

Adnoddau Mynediad 1 & 2 Camau

Cyhoeddus
App Dewin a Doti – AppStore+Android
Podlediadau - Podlediad - Mudiad Meithrin
Cylchlythyr – https://www.meithrin.cymru/trosolwg-newyddion/
Cylchgrawn WCW – gorfod tanysgrifio - https://360.cymru/tanysgrifio/wcw/
Siop - Siop - Mudiad Meithrin
Sianel You Tube – Playlist Clwb Cylch - https://www.youtube.com/watch?v=Atp1DmjKrY0&list=PLrUunC9eiE2y_6dWlrBO4-Ig61e6Ou_Dz
Cartwn Dewin a Doti - https://youtu.be/MzqyzA8qTvM
Dawnsio gyda Siani Sionc a Dewin - https://www.youtube.com/playlist?list=PLrUunC9eiE2zkX1SpiOqeUPuUfNSg2Erv
Gwyl Dewin a Dathlu 2021 - https://www.youtube.com/playlist?list=PLrUunC9eiE2yJrdZgYm8ObPyKLIjvleZO
Cyfres o hwiangerddi ar YouTube - https://www.youtube.com/playlist?list=PLrUunC9eiE2zIENEb0tpbC6cdMuNi_hWW
Cymraeg I Blant - https://www.meithrin.cymru/cymraeg-i-blant/
Cymraeg I Blant YouTube - https://www.youtube.com/playlist?list=PLrUunC9eiE2zmFNqMIQmHqPaqOLM8iuk3
Cymraeg @ adre - Cymraeg@adre - Mudiad Meithrin
Hwiangerddi - https://www.meithrin.cymru/prosiect-hwiangerddi/
Dewin a Doti https://www.meithrin.cymru/clwb-dewin/
Croesi'r Bont ar HWB https://hwb.gov.wales/zones/foundation-phase-excellence-network/repository/discovery/resource/1ff976a6-7933-4252-a3be-d49af0442f55/en
Dwylo Diogel https://hwb.gov.wales/News/articles/f4d139f5-0b07-4039-836d-228696a02876
Cymraeg I Blant https://hwb.gov.wales/zones/foundation-phase-excellence-network/news/articles/29f8a6e1-767d-483c-a708-ebc0fd2b098f
Cyfres o ganeuon Cymraeg - https://www.youtube.com/watch?v=d-AUurrXDdQ&list=PLrUunC9eiE2zIENEb0tpbC6cdMuNi_hWW
Cardiau Flach (Croesi'r Bont) – dogfen pdf
Taflen Dulli Trochi linc – dogfen pdf

People who help us

Pobl sy'n ein helpu

The activities in this factsheet are based on the theme 'People who help us'. The aim of these activities are to have fun and promote learning through the medium of Welsh. This will enable the children to learn about the roles of people who help us/**pobl sy'n ein helpu** such as the doctor, nurse, fire-fighters, cook, police, cleaner, builders and many more. It also helps children to communicate with one another through discussing the different jobs that people do.

Learning outcomes

Begin to identify job roles within the community

Attempt to match job roles and uniforms

Discuss how these people can help us

Take part in a role playing activity

Amcanion dysgu

Adnabod swyddi o fewn y gymuned

Ceisio matsio swyddi hefo iwniform

Trafod sut mae'r bobl yn ein helpu

Cymeryd rhan mewn gweithgaredd chwarae rôl

Resources

Masks and dressing up clothes

Picture cards of people in various jobs

Adnoddau

Dillad chwarae rôl a mwgwd

Lluniau o bobl mewn swyddi amrywiol

Activity outline - **Amlinell Gweithgaredd**

Game/**Gêm**: Who's helping who?/ **Pwy sy'n helpu pwy?**

Create laminated picture cards of people in various jobs and ask the child who is helping who. Use the vocabulary below to support the children to develop their Welsh language skills throughout this game. A matching pair's game can also be played, using these picture cards.

Mask making, role-play and singing / **Gwneud mwgwd, chwarae rôl a canu**

You can design and laminate your own masks and/or provide dressing up clothes for the children to dress up as the characters. Encourage children to choose a character e.g. cook/**cogydd**, provide the children with a mask/ dressing up clothes and use the song provided below to sing along with the children. Extend the activity by encouraging the children to act out the roles of the characters they are portraying.

Who's helping who? game

Who does the Doctor help?

.....help people to get better

Who does the Police Officer help?

.....help to care for the community

Who does the Dentist help?

.....help to care for your teeth

Who does the fireman/firewoman help?

.....put the fire out

Who does the farmer help?

.....feed the animals

Who does the Lollipop man/lady help?

..... people to cross the road safely

Song

I am a cook

I am a cook

Hey ho hey ho

I am a cook

I am a builder

I am a builder

Hey ho hey ho

I am a builder

I am a policeman

I am a policeman

Hey ho hey ho

I am a policeman

I am a firefighter

I am a firefighter

Hey ho hey ho

I am a firefighter

Gêm Pwy sy'n helpu pwy?

Pwy mae'r Meddyg yn helpu?

helpu i wella bobl

Pwy mae'r Plismon yn helpu?

....helpu gofalu yn y gymdeithas

Pwy mae'r Deintydd yn helpu?

helpu i ofalu am eich dannedd

Pwy mae'r dyn/dynes tân yn helpu?

rhoi y tân i ffwrdd

Pwy mae'r ffarmwr yn helpu?

bwydo anifeiliaid

Pwy mae'r dyn/dynes lolipop yn helpu?

pobl i groesi y ffordd yn saff

Can

Cogydd ydwi

Cogydd ydwi

Hei Ho Hei Di Ho

Cogydd ydwi

Adeiladwr ydwi

Adeiladwr ydwi

Hei Ho Hei Di Ho

Adeiladwr ydwi

Heddwas ydw i

Heddwas ydw i

Hei Ho Hei Di Ho

Heddwas ydw i

Diffoddwr tân ydwi

Diffoddwr tân ydwi

Hei Ho Hei Di Ho

Diffoddwr tân ydwi

Word bank and useful phrases

I am a..... Ydw i

Man

Dyn

Woman

Dynes

Police Officer

Swyddog Heddlu

Doctor

Meddyg

Nurse

Nyrs

Dentist

Deintydd

Paramedic

Parafeddyg

Librarian

Llyfrgellyd

Shop assistant

Gweithiwr siop

Farmer

Ffarmwr

Lollipop man/woman

Dyn/Dynes lolipop

Cleaner

Glanhawr

Caretaker

Gofalwr

Cook

Cogydd

Fireman/Firewoman

Dyn tân/Dynes tân

Firefighter

Diffoddwr Tân

Postman

Postmyn

Postwoman

Dynes Post

Builder

Adeiladwr

Teacher

Athro/Athrawes

Mechanic/engineer

Peiriannydd

Window cleaner

Glanhawr ffenestri

Geirfa ac ymadroddion defnyddiol

Milk man/woman

Hairdresser

Carpenter

Bus driver

Train driver

Farmer

Fisherman

Fisherwoman

Vet

Who wants to dress up as a Doctor?

Who wants to dress up as a Police Officer?

Me please

What are you doing?

I am putting the fire out

What are you doing? (Plural)

We are putting out the fire

What is she doing?

What is he doing?

He/she is putting out the fire

Who is putting out the fire?

The Firefighters

They are putting out the fire

Are you a Farmer?

Who is the farmer?

Dyn/dynes llaeth/llefrith

Dyn/Dynes trin gwallt

Saer

Gyrrwr bws

Gyrrwr tren

Ffermwr

Pysgotwr

Pysgotwraig

Milfeddyg

Pwy sy isho/eisiau gwisgo fel Meddyg?

Pwy sy isho/eisiau gwisgo fel Heddwlas?

Fi plis

Beth/Be wyt ti'n neud?

Dwi'n diffodd y tân

Beth/be dych chi'n wneud?

Da ni'n diffodd y tân

Beth/be mae hi'n wneud?

Beth/be mae o'n wneud?

Mae o / Mae hi yn diffodd y tân

Pwy sy'n diffodd y tân?

Y Diffoddwyr tân

Mae nhw yn diffodd y tân

Ffarmwr wyt ti?

Pwy ydi'r ffermwr?

I am the Farmer

..... is the Farmer

He/she is feeding the animals

Is he/she helping people?

Yes / no

Are you a Doctor?

Yes I am a Doctor

Who's next?

Y fi ydi'r Ffermwr

..... ydi'r Ffermwr

Mae o / Mae hi yn bwydo'r anifeiliaid

Ydi o/ydi hi yn helpu pobl?

Ydi / Nac ydi

Meddyg wyt ti?

Ia Meddyg ydw i

Pwy sy nesa?

Who's helping who? game

Gêm pwy sy'n helpu pwy?





Further support - Pobl syn ein helpu: www.youtube.com/watch?v=I6GxwbsnFNU

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Welsh



Add Gorff o gartef PE at home



Leg Raises - Codi Coesau



Running - Rhedeg



Star Jumps - Neidiau Seren

Tap Jumps - Neidiau tap



I am - *Dwi'n*

I am doing - *Dwi'n gwneud*

Keeping fit - *Cadw'n heini*

At home - *Gartref*

Fresh air - *Awyr iach*

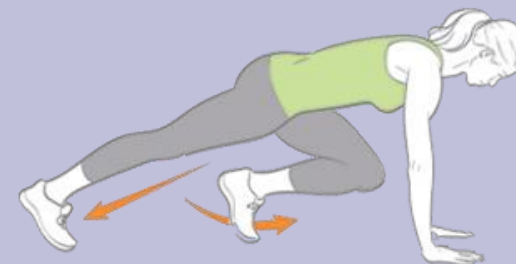


Squat - Sgwatiau

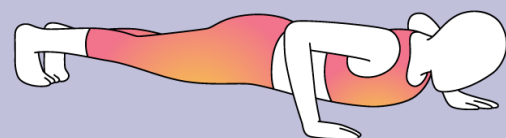


Sit-ups - Eisteddiadau

Mountain Climbers - Dringwyr Mynydd



Punching - Pwnsh / Pwnio



Press ups - ymwthiadau

Welsh



Mynd am dro ar y mynydd

Going for a walk on the mountain

Wrth fynd am dro ar y mynydd...

Whilst going for a walk on the mountain...

Dringo'r mynydd

Climbing the mountain

Dan ni wedi... / Rydyn ni wedi...

We have...

Mae angen...

You need



Cyrraedd y top

Reached the top



Bron yna!

Nealy there!

Esgidiau call

Sensible shoes

Gwaith caled

Hard work



Diod

Drink

Teimlo

Feels

Dringo

Climbing



Gweld

See



Clywed

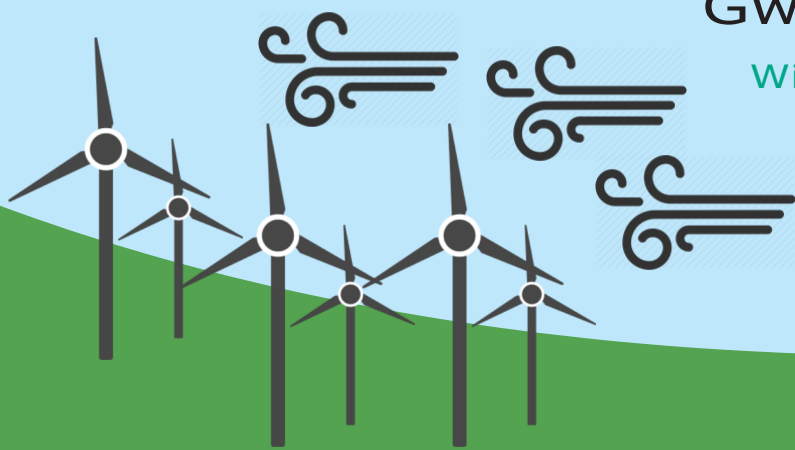
Hear

ar yr ochor

on the edge

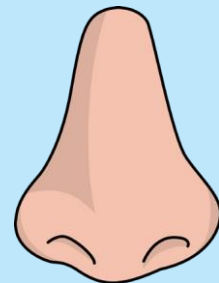
Defaid

Sheep



Gwynt

Wind



Arogli

Smell



Archwilio

Explore



Morloi

Seals



Welsh

Now in a Minute

Mynd am dro ar y traeth

Going for a walk on the beach



Gwyllanod
Seagulls



Het Haul
Sunhat



Haul
Sun



cerdded ar y traeth
walking on the beach

cerdded gyda/hefo ffrindiau/theulu
walking with friends/family

Dan ni wedi... / Rydyn ni wedi... / We have...

Dw'i wedi... / I have...
rhedeg / running

chwilota / exploring

sefyll / standing

...gweld / ...seen

...cyffwrdd / ...touched

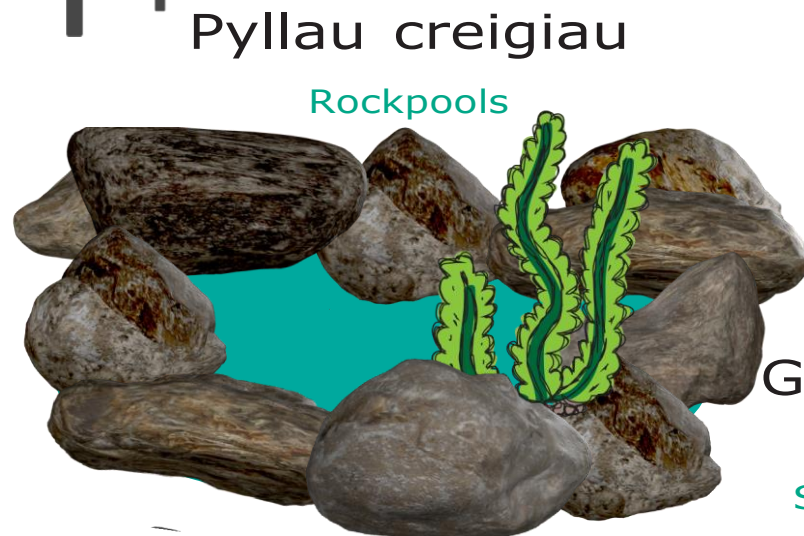
...arogli / ...smelt

...clywed / ...heard

gwisgo / Wear



Tyrbinau gwynt
Wind turbines



Pyllau creigiau
Rockpools

Siorts
a Chrys-t
Shorts
and T-shirt



Sbectol haul
Sunglasses



Dŵr
Water



Eli Haul
Suncream

Swigod lugworm
Lugworm bubbles

Dwi'n mynd... / I am going...

...yfory / ...tomorrow

...wythnos nesaf / ...next week

...mis nesaf / ...next month

...blwyddyn nesaf / ...next year

Es i ... / I went...

...ddoe / ...yesterday

...echddoe / ...the day before yesterday

Halen y Môr
Sea Salt



Cranc
Crab



Gwymon
Seaweed



Celyn - Holly

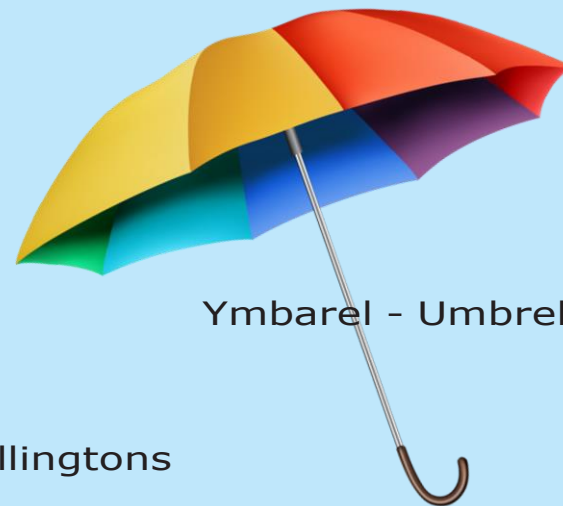


Mynd am dro i'r goedwig Going for a walk in the woods

Esgidiau cerdded - Walking boots



Esgidiau glaw - Wellingtons



Ymbarel - Umbrella

Glaw - Rain



Wrth fynd am dro..

Whilst going for a walk...

Dan ni'n hoffi - We like to

Dwi'n hoffi cerdded - I like to walk

Dwi ddim yn hoffi cerdded - I don't like to walk

Cerdded gyda/hefo... - Walk with...

Bryn - Hill

i fyny ac i lawr - Up and down

Natur - Nature

Awyr iach - Fresh air

Adar yn canu - Birds singing

Croesi'r afon - Cross the river

Mae'n oer - It's cold

Mae'r goeden wedi cwmpo - The tree has fallen

Dwi'n gallu arogl clychau'r gog - I can smell bluebells

Creaduriaid bach - Little creatures

Neidio yn y dŵr - Jumping in the water

Dŵr dwfn - Deep water

Mae'n rhewi - It's freezing



Blodyn melyn - Yellow flower



Cot law - Rain coat



Dail - Leaves

Coedwig - Woodlands



Sbwriel - Litter



Plisgyn ŵy aderyn - Bird's eggshell



Welsh



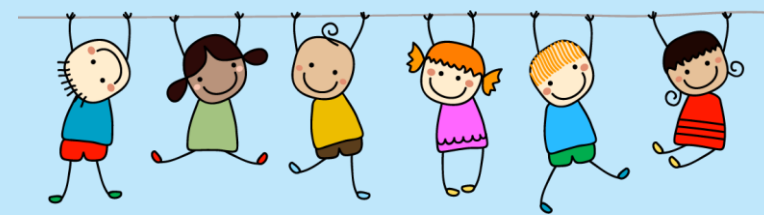
rhannau rhydd – loose parts

chwarae tu allan
– playing outside



Amser Chwarae

Playtime



ffrindiau – friends

gemau bwrdd – board games



...yn y clwb /

...at the club

Rydyn / Rydan ni'n hoffi...

We like...

Dwi'n hoffi...

I like to..

Mae'r plant yn hoffi...

The children like to...

Dwi'n hoffi chwarae...

I like to play...

Dydw i ddim yn hoffi chwarae...

I don't like to play...

Chwarae gyda / hefo...

Play with...

celf a chrefft
– arts and crafts



chwarae gyda/hefo tywod cinetig
– playing with Kinetic Sand

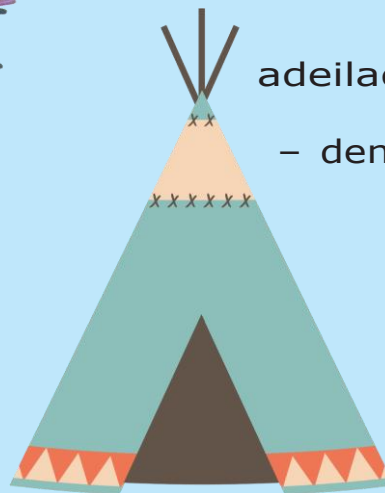


bwyta byrbryd – eating snacks



darllen llyfr
– reading a book

adeiladu deniau
– den building



chwarae gyda/hefo doliau
– playing with dolls



chwaraeon – sports



adeiladu – building



parasiwt – parachute



Boncyff
Trunk

Ysgithr
Tusk

Wisgers / Blew
Whiskers

Cynffon
Tail

Big
Beak

Cragen
Shell

Ewin
Hoof

Bawen
Paw

Llygad / aid
Eye/s

Clust / iau
Ear/s

Ceg
Mouth

Tooth / Teeth
Dant / Dannedd

Anifeiliaid ar y Fferm Animals on the Farm

Tarw
Bull

Buwch
Cow

Llo
Calf

Mochyn
Pig

Mochyn bach
Piglet

Cyw iâr
Chicken

Iâr
Hen

Ceiliog
Rooster

Dafad
Sheep

Gwenyn
Bee

Gafr
Goat

Ceffyl
Horse

Gwydd
Goose

Asyn
Donkey

Cadno / Llwynog
Fox

Twrci
Turkey

Oen
Lamb

Hwyaden
Duck

Llygoden
Mouse

Aderyn / Adar
Bird / Birds

Anifeiliaid Sw Zoo Animals

LLew
Lion

Mwncci
Monkey

Jiraff
Giraffe

Estrys
Ostrich

Camel
Camel

Arth
Bear

Panda
Panda

Parot
Parrot

Eliffant
Elephant

Sebra
Zebra

Teigr
Tiger

Neidr
Snake

Gorila
Gorilla

Cangarw
Kangaroo

Aligator
Alligator

Rhinoseros
Rhinoceros

Pengwin
Penguin

Anifeiliaid Anwes Pets

Cath
Cat

Ci
Dog

Cwningen
Rabbit

Bochdew
Hamster


Pysgodyn / Pysgod
Fish

Mochyn gwta
Guinea pig

Dau Gi Bach

Dau gi bach yn mynd i'r coed,
Esgid newydd am bob troed
Dai gi bach yn dwad adre,
Wedi colli un o'u sgidie,
Dau gi bach .

Mi Welais Jac Y Do



Mi welais Jac y Do
Yn eistedd ar ben to
Het wen ar ei ben a dwy goes bren
Ho-ho, ho-ho, ho-ho
Yn cannu ho-ho-ho
Yn cannu ho-ho-ho
Het wen ar ei ben a dwy goes bren
Ho-ho, ho-ho, ho-ho



Dringodd Y Pry Copyn (Incy Wincy Spider)

Dringodd y pry copyn
I fyny'r biben hir,
Glaw mawr a ddaeth
A'i olchi ynol i'r tir,
Yna daeth yr haul
A sychu'r glaw i gyd,
A dringodd y pry copyn
I fyny'r biben hir.

Yn Yr Ardd (She'll be coming round the mountain)

Mae'r broga'n hercio yn yr ardd
Mae'r broga'n hercio ar y wair,
Mae'r broga'n hercio,
Mae'r broga yn hercio,
Mae broga yn hercio mewn i'r pwll.

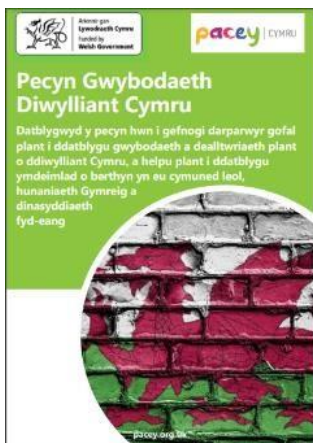


Unit 8 / Uned 8



[PACEY Cymru Welsh Culture Information pack](#) Activity ideas to support children's knowledge and understanding of Welsh language and culture.

Page 27: Create a Welsh recipe book



[Pecyn gwybodaeth diwylliant Cymru](#)

Syniadau gweithgareddau i gefnogi gwybodaeth a dealltwriaeth plant o ddiwylliant Cymru a'r iaith Gymraeg.

Tudalen 27: Creu llyfr rysâit Cymraeg