

Log into some
home learning
with all the
family!



Families

playing and learning together



real PE[®]

Fel teulu

chwarae a dysgu ar y cyd

Adnoddau
dysgu cartref ar
lein i'r teulu oll



AT SYLW RIENI / WARCHEIDWAD

Real PE o adref.



Rhaglen ar-lein yw Real PE sy'n llawn o adnoddau dysgu syn addas i'r maes lechyd a Lles i'w gwneud adref gyda'r teulu cyfan. Y bwriad yw darparu gwersi wedi eu paratoi, adnoddau a syniadau i rieni a dysgwyr hŷn i'w gwneud yn y tŷ neu'r ardd er mwyn cadw yn actif a iach gan hybu lles cyffredinol. Mae dros 250 o weithgareddau i ddysgwyr y cyfnod sylfaen a chyfnod allweddol 1 a llawer o heriau a sgiliau newydd ar gyfer dysgwyr cyfnod allweddol 2. Fawr obeithiwn y bydd y syniadau yn eich cefnogi chi a'r teulu oll i gadw'n iach dros y cyfnod hwn.



Oes oes gennych ddiddordeb i wybod mwy cysylltwch â ni ar Googleclassrooms, tudalen facebook @AddGorffLlan neu ar ein tudalen trydar @AddGorffLlan. Mi fyddwn mwy na hapus i rannu manylion mewngofnodi ynghyd â clywed sut hwyl 'da chi'n ei gael arni.

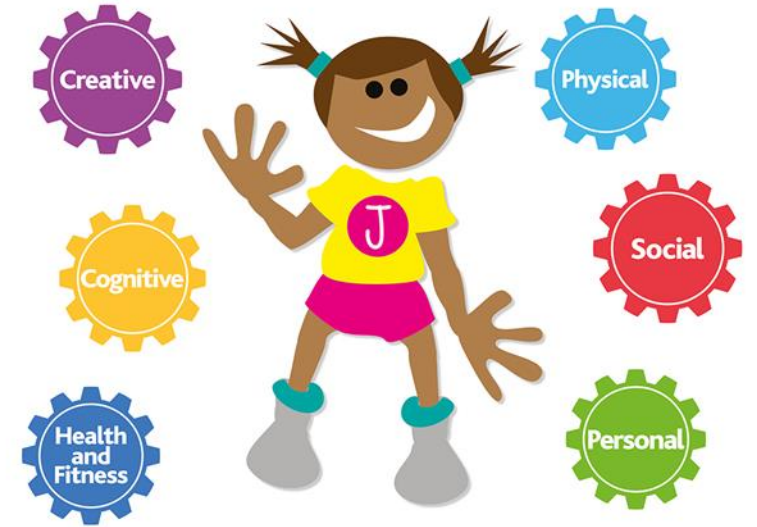




FOR THE ATTENTION OF PARENTS/GUARDIANS



Real PE at home – online learning resources Real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. For children in Key Stage 2 there are carefully selected personal best challenges, skills and games designed for the home and garden. Daily and weekly guidance is provided for both programmes in addition to an option to choose your own themes and activities. There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months.



For details on how to access real PE at home please refer to your child's GoogleClassrooms or contact us through facebook @AddGorffLlan or twitter @AddGorffLlan and we will gladly share your log in details and would welcome any updates on how you get on.

