

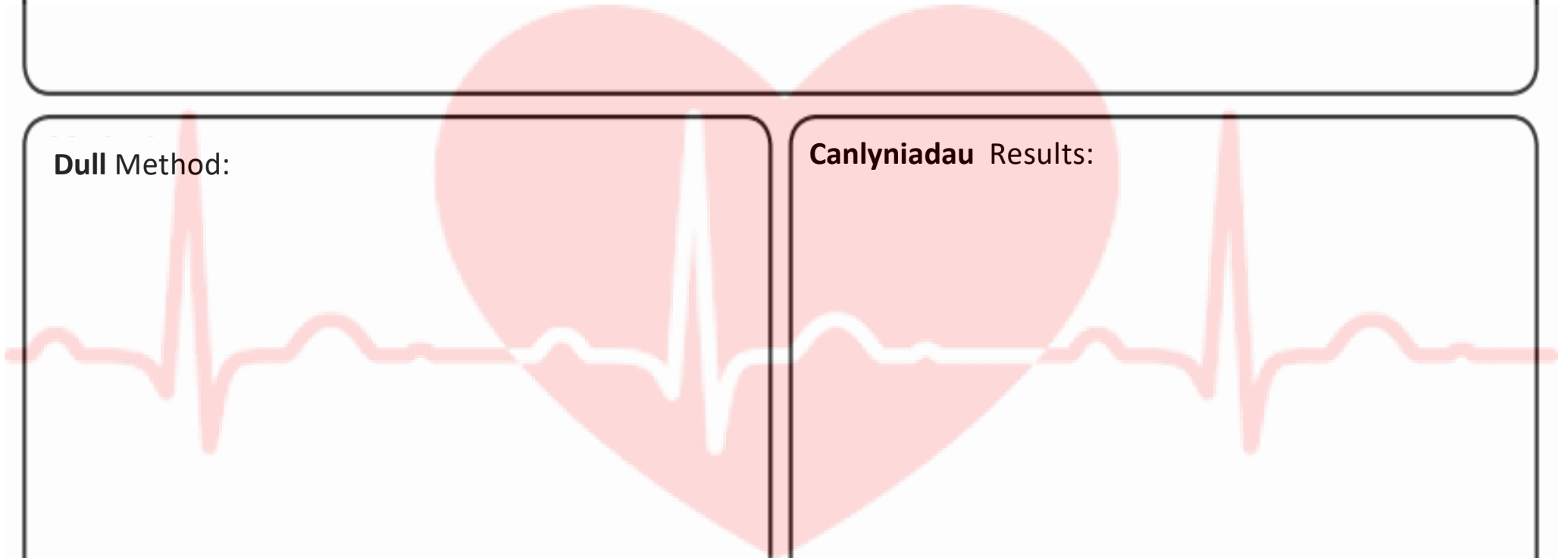
Ymchwiliad Gwyddonol Science Investigation



Nod yr ymchwiliad Aim of the investigation:

Dull Method:

Canlyniadau Results:



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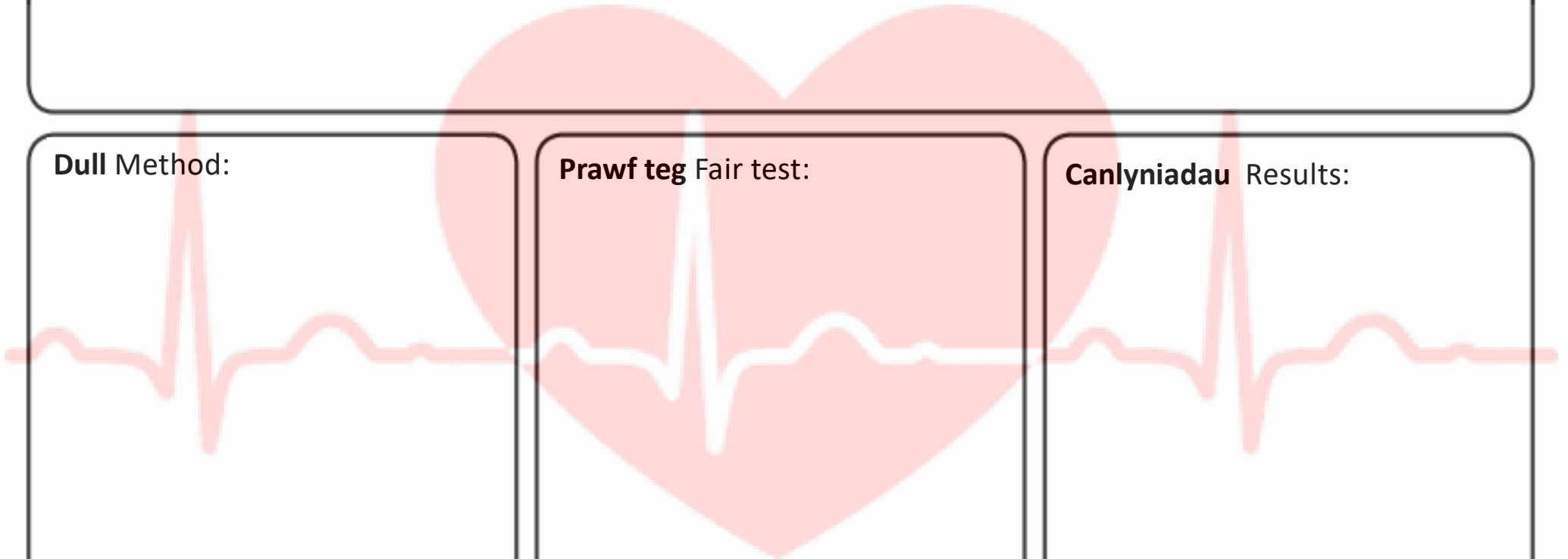


Nod yr ymchwiliad Aim of the investigation:

Dull Method:

Prawf teg Fair test:

Canlyniadau Results:



Ymchwiliad Gwyddonol Science Investigation



Nod yr ymchwiliad Aim of the investigation:

Rhagfynegiad Prediction:

Prawf teg Fair test:

Offer Equipment:

Dull Method:

Canlyniadau Results:

Casgliad Conclusion:

Ymchwiliad Gwyddonol - Cymorth i rieni

Science Investigation - Support for parents

Nod: I brofi sut mae gwneud ymarfer corff yn newid cyfradd curiad eich calon.

Rhagfynegiad: Rwy'n rhagfynegi bydd cyfradd curiad fy nghalon yn cyflymu/arafu ar ôl gwneud ymarfer corff (gallwch hefyd annog eich plentyn i esbonio pam maen nhw'n credu hyn).

Prawf teg: •Beth sy'n aros yr un peth? Faint o amser rwy'n gwneud ymarfer corff, pa mor hir rwy'n cyfri cyfradd curiad fy nghalon. •Beth sy'n newid? Cyfradd curiad fy nghalon cyn/ar ôl gwneud ymarfer corff. •Ailadrodd 3 gwaith i gael cyfartaledd.

Offer: amserydd, offer i wneud yr ymarfer corff (os oes angen), papur a phensil i gofnodi.

Dull: Mesur cyfradd curiad fy nghalon am 10 eiliad ar ôl gorffwys, gwneud yr ymarfer corff am gyfnod o amser, mesur cyfradd curiad fy nghalon eto, cymharu canlyniadau. (Gallwch luosi'r ateb gyda 10 i ddarganfod cyfradd curiad y galon mewn 1 munud os hoffech chi).

Cofiwch: Gallwch chi ddewis pa ymarfer corff rydych chi'n gwneud, e.e. rhedeg, sgipio, neidio. Gallwch gofnodi eich gwaith ar Hwb neu ar bapur ar ffurf esboniad geiriol, lluniau, diagramau neu cyfuniad o bob un.

Ychwanegol: Ewch i J2data/Excel ar Hwb i greu graff i ddangos eich canlyniadau.

Aim: To prove the effect physical activity has on your heart rate.

Prediction: I predict that my heart rate will be faster/slower after doing physical activity (you could also encourage your child to explain why they think this).

Fair test: •What will stay the same? How long I do physical activity for, how long I count my heart rate for. •What will change? My heart rate before/after doing physical activity. •Repeat 3 times to find the average.

Equipment: timer, equipment to do the physical activity (if needed), paper and pen to record the results.

Method: Measure heart rate for 10 seconds after resting, do the physical activity for a period of time, measure heart rate for 10 seconds again, compare results. (You could times the answer by 6 to discover the heart rate for 1 minute if you wish).

Remember: You can chose any physical activity you like, such as running, skipping, jumping. You can record your work on Hwb or on paper in sentences/bullet points, in pictures, diagrams or a combination of each.

Extra: Go to J2data/Excel on Hwb to create a graph to show your findings.