



1. Mewngofnodwch i wefan yr ysgol :

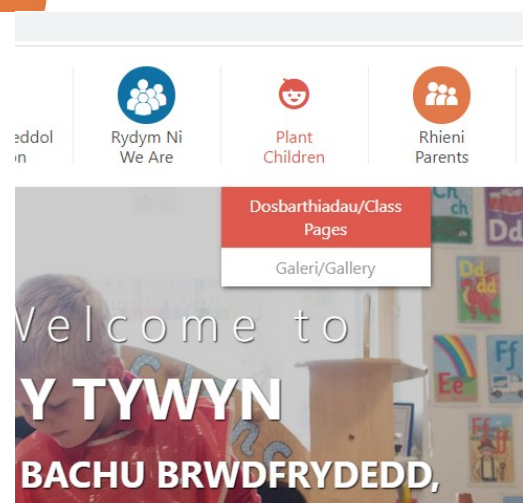
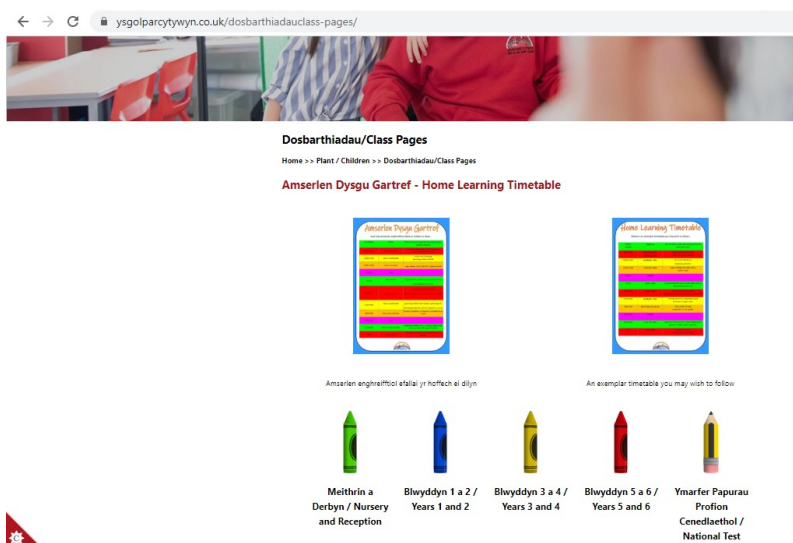
www.ysgolparcytywyn.co.uk

1. Log on to school website:

www.ysgolparcytywyn.co.uk

2. Cliciwch ar dab 'Plant / Children' - Cliciwch ar 'Dosbarthiadau / Class Pages'

2. Click on the tab marked 'Plant / Children' - Click on 'Dosbarthiadau / Class Pages'

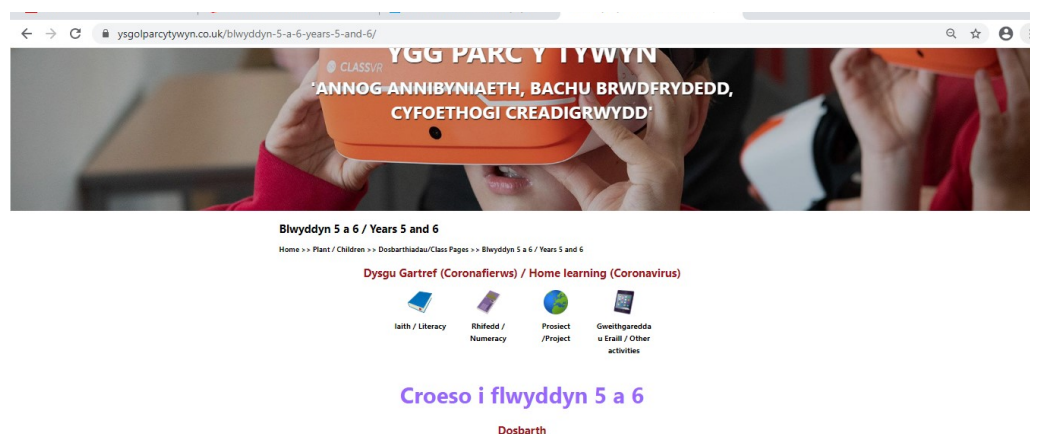


3. Cliciwch ar y dosbarth sy'n briodol i'ch plentyn.

3. Click on the class that is relevant to your child

4. Byddwch yn darganfod gwaith a gweithgareddau amrywiol o dan yr is-benawdau priodol.

4. You will find a range of activities and work under the various sub-sections



Gweler isod am esiampl o amserlen gallwch weithredu yn y tŷ / Below is an example of a timetable that you can implement at home.

Amserlen Dysgu Gartref

Isod mae amserlen enghreifftiol efallai yr hoffech ei dilyn...

Cyfnod	Difunio	Bwyta brenwaist, gwneud eich gwely, gwisgo, gaeln'i'ch danmedd
9:00-10:00	Amser iach / lles	Taith gerdded gyda'r teulu / Ioga neu seisiwn ffitrwydd Joe Wicks
10:00-11:00	Amser academaidd	DIW ELECTRONEG / Gweithgareddau rhifedd
11:00-12:00	Amser creadlogol	Lego, Arturia, Celf a Chrofft, Coginio neu bob
12:00	Cinio	
12:30	Amser helpu	Ee Glanhwch ystafell wely, helpu i baratoi
1:00-2:30	Amser tawel	CANIATÂU ELECTRONEG / Darllen, gwrando ar gerddoriaeth, posau, chivlio geiriau.
2:30-4:00	Amser academaidd	Gweithgareddau llythrennedd / gweithgareddau
4:00-5:00	Amser iach prifhysym	Beiciau, Cerddwch y ci, chwarae / archwilio yn yr ardd
5:00-6:00	Cinio	
6:00-8:00	Amser teledu am ddim	Canwch neu faddon a PJ's. Chwarae gêm ffordd teulu neu wyllo fflm gyda'ch gilydd.
8:00	Amser gwely	Pob plentyn i'r gwely - darllennwch stori i'ch plentyn



Home Learning Timetable

Below is an exemplar timetable you may wish to follow...

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, wash your teeth
9:00-10:00	Morning walk / wellbeing time	Family walk with the dog / Yoga or Joe wicks workout
10:00-11:00	Academic time	NO ELECTRONICS! Numeracy activities
11:00-12:00	Creative time	Lego, Drawing, Art and Crafts, Cook or bake
12:00	Launch	
12:30	Chore time	Eg Clean bedroom, help tidy up, empty dish washer, Hoover etc
1:30-2:30	Quiet time	ELECTRONICS ALLOWED / Reading, listening to music, puzzles, wordsearch,
2:30-4:00	Academic time	Literacy activities / Homework menu activities / Project work
4:00-5:00	Afternoon fresh air	Bikes, walk the dog, play/explore in the garden
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Shower or bath and PJ's. Play a family board game or watch a movie together.
8:00	Bed time	All children to bed - read a story to your child

