



## YSGOL PARC Y BONT

### Amserlen Bythefnos Chwaraeon a Byw yn Iach / Sports & Healthy Living Fortnight Timetable



	D.Llun / Mon 10/6/19	D.Mawrth/Tue 11/6/19	D.Mercher/Wed 12/6/19	D.Iau / Thurs 13/6/19	D.Gwener/Fri 14/6/19
AM	Meithrin – Bl.2: Ymarfer Mabolgampau Nursery-Yr.2: Sports Day practise	Bl.5&6: Tennis (Fali – angen pecyn bwyd plis) Yr.5&6: Tennis (Valley – Packed lunch please)  Meithrin – Bl.2: Athletau Nursery-Yr.2: Athletics	Bl.3,4,5,6 - Gwyl Golf, Henllys Hall (pecyn bwyd plis) Yr. 3,4,5,6 – Golf, Henllys Hall (Packed lunch please)  Derbyn, Bl.1 a 2 – Sesiwn Bwyta'n Iach (Caterlink) Reception, Yr.1&2 – Healthy Eating Session (Caterlink)	Bl 1,2,3,4 - Pel-droed Yr 1,2,3,4 - Football  Meithrin – Bl.2 – Athletau Nursery – Yr.2 – Athletics	Bl. 3,4,5,6 – Pêl Rwyd Yr. 3,4,5,6 – Netball
PM	'Tyfu i Fyny' (Genethod bl 5 a 6) 'Growing Up' (Yr.5&6 Girls)  Bl.3&4 - Ymarfer Mabolgampau Yr.3&4 – Sport Day Practise	Bl.1,2,3,4 - Chwaraeon yr Urdd  Yr. 1,2,3,4 – Urdd Sport Session	Bl.3,4,5,6 - Taith Gerdded Yr. 3,4,5,6 - Walk  Derbyn-Bl.2 – Athletau Reception-Yr.2 - Athletics	Ysgol Gyfan - Ymarfer Mabolgampau Whole School – Sport Day Practise	Derbyn, Bl.1, Bl.2 – Sesiwn Ddawns  Reception, Yr.1, Yr.2 – Dance Session

	D.Llun/Mon 17/6/19	D.Mawrth/Tue 18/6/19	D.Mercher/Wed 19/6/19	D.Iau/Thursday 20/6/19	D.Gwener/Friday 21/6/19
AM	Bl. 3,4,5,6 – Rygbi Tag Yr.3,4,5,6 - Tag Rugby  Meithrin – Bl.2: Ioga Nursery-Yr.2: Yoga	Ysgol Gyfan – Sesiynau E-Ddiogelwch Whole School – E-Safety Sessions	Ysgol Gyfan – 'Boot Camp Anti Kath' Whole School – Anti Kath's Boot Camp	Bl. 3,4,5,6 Sesiwn Chwaraeon Gynhwysol Yr.3,4,5,6 Inclusive Sport Session  Bl.6 - Addysg Rhyw Yr.6 - Sex Education	Bl.6 - Addysg Rhyw Yr.6 - Sex Education  Bl. 3,4,5,6 – Pêl Fasedd Yr. 3,4,5,6 – Basketball
PM	Bl.5&6: Codi Pwysau Yr.5&6: Weightlifting  Bl.3,4,5,6: Ioga Yr.3,4,5,6: Yoga	<b>Mabolgampau / Sports Day 1.30pm</b>	Derbyn, Bl.1, Bl.2 – Gweithdy creu byrbrydau iach Reception, Yr.1, Yr.2 – Healthy Snacks Workshop	Ysgol Gyfan – Sesiynau E-Ddiogelwch Whole School – E-Safety Sessions	Bl.3,4,5,6 – Sesiwn Ddawns Yr. 3,4,5,6 – Dance Session