



# YSGOL SYR THOMAS JONES

Dros y pythefnos nesaf, dyma’r math o amserlen ddysgu y dylech ei ddilyn. Gweithiwch o fewn eich gallu chi, a cysylltwch gyda’ch athro os am gymorth pellach drwy SMH, neu Google Classrooms yn ystod y cyfnodau sydd ar yr amserlen. Cofiwch yrru y gwaith drwy SMH neu G.C gan nodi ‘submit.’

## WYTHNOS DDYSGU - BLWYDDYN 7,8 & 9

DIWRNOD	BORE	PRYNHAWN	YMARFER CORFF (DEWISWCH CHI PA AMSER O’R DYDD)
LLUN	IAITH (CYMRAEG)	DYNIAETHAU – Addysg Grefyddol, Daear neu Hanes	<ul style="list-style-type: none"> <li>➤ Mynd am dro/jog unwaith y dydd. Beth rydych yn ei weld, arogl, clywed?</li> <li>➤ loga</li> <li>➤ Myfyrdod - Mindfulness</li> <li>➤ Dilyn ymarfer corff ar-lein – Youtube e.e Ffit Cymru, Joe Wicks: <a href="https://youtu.be/6v-a_dpwhro">https://youtu.be/6v-a_dpwhro</a></li> <li>➤ Dawns, Ymarfer corff – Home Festival Online</li> <li>➤ Un o’ch heriau chi o’r 30 diwrnod</li> <li>➤ ‘Fitness Fifteen’ – cerdded/rhedeg am chwarter awr pob dydd o gwmpas yr ardd, o gwmpas eich tŷ.</li> <li>➤ Pêl-droed, pêl-rwyd – defnyddio bwced fel basged, sgipio.</li> </ul>
MAWRTH	MATHEMATEG	GWYDDONAIETH – Bywydeg, Cemeg, neu Ffiseg	
MERCHER	IAITH (SAESNEG)	MYNEGIANNOL – Celf, Cerdd, Drama, neu Ffrangeg	
IAU	MATHEMATEG/RHIFEDD	TECHNOLEG & TGC	
GWENER	PROSIECT LLES / HERIAU / DAL I FYN Y GYDA GWAITH YR WYTHNOS		

### Gall y linciau isod eich helpu ymhellach:

- BBC Bitesize – Pob pwnc
- Maths gyda Carol Vorderman [www.themathsfactor.com](http://www.themathsfactor.com)
- English gyda David Walliams <https://www.worldofdavidwalliams.com/elevenses/>
- Coginio gyda Jamie Oliver <https://www.jamieoliver.com/feat.../category/get-kids-cooking/>
- Cerdd gyda Myleene Klass <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>
- Hanes gyda Dan Snow (am ddim am 30-diwrnod) <https://tv.historyhit.com/signup/package>
- Daear gyda Steve Backshall <https://twitter.com/SteveBacksha.../status/1242058846941712385>
- Gwyddoniaeth gyda Maddie Moate - <https://www.youtube.com/user/maddiemoate>



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Over the next two weeks, this is a learning timetable you should follow. Work within your ability, and contact your subject teacher if you need further help via SMH, or Google Classrooms during the sessions noted in the timetable. Remember to send your work via SMH or G.C and click 'submit.'

## LEARNING TIMETABLE - YEAR 7,8 & 9

DAY	MORNING	AFTERNOON	PHYSICAL ACTIVITY (YOU CHOOSE TIME OF DAY)
MONDAY	LANGUAGE (CYMRAEG)	HUMANITIES – R.E, Geography, or History	<ul style="list-style-type: none"> <li>➤ Go for a walk/jog. What do you see, hear, smell?</li> <li>➤ Yoga</li> <li>➤ Mindfulness</li> <li>➤ Follow an online exercise on YouTube e.g Ffit Cymru, Joe Wicks Fitness <a href="https://youtu.be/6v-a_dpwhro">https://youtu.be/6v-a_dpwhro</a></li> <li>➤ Dance, exercise - Home Festival Online</li> <li>➤ One of the 30 day challenges</li> <li>➤ 'Fitness Fifteen' – walk / run for a quarter of an hour around the garden, up and down the 'drive'</li> <li>➤ Football, netball / or basket (bin as basket) skip</li> </ul>
TUESDAY	MATHS	SCIENCE – Biology, Physics, or Chemistry	
WEDNESDAY	LANGUAGE (ENGLISH)	EXPRESSIVE ARTS – Art, Music, Drama, or French	
THURSDAY	MATHS - NUMERACY	TECHNOLOGY & ITC	
FRIDAY	WELL-BEING PROJECT/CHALLENGES/ CATCH-UP WITH UNFINISHED WORK		

The following links might be useful:

- BBC Bitesize – Every subject
- Maths with Carol Vorderman [www.themathsfactor.com](http://www.themathsfactor.com)
- English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>
- Cooking with Jamie Oliver <https://www.jamieoliver.com/feat.../category/get-kids-cooking/>
- Music with Myleene Klass <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>
- History with Dan Snow (free for 30-days) <https://tv.historyhit.com/signup/package>
- Geography with Steve Backshall <https://twitter.com/SteveBacksha.../status/1242058846941712385>
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## WYTHNOS DDYSGU - BLWYDDYN 10

DIWRNOD	BORE	PRYNHAWN	YMARFER CORFF (DEWISWCH CHI PA AMSER O'R DYDD)
LLUN	CYMRAEG	OPSIWN 1	<ul style="list-style-type: none"> <li>➤ Mynd am dro/jog unwaith y dydd. Beth rydych yn ei weld, arogl, clywed?</li> <li>➤ loga</li> <li>➤ Myfyrdod - Mindfulness</li> <li>➤ Dilyn ymarfer corff ar-lein – Youtube e.e Ffit Cymru, Joe Wicks: <a href="https://youtu.be/6v-a_dpwhro">https://youtu.be/6v-a_dpwhro</a></li> <li>➤ Dawns, Ymarfer corff – Home Festival Online</li> <li>➤ Un o'ch heriau chi o'r 30 diwrnod</li> <li>➤ 'Fitness Fifteen' – cerdded/rhedeg am chwarter awr pob dydd o gwmpas yr ardd, o gwmpas eich tŷ.</li> <li>➤ Pêl-droed, pêl-rwyd – defnyddio bwced fel basged, sgipio.</li> </ul>
MAWRTH	MATHEMATEG	OPSIWN 2	
MERCHER	SAESNEG	OPSIWN 3	
IAU	GWYDDONIAETH	BAC	
GWENER	HERIAU / DAL I FYN Y GYDA GWAITH YR WYTHNOS		

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## LEARNING TIMETABLE - YEAR 10

DAY	MORNING	AFTERNOON	PHYSICAL ACTIVITY (YOU CHOOSE TIME OF DAY)
MONDAY	WELSH	OPTION 1	<ul style="list-style-type: none"> <li>➤ Go for a walk/jog. What do you see, hear, smell?</li> <li>➤ Yoga</li> <li>➤ Mindfulness</li> <li>➤ Follow an online exercise on YouTube e.g Ffit Cymru, Joe Wicks Fitness <a href="https://youtu.be/6v-a_dpwhro">https://youtu.be/6v-a_dpwhro</a></li> <li>➤ Dance, exercise - – Home Festival Online</li> <li>➤ One of the 30 day challenges</li> <li>➤ 'Fitness Fifteen' – walk / run for a quarter of an hour around the garden, up and down the 'drive'</li> <li>➤ Football, netball / or basket (bin as basket) skip</li> </ul>
TUESDAY	MATHS	OPTION 2	
WEDNESDAY	ENGLISH	OPTION 3	
THURSDAY	SCIENCE	BAC	
FRIDAY	CHALLENGES/ CATCH-UP WITH UNFINISHED WORK		

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