

## Ymarfer Corff yn y Ty

### Physical Education at home

Yoga - Cosmic Kids

<https://www.youtube.com/user/CosmicKidsYoga>

Joe Wicks - Gweithgareddau 5 munud i blant

5 minute work outs for children

<https://www.youtube.com/watch?v=d3LPrhI0x-w>

Active for Life - Amrywiaeth o weithgareddau i blant o 3 i 11

A variety of activities for children ages 3 to 11

<https://activeforlife.com/resource-intro/>

<https://activeforlife.com/resource/individual-lesson-plans/>