Some Phrases for PE / Addysg Gorfforol

CYMRAEG SAESNEG

Cymraeg—Ar eich marciau, ewch! On your marks, go!

Fel hyn. Like this.

Twymo lan- Warm up.

Newid cyfeiriad, newidwch! Change Direction, change!

Llaw I’r llawr, llaw chwith, llaw dde. Hand to the floor, left hand, right hand.

Neidiwch. Jump

Newid cyfeiriad. Change direction.

Grwpiau o ddau, tri, pedwar Groups of two, three, four.

Cornel un, dau , tri pedwar. Corner one, two three.

Dal y bel, pasiwch. Catch the ball, pass.

Ciciwch y bel. Kick the ball.

Dwylo mas. Hands out.

Pas da, da iawn Good pass, very good.

Dau, tri pedwar, pump gwrthgwasgiad Two, three, four, five press ups.

Pump, chwech, saith, wyth, lawr I’r gwrgwd. Five, six, seven, eight, squats.

Herciwch! Coes chwith, Coes de. ] Hop! Left leg, right leg.

Stopiwch! Stop!

Mae’r calon yn gweithio nawr! The heart is working now!

The principal is to use as much incidental Welsh as possible without interrupting the flow of the lesson.

You can mix English and Welsh instruction, commands, as you like but use a clear demonstration.

We will examine simple games with the major focus on PE, but use Welsh as part of your instruction.

Some of the commands have a health related fitness bias, but they can all be used in any PE session