu symudiadau i

## I'W GWNEUD YN ANODDACH

- Gofod - Cynyddu maint yr ardal fel y gall pobl symud mwy
- Tasg - Cynyddu nifer y symudiadau mewn un sesiwn  
Dewiswch symudiadau anoddach  
Ailadroddwch y dilyniant
- Offer - Cynhwyswch offer i helpu gyda symudiadau  
e.e. sgipio rhaffau, gwrthrychau i neidio drostyn nhw ac ati
- Pobl - Cynyddu nifer y bobl rydych chi'n eu dysgu symudiadau i

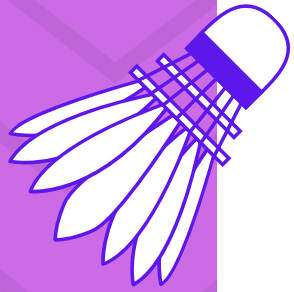




# MESSY MONKEYS

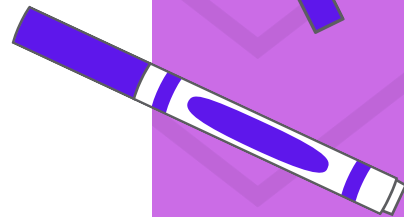
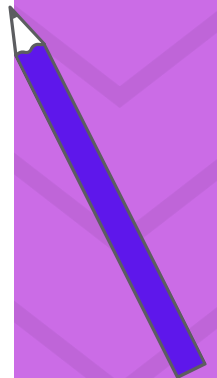
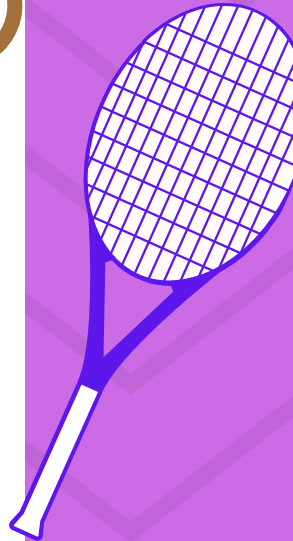
## WHAT YOU NEED...

- Old clothes
- Newspaper/old shower curtain (to cover things if you are playing inside)



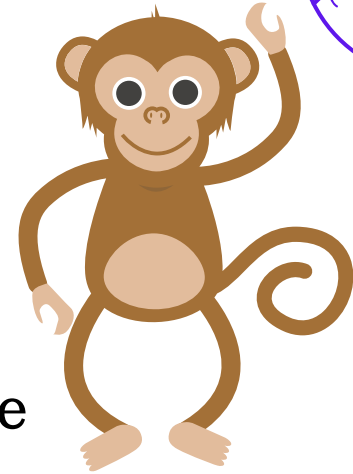
## Your choice of...

- Dried Pasta / Rice
- Spaghetti cooked in food colouring
- Gloop - 2 parts Cornflour and 1 part Water
- Shaving Foam
- Jelly
- Bubble Bath and Water
- Paints
- Glitter
- Chalks
- Variety of containers - trays, pots, pans
- Bits and bobs - lego, cars, animals, buttons



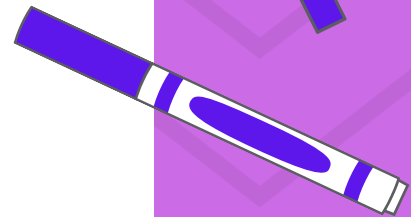
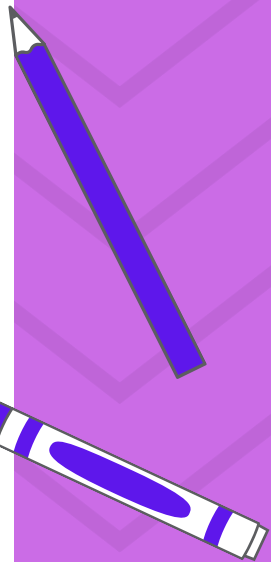
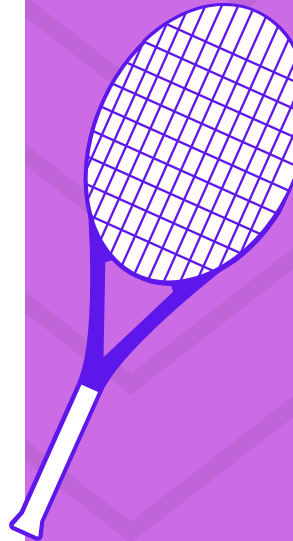
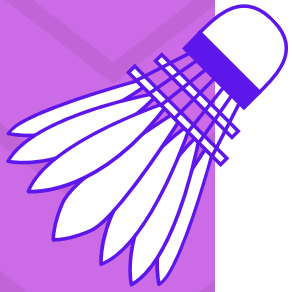


# MESSY MONKEYS



## HOW TO PLAY

- Place the messy materials in separate containers
- Hide small toys in each container to encourage everyone to find them and get stuck in
- Once everyone has tried each different texture, you can start getting really messy
  - How do they feel when you mix them together?
  - What colours can you make?







# MWNCIÖD BLÉR

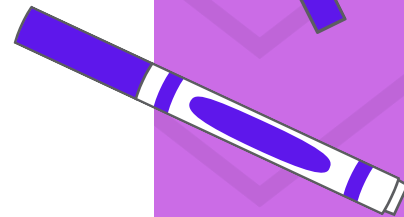
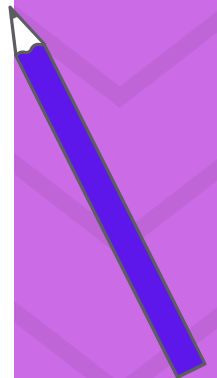
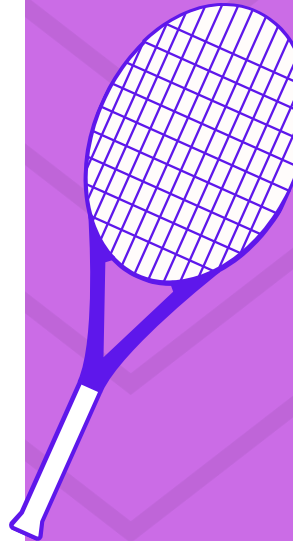
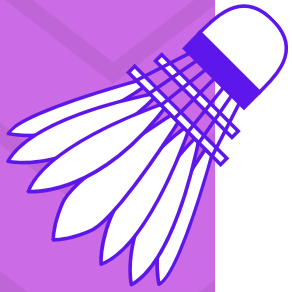
## BYDD ANGEN

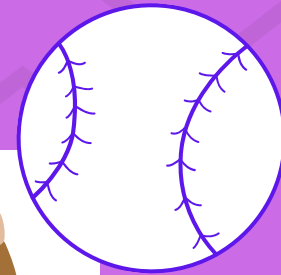
- Hen ddillad
- Papur newydd / hen len gawod (i gwmpasu pethau os ydych chi'n chwarae y tu mewn)



Eich dewis o ...

- Pasta / Reis Sych
- Sbageti wedi'i goginio mewn lliwio bwyd
- Gloop - 2 ran Cornflour ac 1 rhan Dŵr
- Ewyn Eillio
- Jeli
- Bath a Dŵr Swigen
- Paent
- Glitter
- Sialc
- Amrywiaeth o gynwysyddion - hambyrddau, potiau, sosbenni
- Darnau a phobs - lego, ceir, anifeiliaid, botymau

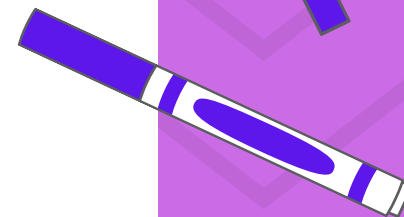
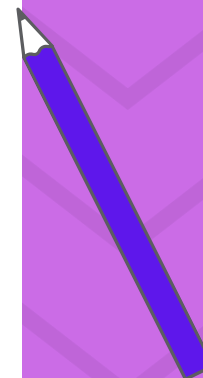
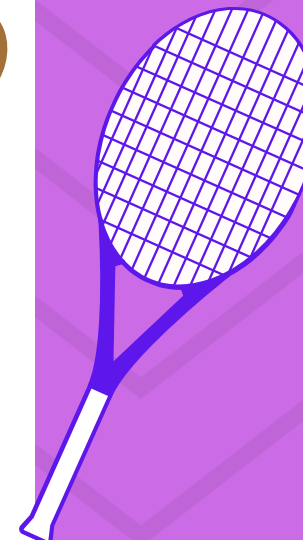
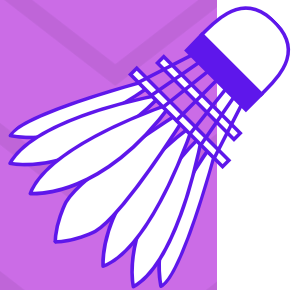
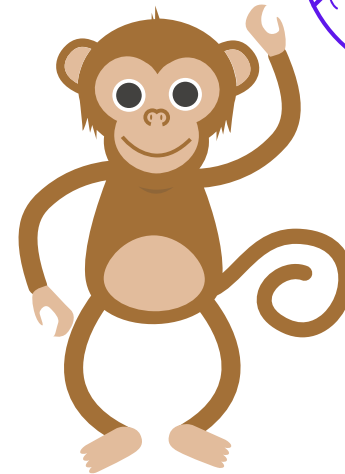




# MWNCIÖD BLÉR

## SUT I CHWARAE

- Rhowch y deunyddiau blêr mewn cynwysyddion ar wahân
- Cuddio teganau bach ym mhob cynhwysydd i annog pawb i ddod o hyd iddyn nhw a mynd yn sownd i mewn
- Ar ôl i bawb roi cynnig ar bob gwead gwahanol, gallwch chi ddechrau mynd yn flêr iawn
  - Sut maen nhw'n teimlo pan fyddwch chi'n eu cymysgu gyda'i gilydd?
  - Pa liwiau allwch chi eu gwneud?

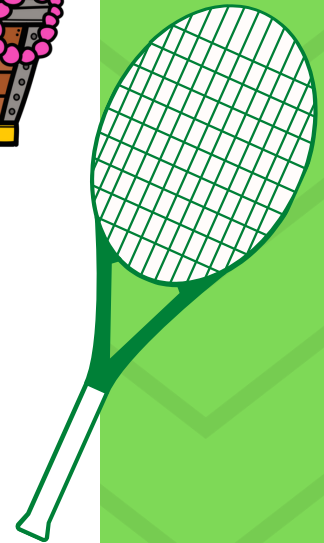




# TREASURE GARDEN

## HOW TO PLAY?

- A treasure chest is placed at one end of the beach (garden/room) filled with bits of gold
- Each player has to move along the beach (garden/room) to the treasure chest and pick up one piece of gold at a time and return it to their ship (starting point)
- The beach has a number of obstacles in the way that each pirate has to avoid
- At the end of the time limit, the pirates counts up their gold, whoever has the most pieces of gold wins
- Players can move in different ways for extra bonus treasure decided by the Captain (parent) e.g. skipping, Zig Zagging, galloping, Backwards, crawling, dancing whilst moving, bunny hopping etc



## EQUIPMENT

- Treasure Chest - Wash Basket, Bucket, Chair, Plan Pot etc
- Treasure - soft toys, sponges, towels, plastic spoon etc
- Hazards on the beach - cushions, plant pots, chairs, milk containers, tins, big toys, stools etc





## ***INCLUSIVE IDEAS***

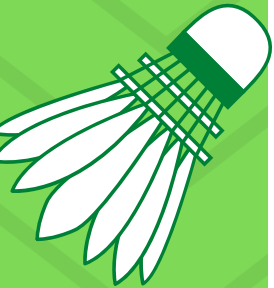
- Players can be guided in a way they find best
- Treasure to be raised off the floor e.g. on a chair
- Show a demonstration
- Use literal language e.g. who can collect the most toys instead of pieces of gold
- Give the treasure hunt a theme that could be related to an individuals interests

### ***WANT TO MAKE IT EASIER?***

- Space - Decrease distance between starting point and the treasure chest
- Task - Players can take two items at one time  
Decrease the number of hazards in the way
- Equipment - Decrease the size of the hazards
- People - Players only try to beat their previous scores, not compete against each other

### ***WANT TO MAKE IT HARDER?***

- Space - Increase distance between starting point and treasure chest
- Task - Increase the number of hazards in the way  
Add a pirate catcher into the hazards, if this person catches you, you lose a piece of treasure
- Equipment - Increase the size of the hazards
- People - If a player keeps winning with ease, make them go further away from the treasure

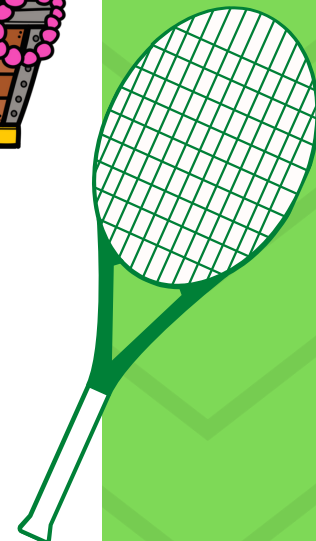




# GARDD DRYSOR

## SUT I CHWARAE

- Rhoddir cist drysor ar un pen i'r traeth (gardd / ystafell) wedi'i lenwi â darnau o aur
- Rhaid i bob chwaraewr symud ar hyd y traeth (gardd / ystafell) i'r gist drysor a chodi un darn o aur ar y tro a'i ddychwelyd i'w llong (man cychwyn)
- Mae gan y traeth nifer o rwystrau yn y ffordd y mae'n rhaid i bob môr-leidr eu hosgoi
- Ar ddiwedd y terfyn amser, mae'r môr-ladron yn cyfrif eu aur, pwy bynnag sydd â'r nifer fwyaf o ddarnau o aur sy'n ennill
- Gall chwaraewyr symud mewn gwahanol ffyrdd am drysor bonws ychwanegol a benderfynir gan y Capten (rhiant) e.e. sgipio, Zig Zagging, carlamu, Yn ôl, cropian, dawnsio wrth symud, hopian bwni ac ati



## OFFER

- Cist Drysor - Basged Golchi, Bwced, Cadair, Plan Pot ac ati
- Trysor - teganau meddal, sbyngau, tyweli, llwy blastig ac ati
- Peryglon ar y traeth - clustogau, potiau planhigion, cadeiriau, cynwysyddion llaeth, tuniau, teganau mawr, carthion ac ati





## SYNIADAU CYNHWYSOL

- Gellir tywys chwaraewyr yn y ffordd maen nhw'n dod o hyd orau
- Trysor i'w godi oddi ar y llawr e.e. ar gadair
- Dangos arddangosiad
- Defnyddiwch iaith lythrennol e.e. pwy all gasglu'r nifer fwyaf o deganau yn lle darnau o aur
- Rhowch thema i'r helfa drysor a allai fod yn gysylltiedig â diddordebau unigolyn

### I'W GWNEUD YN HAWS

- Gofod - Gostwng y pellter rhwng y man cychwyn a'r gist drysor
- Tasg - Gall chwaraewyr gymryd dwy eitem ar yr un pryd  
Gostwng nifer y peryglon yn y ffordd
- Offer - Gostwng maint y peryglon
- Pobl - Mae chwaraewyr ond yn ceisio curo eu sgoriau blaenorol, nid cystadlu yn erbyn ei gilydd

### I'W GWNEUD YN ANODDACH

- Gofod - Cynyddu'r pellter rhwng y man cychwyn a'r gist drysor
- Tasg - Cynyddu nifer y peryglon yn y ffordd  
Ychwanegwch ddaliwr môr-leidr yn y peryglon, os yw'r person hwn yn eich dal, byddwch chi'n colli darn o drysor
- Offer - Cynyddu maint y peryglon
- Pobl - Os yw chwaraewr yn parhau i ennill yn rhwydd, gwnewch iddo fynd ymhellach i ffwrdd o'r trysor





# JAR OF HAPPINESS

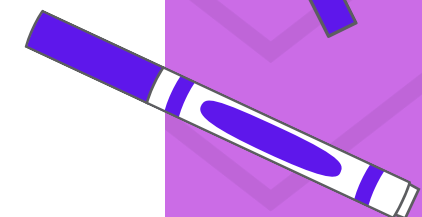
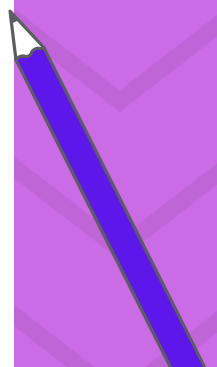
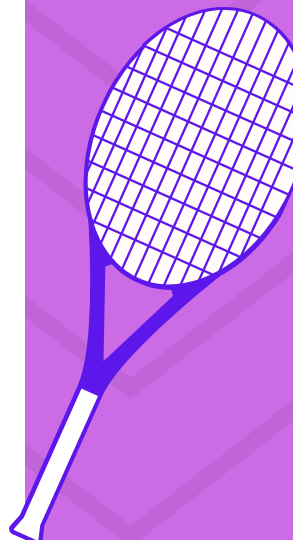
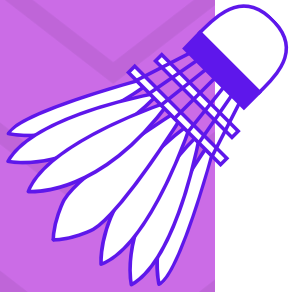
## YOU WILL NEED...

- A jam jar / mason jar / container with a lid
- Paper
- Pens



## HOW TO PLAY

- Using the paper and pens, write down all the things that you look forward to doing once this storm passes.
- Every time that you think of something that you are looking forward to, add it to the jar. It could be somewhere you can't wait to go, something you can't wait to do or someone you can't wait to give a big hug to.
- Once this passes, you will have a jar full of things to do that will make you happy.
- Until then, watch your jar fill with happy thoughts





# JAR O HAPUSRWYDD

## BYDD ANGEN ...

- Jar jam / jar saer maen gyda chaead
- Papur
- Pinnau



## SUT I CHWARAE

- Gan ddefnyddio'r papur a'r beiros, ysgrifennwch yr holl bethau rydych chi'n edrych ymlaen at eu gwneud unwaith y bydd y storm hon yn mynd heibio.
- Bob tro rydych chi'n meddwl am rywbeth rydych chi'n edrych ymlaen ato, ychwanegwch ef i'r jar. Gallai fod yn rhywle na allwch aros i fynd, rhywbeth na allwch aros i'w wneud neu rywun na allwch aros iddo roi cwtsh mawr iddo.
- Unwaith y bydd hyn yn pasio, bydd gennych jar yn llawn o bethau i'w gwneud a fydd yn eich gwneud chi'n hapus.
- Tan hynny, gwylwch eich jar yn llenwi â meddyliau hapus





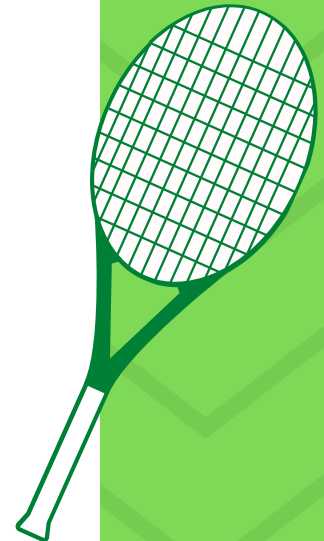
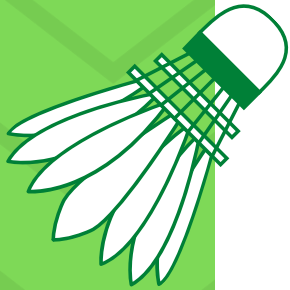
# LOCKDOWN LOB

## HOW TO PLAY?

- Players are in two teams
- Teams face each other around 2 metres apart
- In front of each team are 6 targets in a triangle formation
- Teams take it in turn to throw one object at the targets
- Every time a target is hit, the non-throwing team have to do a challenge e.g. 10 star jumps, 10 spins, 10 circles with their arms, one lap of the garden etc
- Each target has a different challenge linked to it
- Once a target is hit, it is removed from the game
- The team who hit all the oppositions targets first, wins
- Players can create challenges for the other team

## EQUIPMENT

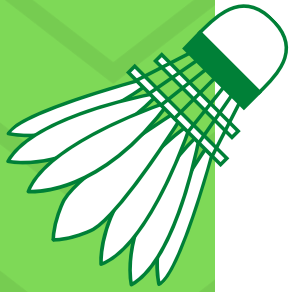
- Targets - Tins, milk bottles, items of clothing etc
- Objects to throw - scrunched up paper, soft toys, balls, empty bottles, etc





## ***INCLUSIVE IDEAS***

- Make sure items are bright and stand out against the floor
- Throwing objects to be light in weight
- Show a demonstration
- Ensure challenges include arm movements for people with lower body impairments



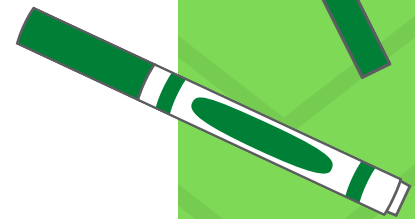
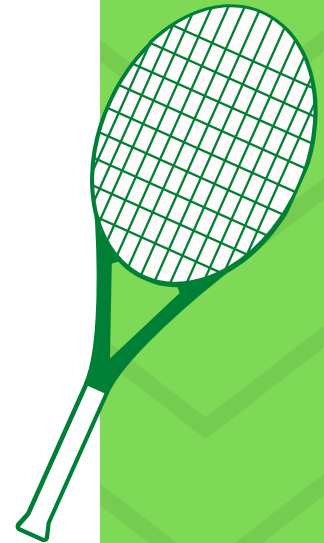
## ***WANT TO MAKE IT EASIER?***

- Space - Decrease distance away from Targets
- Task - Increase the amount of Targets  
Make the challenges easier/less intense
- Equipment - Increase size of the targets
- People - Make sure teams are of even ability



## ***WANT TO MAKE IT HARDER?***

- Space - Increase distance away from targets
- Task - Increase the intensity of the challenges  
e.g. 20 star jumps
- Equipment - Decrease size of the targets
- People - Make teams uneven in numbers





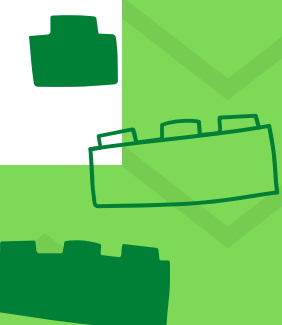
# TAFLU CWARANTÍN

## SUT I CHWARAE?

- Mae'r chwaraewyr mewn dau dîm
- Mae timau'n wynebu ei gilydd tua 2 fetr oddi wrth ei gilydd
- O flaen pob tîm mae 6 targed ar ffurf triongl
- Mae timau yn cymryd eu tro i daflu un gwrthrych at y targedau
- Bob tro mae targed yn cael ei daro, mae'n rhaid i'r tîm nad ydyn nhw'n taflu wneud her e.e. Neidiau 10 seren, 10 troelli, 10 cylch â'u breichiau, un lap o'r ardd ac ati
- Mae gan bob targed her wahanol sy'n gysylltiedig â hi
- Unwaith y bydd targed yn cael ei daro, caiff ei dynnu o'r gêm
- Y tîm a darodd holl dargedau'r gwrthbleidiau yn gyntaf, sy'n ennill
- Gall chwaraewyr greu heriau i'r tîm arall

## OFFER

- Targedau - Tuniau, poteli llaeth, eitemau dillad ac ati
- Gwrthrychau i'w taflu - papur wedi'i rinsio i fyny, teganau meddal, peli, poteli gwag, ac ati





## **SYNIADAU CYNHWYSOL**

- Sicrhewch fod yr eitemau'n llachar ac yn sefyll allan yn erbyn y llawr
- Taflu gwrthrychau i fod yn ysgafn o ran pwysau
- Dangos arddangosiad
- Sicrhewch fod heriau'n cynnwys symudiadau braich i bobl â nam is ar y corff



## **I'W GWNEUD YN HAWS**

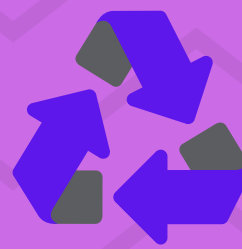
- Gofod - Gostwng y pellter i ffwrdd o'r Targedau
- Tasg - Cynyddu faint o Dargedau  
Gwneud yr heriau yn haws / yn llai dwys
- Offer - Cynyddu maint y targedau
- Pobl - Sicrhewch fod timau o allu hyd yn oed



## **I'W GWNEUD YN ANODDACH**

- Gofod - Cynyddu'r pellter i ffwrdd o'r targedau
- Tasg - Cynyddu dwyster yr heriau  
e.e. Neidiau 20 seren
- Offer - Lleihau maint y targedau
- Pobl - Gwneud timau'n anwastad o ran niferoedd





# FAIRY GARDENS & GOBLIN VILLAGES

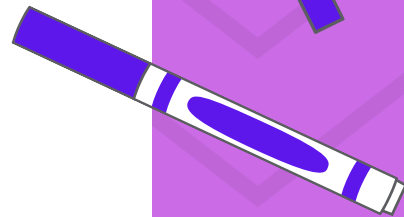
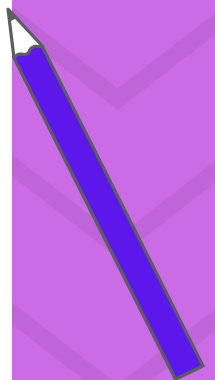
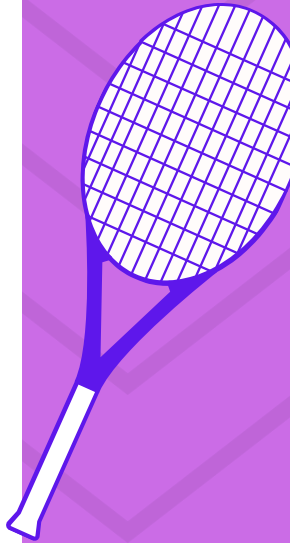
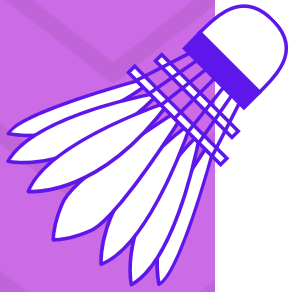


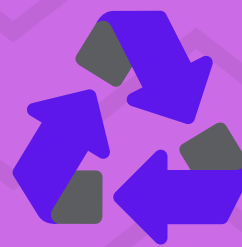
## YOU WILL NEED...

- Natural materials - sticks, stones, leaves, grass, moss, clay, mud (you can collect these from your garden/house, or whilst getting your daily dose of exercise)
- If you are doing this indoors, you can create your masterpiece in a container

## WHAT NEXT?

- Use your magical imagination, design your own garden or village
- Using the materials you have collected, build a place for the fairies and goblins to live.





# GERDDI TYLWYTH TEG & PENTREFI GOBLIN

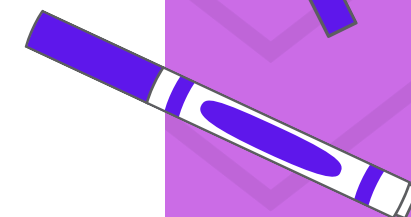
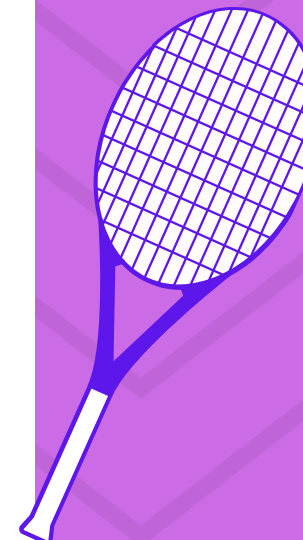
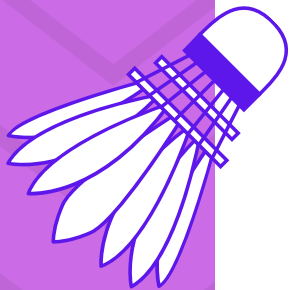


## BYDD ANGEN ...

- Deunyddiau naturiol - ffyn, cerrig, dail, glaswellt, mwsogl, clai, mwd (gallwch chi gasglu'r rhain o'ch gardd / tŷ, neu wrth gael eich dos dyddiol o ymarfer corff)
- Os ydych chi'n gwneud hyn y tu mewn, gallwch greu eich campwaith mewn cynhwysydd

## BETH NESAF?

- Defnyddiwch eich dychymyg hudol, dyluniwch eich gardd neu bentref eich hun
- Gan ddefnyddio'r deunyddiau rydych chi wedi'u casglu, adeiladwch le i'r tylwyth teg a'r gobobl fyw.





# BULLSEYE

## YOU WILL NEED...

- Throwing Objects - any type of ball, soft toys, plastic milk bottles etc
- Targets - Towels, garden furniture, plant pots, soft toys, cushions, garden toys etc

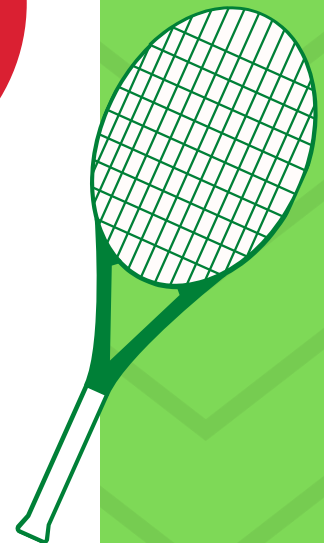


## HOW TO PLAY?

- Set up a range of targets at different heights and distances
- Players have to hit the targets to complete the game
- Players have a choice of kicking, throwing, rolling or hitting an object towards the target
- Players can't use the same method twice in a row
- Once a target is hit, the non-throwing players have to perform an exercise chosen by the thrower (create these before you start playing) e.g. 10 star jumps, 10 spins
- Count how many goes it took each player to hit all of the targets, see if they can beat their score

## INCLUSIVE IDEAS

- Players can be play from a seated position
- Make sure exercises are suitable for all players or have adapted exercises
- Ensure targets are bright and stand out against background (suitable for the individual)
- Perform a Demonstration





## **MORE INCLUSIVE IDEAS**

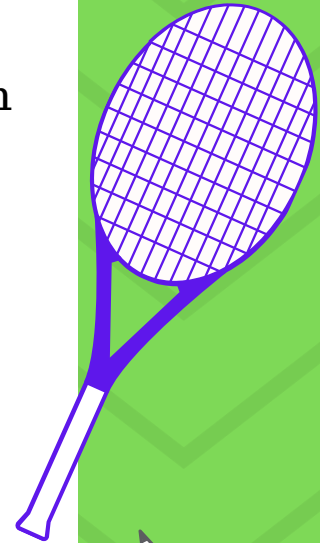
- Use lighter objects and objects that are easy to grip
- Ramps can be used to roll objects
- Targets to be at a suitable height/distance for all players
- Targets - Towels, garden furniture, plant pots, soft toys, cushions, garden toys etc

## **TO MAKE IT EASIER?**

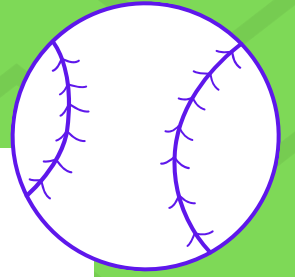
- Space - Decrease the distance to the targets
- Task - Players can use any method of propelling the object at all times  
Decrease the number of times a person has to perform an exercise
- Equipment - Increase size of Targets  
Increase the size of the objects
- People - Work in teams to complete the game

## **TO MAKE IT HARDER?**

- Space - Increase the distance to the target
- Task - Take one method of propelling the object away, this can be the one the player is best at.  
Use non-dominant hand/foot  
Increase the amount of times a player has to perform each exercise
- Equipment - Decrease size of Targets  
Decrease the size of the object
- People - Other players chose which method a player must use in order to propel an object







# TARGED

## BYDD ANGEN ...

- Gwrthrychau Taflu - unrhyw fath o bêl, teganau meddal, poteli llaeth plastig ac ati
- Targedau - Tyweli, dodrefn gardd, potiau planhigion, teganau meddal, clustogau, teganau gardd ac ati



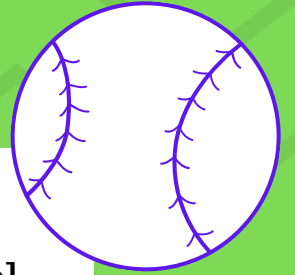
## SUT I CHWARAE?

- Sefydlu ystod o dargedau ar wahanol uchderau a phellteroedd
- Rhaid i chwaraewyr gyrraedd y targedau i gwblhau'r gêm
- Mae gan chwaraewyr ddewis o gicio, taflu, rhoio neu daro gwrthrych tuag at y targed
- Ni all chwaraewyr ddefnyddio'r un dull ddwywaith yn olynol
- Unwaith y bydd targed yn cael ei daro, mae'n rhaid i'r chwaraewyr nad ydyn nhw'n taflu berfformio ymarfer a ddewiswyd gan y taflwr (crewch y rhain cyn i chi ddechrau chwarae) e.e. Neidiau 10 seren, 10 troelli
- Cyfrif faint o bethau a gymerodd i bob chwaraewr gyrraedd pob un o'r targedau, i weld a allan nhw guro eu sgôr

## SYNIADAU CYNHWYSOL

- Gall chwaraewyr fod yn chwarae o safle eistedd
- Sicrhewch fod ymarferion yn addas ar gyfer pob chwaraewr neu fod ganddyn nhw ymarferion wedi'u haddasu
- Sicrhewch fod y targedau'n llachar ac yn sefyll allan yn erbyn cefndir (addas ar gyfer yr unigolyn)
- Perfformio Arddangosiad





## SYNIADAU MWY O GYNHWYSOL

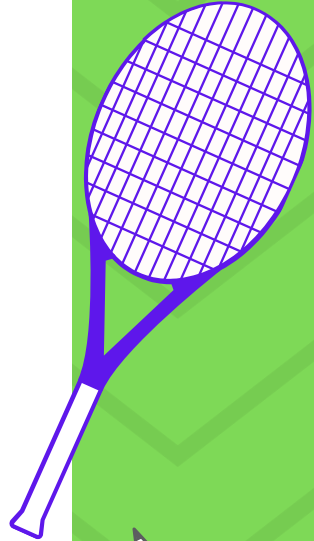
- Defnyddiwch wrthrychau a gwrthrychau ysgafnach sy'n hawdd eu gafael
- Gellir defnyddio rampiau i rollo gwrthrychau
- Targedau i fod ar uchder / pellter addas ar gyfer pob chwaraewr
- Targedau - Tyweli, dodrefn gardd, potiau planhigion, teganau meddal, clustogau, teganau gardd ac ati

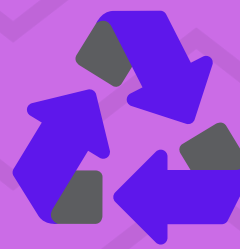
## I'W GWNEUD YN HAWS?

- Gofod - Gostwng y pellter i'r targedau
- Tasg - Gall chwaraewyr ddefnyddio unrhyw ddull o yrru'r gwrthwynebu bob amser  
Gostwng y nifer o weithiau y mae'n rhaid i berson berfformio ymarfer corff
- Offer - Cynyddu maint y Targedau  
Cynyddu maint y gwrthrychau
- Pobl - Gweithio mewn timau i gwblhau'r gêm

## I'W GWNEUD YN ANODDACH

- Gofod - Cynyddu'r pellter i'r targed
- Tasg - Cymerwch un dull o yrru'r gwrthrych i ffwrdd, gall hyn fod yr un yw'r chwaraewr gorau yn.  
Defnyddiwch law / troed nad yw'n dominyddu  
Cynyddu faint o weithiau y mae'n rhaid i chi berfformio pob ymarfer
- Offer - Lleihau maint y Targedau  
Gostwng maint y gwrthrych
- Pobl - Chwaraewyr eraill a ddewiswyd pa ddull y mae'n rhaid eu defnyddio er mwyn gyrru gwrthrych





# SLIME SATURDAY

## YOU WILL NEED...

- 1 cup PVA Glue
- 1tbs Contact Lens Solution (containing Boric Acid)
- 1 tsp Bicarbonate of Soda
- A blob of Gel Food Colouring \*optional\*
- Sprinkle of glitter / sequins \*optional\*
- Mixing Bowl
- Spoon

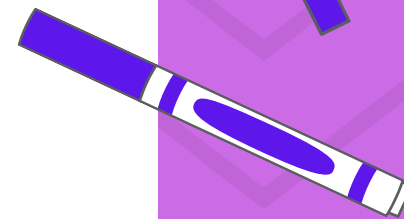
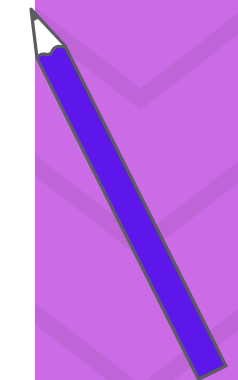
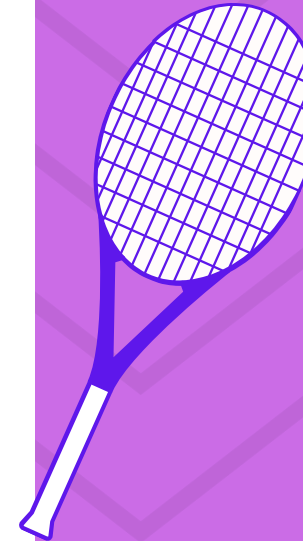
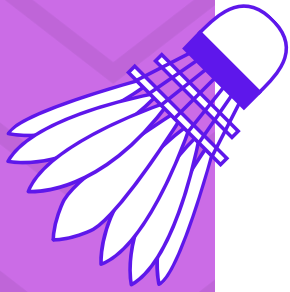


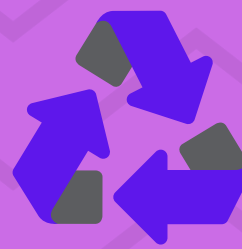
## WHAT NEXT?

- Mix the glue and bicarbonate of soda together
- Add food colouring (if using)
- Add contact lens solution
- Mix with a spoon, until the mixture becomes stringy.
- Take the mixture out of the bowl and knead with your hands - after 20 seconds it should go from sticky to stretchy!

TIP: If it is still sticky, try adding a drop more contact lens solution - don't add too much or it'll be too hard!

- Add glitter / sequins





# LLYSNAFEDD DYDD SADWRN

## BYDD ANGEN...

- Glud PVA 1 cwpan
- Datrysiad Lens Cyswllt 1tbs (sy'n cynnwys Asid Boric)
- 1 llwy de Bicarbonad o Soda
- Blob o Lliwio Bwyd Gel \* dewisol \*
- Ysgeintiwch ddisglair / secwinau \* dewisol \*
- Bowlen Cymysgu
- Llwy



## BETH NESAF?

- Cymysgwch y glud a'r bicarbonad o soda gyda'i gilydd
- Ychwanegwch liwio bwyd (os ydych chi'n ei ddefnyddio)
- Ychwanegu datrysiad lens cyswllt
- Cymysgwch â llwy, nes i'r gymysgedd ddod
- llinynog.
- Tynnwch y gymysgedd allan o'r bowlen a'i dylino â'ch dwylo - ar ôl 20 eiliad dylai fynd o ludiog i ystwyth!  
AWGRYM: Os yw'n dal yn ludiog, ceisiwch ychwanegu datrysiad gollwng mwy o lensys cyffwrdd - peidiwch ag ychwanegu gormod neu bydd yn rhy anodd!
- Ychwanegwch glitter / secwinau



# CATCH AND SCORE



## HOW TO PLAY?

- 2 or more players can take part
- Communication is the most important part of this activity

### Level 1:

Sit on the floor 2 metres apart and roll the ball to each other 20 times, if every pass is successful, move on to the next level

### Level 2:

Standing Up 2 metres apart, throw the ball to each other without dropping it 20 times, if every pass is successful, move on to the next level

### Level 3:

Players move around the garden whilst throwing the ball to each other 20 times without dropping it, if successful move on to the next level

### Level 4:

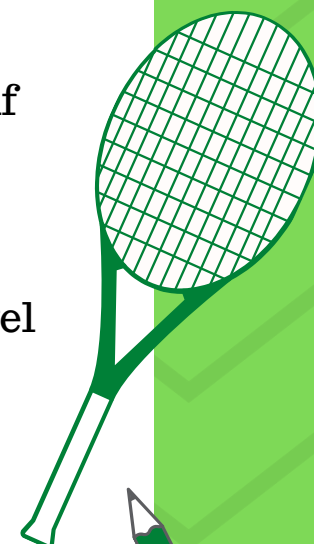
A robber is added to the game, their role is to intercept the ball when players are passing, if this happens, the number of passes goes back to 0 and the game restarts. If teams make 20 passes, they move on to the next level

### Level 5

Create a goal in the garden, once the players have completed 10 passes without the defender intercepting it, they can work together to throw the ball into the goal, once the team scores 5 goals, they move on to the next level

### Level 6

Create 4 goals in the garden (all different sizes), once the players have completed 10 passes without the defender intercepting it, then they can score a goal, the smaller the goal the more points it is worth. Play for 10 minutes and see how many points the team can get.





## **EQUIPMENT**

- Object to throw - any Ball, soft toys, beach ball, tennis ball etc
- Goals - plant pots, tins of food, cushions, garden toys, cones etc

## **INCLUSIVE IDEAS**

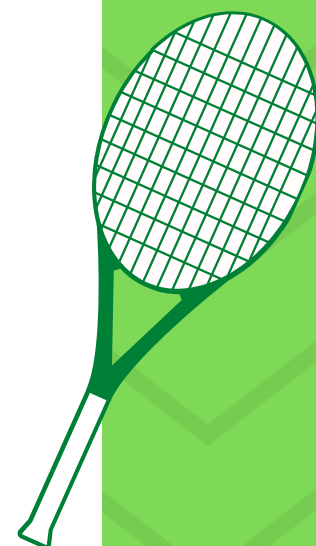
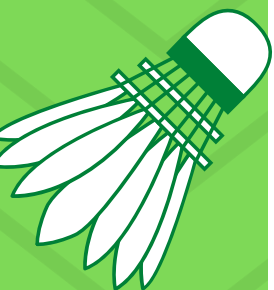
- Players can sit on chairs for level 1 and roll a ball along a table
- Use equipment with bright colour and contrasts (suitable for the individual)
- Games can be played at a walking pace
- All goals are on the floor

## **WANT TO MAKE IT EASIER?**

- Space - Increase the size of the area
- Task - Increase the number of goals  
Increase the size of the goals  
Robber can only move within a certain area of the garden
- Equipment - Increase the size of the object
- People - Remove the robber from the game

## **WANT TO MAKE IT HARDER?**

- Space - Decrease the size of the area
- Task - User non-dominant hand to throw and catch  
Decrease the size of the goals  
Goals can be at different heights
- Equipment - Decrease the size of the object
- People - Add another robber to the game





# DAL A SGORIO



## SUT I CHWARAE

2 or more players can take part

Communication is the most important part of this activity

### Lefel 1:

Eisteddwch ar y llawr 2 fetr ar wahân a rholiwch y bêl i'w gilydd 20 gwaith, os yw pob pas yn llwyddiannus, symudwch ymlaen i'r lefel nesaf

### Lefel 2:

Gan sefyll i fyny 2 fetr oddi wrth ei gilydd, taflwch y bêl at ei gilydd heb ei gollwng 20 gwaith, os yw pob pas yn llwyddiannus, symudwch ymlaen i'r lefel nesaf

### Lefel 3:

Mae chwaraewyr yn symud o amgylch yr ardd wrth daflu'r bêl at ei gilydd 20 gwaith heb ei gollwng, os ydyn nhw'n llwyddiannus symud ymlaen i'r lefel nesaf

### Lefel 4:

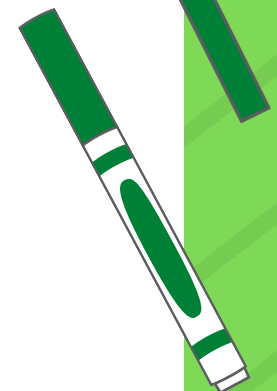
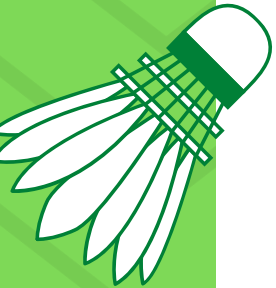
Ychwanegir lleidr at y gêm, eu rôl yw rhyng-gipio'r bêl pan fydd chwaraewyr yn pasio, os bydd hyn yn digwydd, mae nifer y pasiau'n mynd yn ôl i o ac mae'r gêm yn ailgychwyn. Os yw timau'n llwyddo i basio 20, maen nhw'n symud ymlaen i'r lefel nesaf

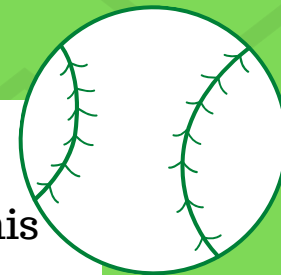
### Lefel 5

Creu nod yn yr ardd, unwaith y bydd y chwaraewyr wedi cwblhau 10 pas heb i'r amddiffynwr ei rhyng-gipio, gallant weithio gyda'i gilydd i daflu'r bêl i'r gôl, unwaith y bydd y tîm yn sgorio 5 gôl, byddant yn symud ymlaen i'r lefel nesaf.

### Lefel 6

Creu 4 gôl yn yr ardd (pob maint gwahanol), unwaith y bydd y chwaraewyr wedi cwblhau 10 pas heb i'r amddiffynwr ei rhyng-gipio, yna gallant sgorio gôl, y lleiaf yw'r nod y mwyaf o bwyntiau y mae'n werth. Chwarae am 10 munud a gweld faint o bwyntiau y gall y tîm eu cael.





## OFFER

- Gwrthwynebu taflu - unrhyw Bêl, teganau meddal, pêl traeth, pêl denis ac ati
- Nodau - potiau planhigion, tuniau o fwyd, clustogau, teganau gardd, conau ac ati

## SYNIADAU CYNHWYSOL

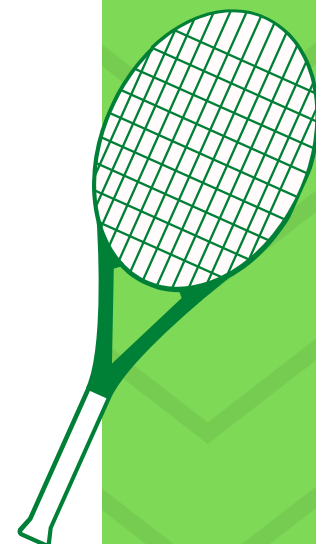
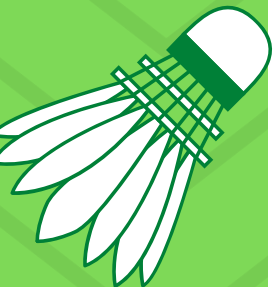
- Gall chwaraewyr eistedd ar gadeiriau ar gyfer lefel 1 a rhoio pêl ar hyd bwrdd
- Defnyddiwch offer gyda lliw llachar a chyferbyniadau (addas ar gyfer yr unigolyn)
- Gellir chwarae gemau ar gyflymder cerdded
- Mae'r holl nodau ar y llawr

## I'W GWNEUD YN HAWS

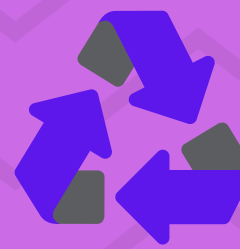
- Gofod - Cynyddu maint yr ardal
- Tasg - Cynyddu nifer y nodau  
Cynyddu maint y nodau  
Dim ond mewn rhan benodol o'r ardd y gall lladron symud
- Offer - Cynyddu maint y gwrthrych
- Pobl - Tynnwch y lleidr o'r gêm

## I'W GWNEUD YN ANODDACH

- Gofod - Gostwng maint yr ardal
- Tasg - Defnyddiwr llaw amlycaf i daflu a dal  
Gostwng maint y nodau  
Gall nodau fod ar wahanol uchderau
- Offer - Gostwng maint y gwrthrych
- Pobl - Ychwanegu lleidr arall i'r gêm



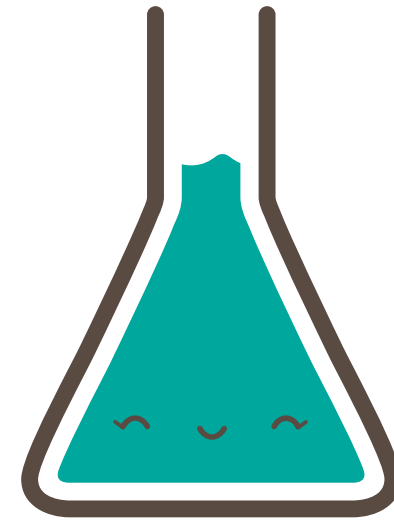




# LOTIONS AND POTIONS

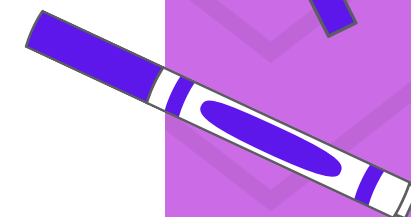
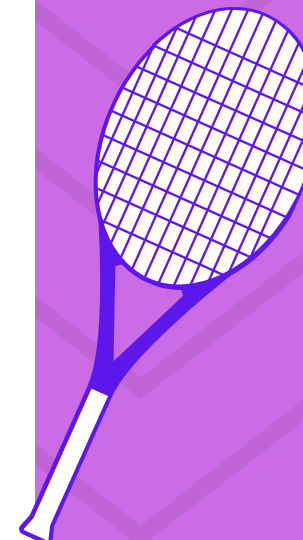
## YOU WILL NEED...

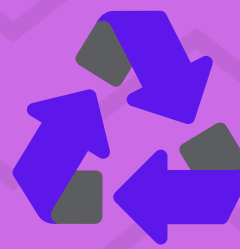
- Water
- Containers
- Pipettes/spoons
- Food Colouring
- Glitter
- Lemon Juice
- Vinegar
- Red Cabbage
- Vegetable Oil
- Bicarbonate of Soda



## COLOUR CHANGER

- Place chopped red cabbage and water in a pan and heat gently until the water turns purple. Make sure an adult helps with this step. Leave to cool and pour into a clear container.
- Add lemon juice to a small amount of the red cabbage juice, the mixture should turn pink.
- Add bicarbonate of soda to a small amount of red cabbage indicator, this time it should turn green.
- Other substances to try could be: water, vinegar, milk, fizzy drinks and soap.





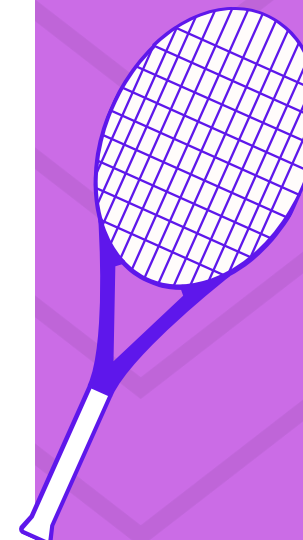
## **TROLL BOGIES**

- Add a little food colouring to your container (green is best for bogies) and half fill with water.
- Pour oil on top, you should find the oil floats on top of the water.
- Can you think of something else you could add to make it even more disgusting?



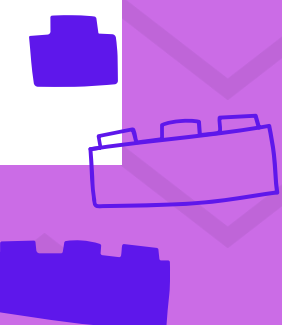
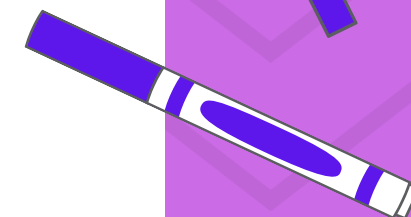
## **BUBBLY BREW**

- Place a teaspoon of bicarbonate of soda in separate pots / containers and a few drops of food colouring.
- When you're ready to make your potions fizz drop a little vinegar into each test tube.
- Experiment with different amounts of bicarbonate of soda, washing up liquid and vinegar to find the perfect fizz!



## **MAKE YOUR OWN**

- What lotions and potions can you make using the ingredients?
- Add glitter to make them more magical!
- Can you add anything else?
- Name your lotions and potions - you could even create your own recipe book!

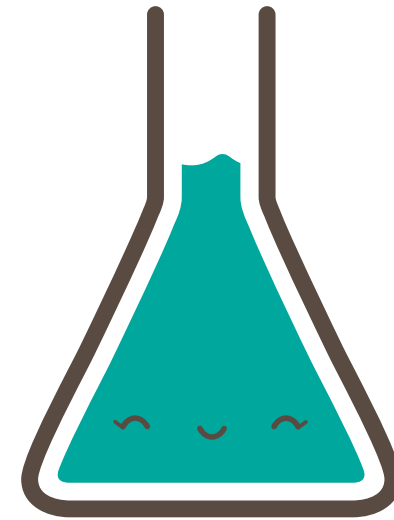




# GOLCHDRWYTHAU A DIODYDD

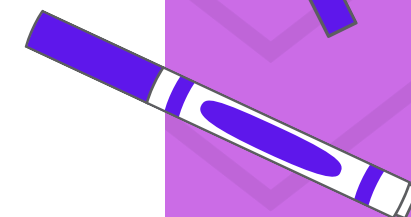
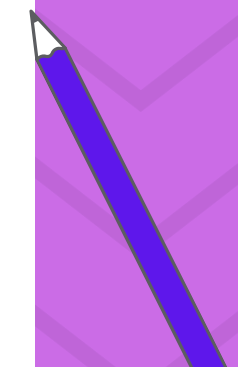
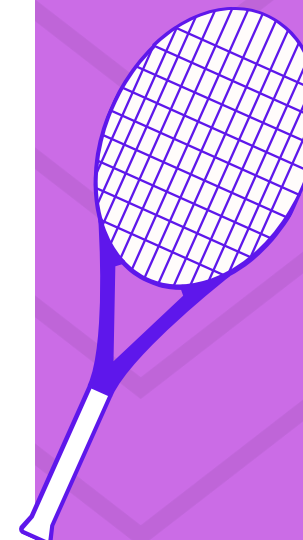
## BYDD ANGEN...

- Dŵr
- Cynhwysyddion
- Pipettes / llwyau
- Lliwio Bwyd
- Glitter
- Sudd lemon
- Finegr
- Bresych Coch
- Olew llysiau
- Bicarbonad Soda



## NEWIDIWR LLIW

- Rhowch fresych coch wedi'i dorri a dŵr mewn padell a'i gynhesu'n ysgafn nes bod y dŵr yn troi'n borffor. Sicrhewch fod oedolyn yn helpu gyda'r cam hwn. Gadewch iddo oeri a'i arllwys i gynhwysydd clir.
- Ychwanegwch sudd lemwn i ychydig bach o'r sudd bresych coch, dylai'r gymysgedd droi'n binc.
- Ychwanegwch bicarbonad o soda at ychydig bach o ddangosydd bresych coch, y tro hwn dylai droi'n wyrdd.
- Gallai sylweddau eraill roi cynnig arnynt fod: dŵr, finegr, llaeth, diodydd pefriog a sebon.





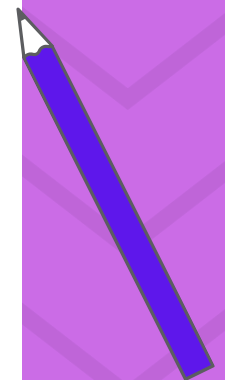
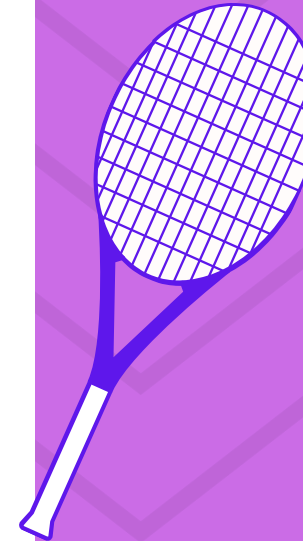
## ***SNOT BRAWYCHUS***

- Ychwanegwch ychydig o liwio bwyd i'ch cynhwysydd (gwyrdd sydd orau ar gyfer corysdd) a hanner llenwi â dŵr.
- Arllwyswch olew ar ei ben, dylech ddod o hyd i'r olew yn arnofio ar ben y dŵr.
- A allwch chi feddwl am rywbeth arall y gallech chi ei ychwanegu i'w wneud hyd yn oed yn fwy fffiaidd?



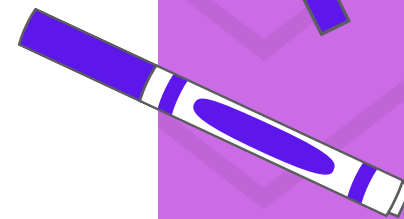
## ***BRAGU BYRLYMUS***

- Rhowch lwy de o bicarbonad o soda mewn potiau / cynhwysyddion ar wahân ac ychydig ddiferion o liwio bwyd.
- Pan fyddwch chi'n barod i wneud i'ch potiau fizz ollwng ychydig o finegr i mewn i bob tiwb prawf.
- Arbrofwch gyda gwahanol symiau o bicarbonad o soda, golchi hylif a finegr i ddod o hyd i'r fizz perffaith!



## ***GWNEWCH EICH UN EICH HUN***

- Pa golchdrwythau a diodydd allwch chi eu gwneud gan ddefnyddio'r cynhwysion?
- Ychwanegwch ddisglair i'w gwneud yn fwy hudol!
- Allwch chi ychwanegu unrhyw beth arall?
- Enwch eich golchdrwythau a'ch potions - fe allech chi hyd yn oed greu eich llyfr ryseitiau eich hun!





# BODY BINGO



## HOW TO PLAY?

- Players are to create 20 activities e.g. lunge up and down the garden once, fast feet for 20 seconds, bounce a ball 10 times, Log Roll across the living room, zig zag across the garden, hop on each leg 5 times, gallop like a horse to the top of the house and back, create a dish shape, throw and catch a ball 10 times, star shape,
- Each exercise is written down, numbered 1-20 and placed into a bowl
- Players have a bingo sheet with a range of numbers on from 1-20
- When a number is called out the player has to perform the activity and tick the number from their sheet
- The player who ticks off all of their numbers has to shout HOUSE and they will win the game

## EQUIPMENT

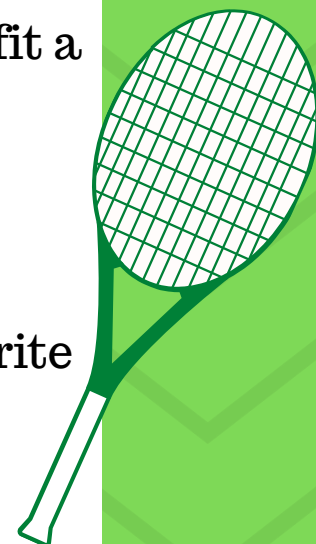
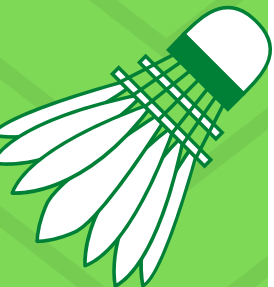
- Objects - ball, soft toy, scrunched up paper, plastic milk bottles.
- Pen and Paper
- Bowl





## ***INCLUSIVE IDEAS***

- Make sure all the players can perform every activity or create alternative ones if necessary
- Work on what a person can do, e.g. what activities would benefit a wheelchair user
- Show Demonstrations before each activity
- Let each player have a go at every activity before they play
- Instead of numbering the activities, give them names that the person who is playing will respond to e.g. do they have a favourite TV Show, use the characters from that instead of numbers.



## ***WANT TO MAKE IT EASIER?***

- Space - Use one area of the house/garden
- Task - Decrease number of exercises
- Equipment - Decrease the amount of activities that need equipment
- People - Players work in a team to complete the bingo card



## ***WANT TO MAKE IT HARDER?***

- Space - Use lots of different areas
- Task - Increase the number of exercises
- Equipment - Increase the amount of exercises that need equipment
- People - Increase the number of repetitions for certain players e.g. 15 instead of 10 star jumps





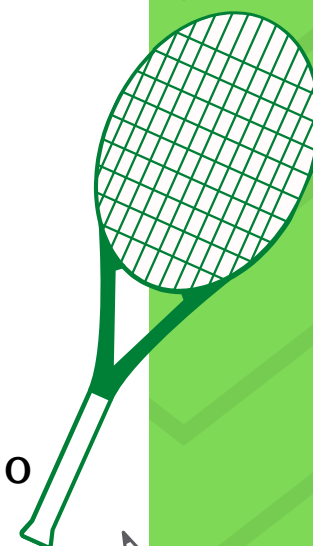
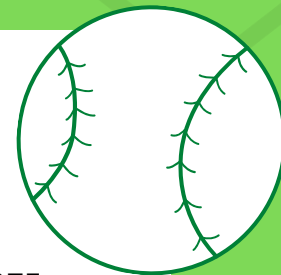
# BINGO CORFF

## SUT I CHWARAE?

- Mae chwaraewyr i greu 20 o weithgareddau e.e. ysgyfaint i fyny ac i lawr yr ardd unwaith, traed cyflym am 20 eiliad, bownsio pêl 10 gwaith, Rholio Log ar draws yr ystafell fyw, igam-ogam ar draws yr ardd, hopian ar bob coes 5 gwaith, carlamu fel ceffyl i ben y tŷ. ac yn ôl, creu siâp dysgl, taflu a dal pêl 10 gwaith, siâp seren,
- Mae pob ymarfer yn cael ei ysgrifennu i lawr, ei rifo 1-20 a'i roi mewn powlen
- Mae gan chwaraewyr ddalen bingo gydag ystod o rifau ymlaen o 1-20
- Pan fydd rhif yn cael ei alw allan mae'n rhaid i'r chwaraewr berfformio'r gweithgaredd a thicio'r rhif o'u dalen
- Mae'n rhaid i'r chwaraewr sy'n ticio eu holl rifau weiddi HOUSE a byddan nhw'n ennill y gêm

## OFFER

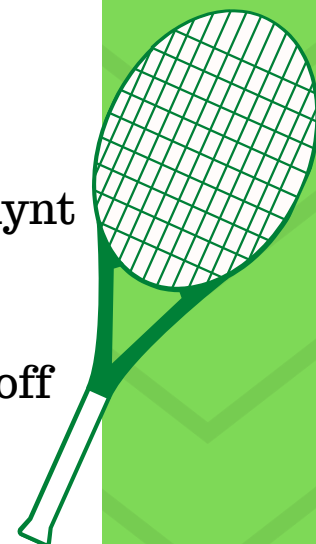
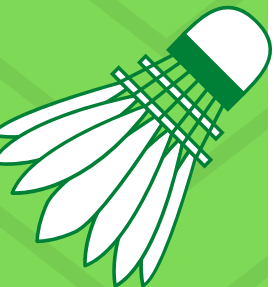
- Gwrthrychau - pêl, tegan meddal, papur wedi'i rinsio i fyny, poteli llaeth plastig.
- Pen a Phapur
- Bowlen





## ***SYNIADAU CYNHWYSOL***

- Sicrhewch fod yr holl chwaraewyr yn gallu perfformio pob gweithgaredd neu greu rhai amgen os oes angen
- Gweithio ar yr hyn y gall person ei wneud, e.e. pa weithgareddau fyddai o fudd i ddefnyddiwr cadair olwyn
- Dangos Arddangosiadau cyn pob gweithgaredd
- Gadewch i bob chwaraewr roi cynnig ar bob gweithgaredd cyn iddynt chwarae
- Yn lle rhifo'r gweithgareddau, rhowch enwau iddyn nhw y bydd y person sy'n chwarae yn ymateb iddyn nhw e.e. oes ganddyn nhw hoff Sioe Deledu, defnyddiwch y cymeriadau o hynny yn lle rhifau.



## ***I'W GWNEUD YN HAWS***

- Gofod - Defnyddiwch un rhan o'r tŷ / gardd
- Tasg - Lleihau nifer yr ymarferion
- Offer - Lleihau faint o weithgareddau sydd angen offer
- Pobl - Mae chwaraewyr yn gweithio mewn tîm i gwblhau'r cerdyn bingo



## ***I'W GWNEUD YN ANODDACH***

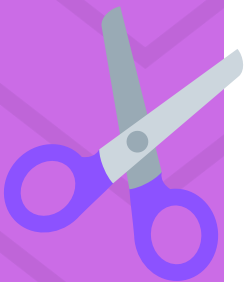
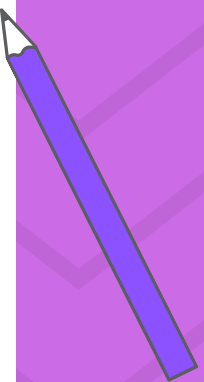
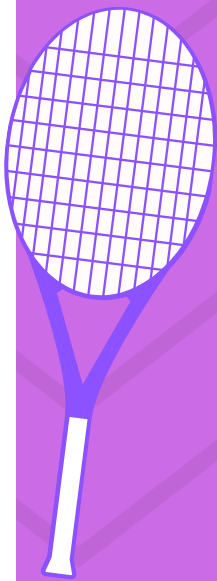
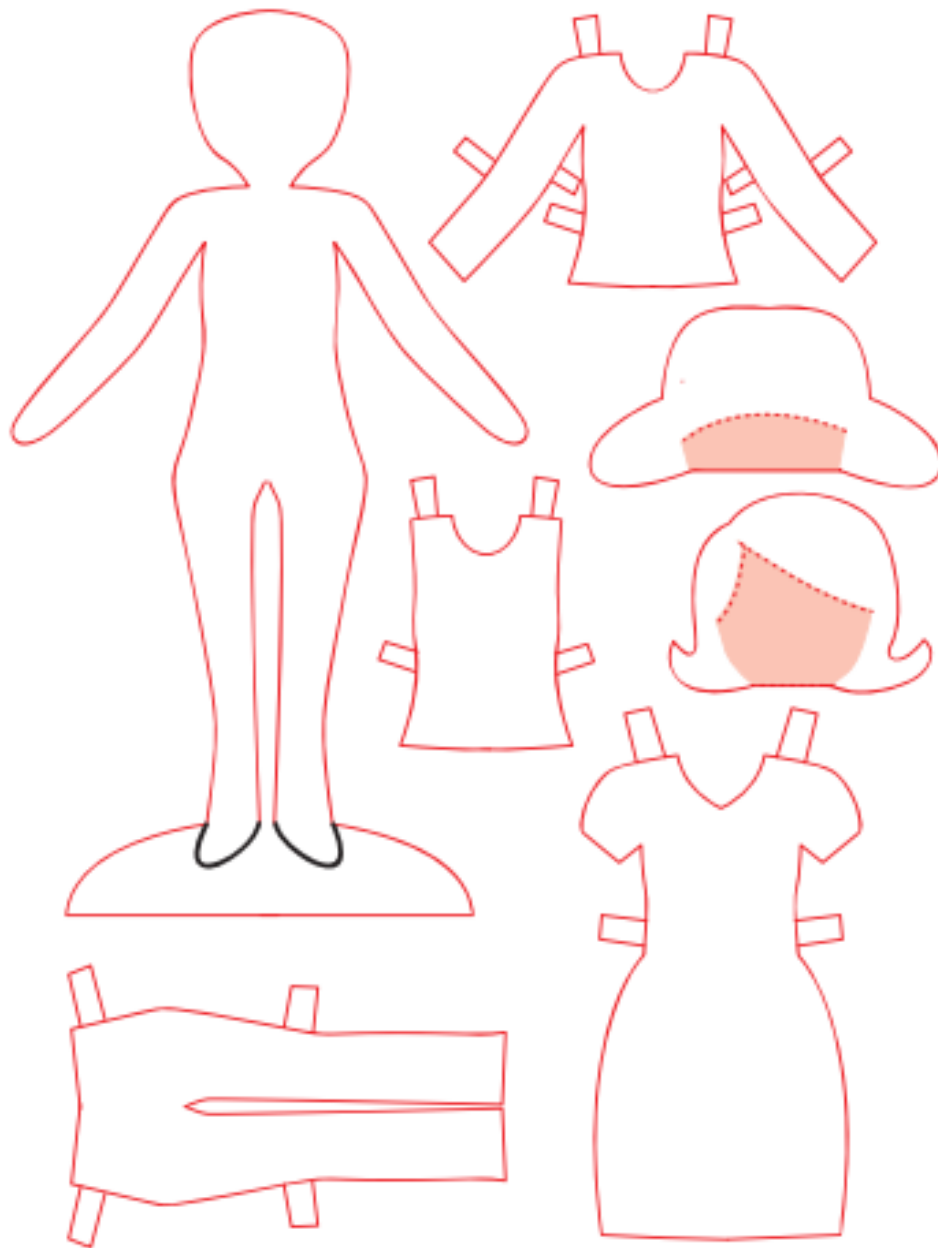
- Gofod - Defnyddiwch lawer o wahanol feysydd
- Tasg - Cynyddu nifer yr ymarferion
- Offer - Cynyddu faint o ymarferion sydd angen offer
- Pobl - Cynyddu nifer yr ailadroddiadau ar gyfer rhai chwaraewyr. e.e. 15 yn lle neidiau 10 seren







# MAKE A PAPER DOLL GWNEUD DOL PAPUR





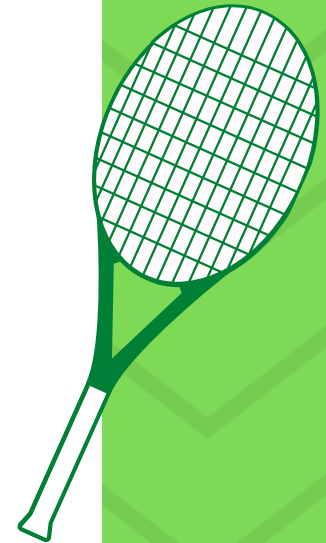
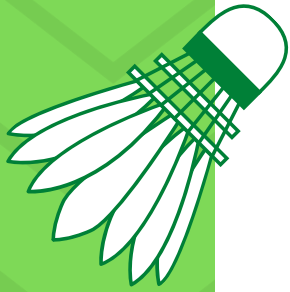
# CALL AND RECEIVE

## HOW TO PLAY?

- Place items on the floor that are all different or differentiated e.g. different colours, numbers, tins of food.
- The caller shouts out an item and the receiver has to run to it
- When the player reaches the item, the caller throws an object to them
- The player has to catch the item and return it to the caller
- See how many times this can be done without anyone dropping the ball

## EQUIPMENT

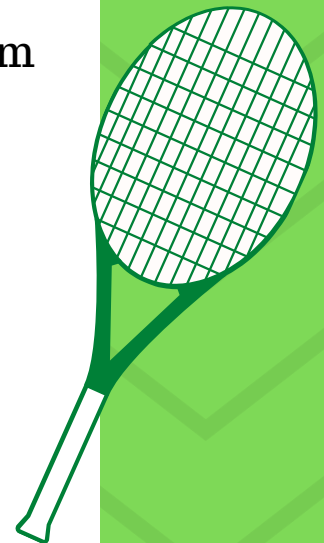
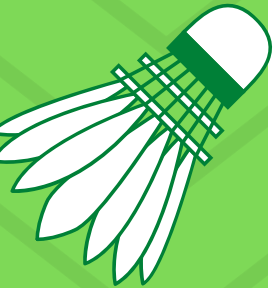
- Objects - Soft toys, Scrunched up paper, foam balls, tennis balls etc
- Markers - Different coloured clothing, different tins of food, a range of different objects, pieces of card with numbers on etc





## ***INCLUSIVE IDEAS***

- Items can be rolled to a person
- Objects are bright and make a noise
- Objects can be placed on the marker and the person retrieves it from there
- Players can be guided in a way they feel best
- Use of softer objects
- Make sure there are suitable gaps between markers



### ***WANT TO MAKE IT EASIER?***

- Space - Decrease the size of the playing area
- Task - Decrease the number of items on the floor
- Equipment - Increase the size of the objects
- People - At easiest level



### ***WANT TO MAKE IT HARDER?***

- Space - Increase the size of the playing area
- Task - Players can use their feet to return the object  
Players to name the object they're moving to next  
Players name two items and collect objects straight after each other
- Equipment - Decrease the size of the objects or throw more than one at a time
- People - Add a player and they can compete to receive the item





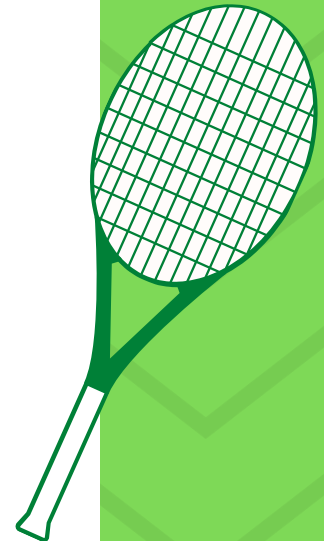
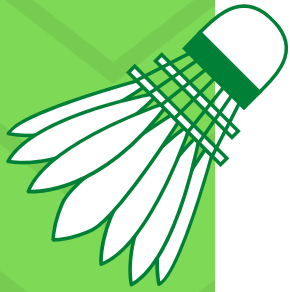
# GALW A DERBYN

## SUT I CHWARAE

- Rhowch eitemau ar y llawr sydd i gyd yn wahanol neu'n wahaniaethol e.e. gwahanol liwiau, rhifau, tuniau o fwyd.
- Mae'r galwr yn gweiddi eitem ac mae'n rhaid i'r derbynnnydd redeg ati
- Pan fydd y chwaraewr yn cyrraedd yr eitem, mae'r galwr yn taflu gwrthrych atynt
- Rhaid i'r chwaraewr ddal yr eitem a'i dychwelyd at y galwr
- Gweld sawl gwaith y gellir gwneud hyn heb i unrhyw un ollwng y bêl

## OFFER

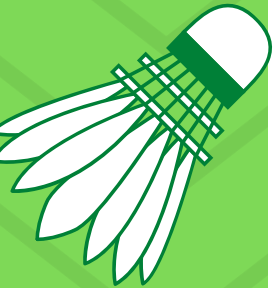
- Gwrthrychau - Teganau meddal, Papur wedi'i sgrolio i fyny, peli ewyn, peli tenis ac ati
- Marcwyr - Dillad o wahanol liwiau, gwahanol duniau o fwyd, amrywiaeth o wrthrychau gwahanol, darnau o gerdyn gyda rhifau arnynt ac ati





## **SYNIADAU CYNHWYSOL**

- Gellir rholio eitemau i berson
- Mae gwrthrychau yn llachar ac yn gwneud sŵn
- Gellir gosod gwrthrychau ar y marciwr ac mae'r person yn ei adfer oddi yno
- Gall chwaraewyr gael eu tywys yn y ffordd maen nhw'n teimlo orau
- Defnyddio gwrthrychau meddalach
- Sicrhewch fod bylchau addas rhwng marcwyr



### **I'W GWNEUD YN HAWS**

- Gofod - Gostwng maint yr ardal chwarae
- Tasg - Gostwng nifer yr eitemau ar y llawr
- Offer - Cynyddu maint y gwrthrychau
- Pobl - Ar y lefel hawsaf



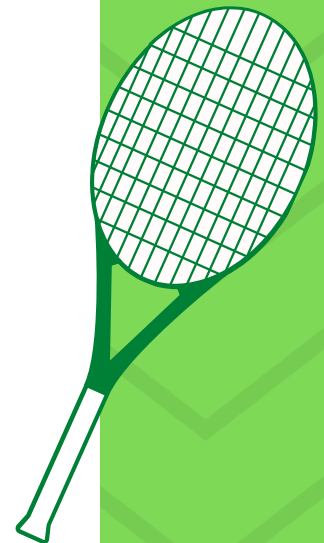
### **I'W GWNEUD YN ANODDACH**

- Gofod - Cynyddu maint yr ardal chwarae
- Tasg - Gall chwaraewyr ddefnyddio eu traed i ddychwelyd y gwrthrych

Chwaraewyr i enwi'r gwrthrych maen nhw'n symud iddo nesaf

Mae chwaraewyr yn enwi dwy eitem ac yn casglu gwrthrychau yn syth ar ôl ei gilydd

- Offer - Gostwng maint y gwrthrychau neu daflu mwy na un ar y tro
- Pobl - Ychwanegwch chwaraewr a gallant gystadlu i dderbyn yr eitem





# CRACK THE CODE

A = 1

G = 7

M = 13

S = 19

Y = 25

B = 2

H = 8

N = 14

T = 20

Z = 26

C = 3

I = 9

O = 15

U = 21

D = 4

J = 10

P = 16

V = 22

E = 5

K = 11

Q = 17

W = 23

F = 6

L = 12

R = 18

X = 24



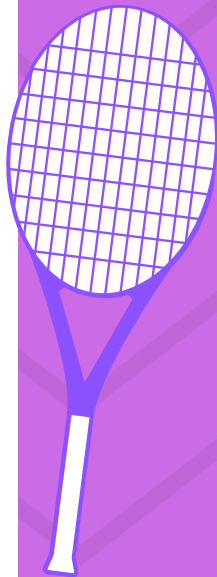
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25-15-21

3-18-1-3-11-5-4

9-20

## CAN YOU MAKE YOUR OWN?





# CRACIO'R COD

A = 1	G = 7	M = 13	S = 19	Y = 25
B = 2	H = 8	N = 14	T = 20	Z = 26
C = 3	I = 9	O = 15	U = 21	
D = 4	J = 10	P = 16	V = 22	
E = 5	K = 11	Q = 17	W = 23	
F = 6	L = 12	R = 18	X = 24	



12-12-15-14-7-25-6-1-18-3-8-9-1-4-1-21  
 3-8-9 23-5-4-9  
 5-21 3-18-1-3-9-15'18 3-15-4

## ALLWCH CHI WNEUD COD EICH HUN?

