

Cymraeg

**#Caru
Cymraeg**



GRŴP COLEGAU
NPTC
GROUP OF COLLEGES

GEIRFA ADDYSG GORFFOROL

PHYSICAL EDUCATION VOCABULARY

Athletau

Amserwr
Clwydi
Cystadlaethau maes
Cystadlaethau trac
Dechrau
Dechreuwr
Disgen
Gwaywffon
Hyfforddwr
Mabolgampwr
Naid driphlyg
Naid hir
Naid uchel
Pellter canol
Pellter hir
Pwysau
Ras gyfnewid
Rhagras
Sbrint

Dawns

Arddangos
Creadigol
Cydsymud
Gofod personol
Gwerin
Patrwm
Perthynas
Ymestyn
Ymlacio

Athletics

Time keeper
Hurdles
Field competitions
Track competitions
Start
Starter
Discus
Javelin
Coach
Athlete
Triple jump
Long jump
High jump
Middle distance
Long distance
Shot putt
Relay race
Heat
Sprints

Dance

To demonstrate
Creative
In unison
Personal space
Folk
Pattern
Relationship
Stretch
Relax

Ffitrwydd

Aerobig
Amser adwaith
Anaerobig
Cardio fasgiwlar
Cryfder
Cydbwysedd
Cyd-drefniant
Cyflymder
Cyhyrol
Cynhesu
Dygnwch
Egni
Hyblygrwydd
Hydwythder
Pwer
Ystwythder

Hoci

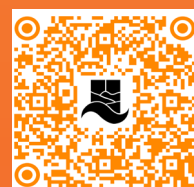
Amddiffynwraig
Asgell chwith
Asgell dde
Blaenwyr
Bwli cosb
Canolwr
Cefnwr chwith
Cefnwr de
Cornel cosb
Cornel hir

Fitness

Aerobic
Reaction time
Anaerobic
Cardio vascular
Strength
Balance
Co-ordination
Speed
Muscular
Warm up
Endurance
Energy
Flexibility
Resilience
Power
Agility

Hockey

Defender
Left wing
Right wing
Forwards
Penalty bully
Centre forward
Left back
Right back
Penalty corner
Long corner



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**#Love
Welsh**



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Hoci

Cylch
Cylch saethu
Ffon/Ffyn
Gôl geidwad
Hanerwr
Hanerwr chwith
Hanerwr de
Hanner ffordd
Llinell gefn
Llinell ystlys
Mewnwr chwith
Mewnwr de
Pyst gôl
Trosedd

Nofio

Cymysg unigol
Dull broga
Dull cefn
Dull rhydd
Naid stradl
Ochr
Pili Pala
Plymio
Pwll
Ras gyfnewid

Hockey

Circle
Striking circle
Stick/Sticks
Goal keeper
Centre half
Left half
Right half
Halfway
Back line
Side line
Left inner
Right inner
Goal posts
Foul

Swimming

Individual medley
Breast stroke
Back stroke
Front crawl
Straddle jump
Side
Butterfly
Dive
Pool
Relay race

Criced

Bat criced
Bowliad hyd byr
Bowliad hyd da
Bowlio dros ysgwydd
Bowliwr
Coes o flaen wiced
Daliad
Dyfarwr
Ergyd amddiffynnol
Maeswr
Padiaw criced
Pelawd
Pêl-lydan
Troellwr
Wicedi
Wicedwr
Y ffin
Y llain

Pêl-Rwyd

Asgell amddiffyn
Asgell ymosod
Canolwr
Cylch
Gôl amddiffyn
Gôl geidwad
Gôl saethwr
Gôl ymosod
Llinell gefn
Llinell ochr
Pas frest

Cricket

Cricket bat
Short length ball
Good length ball
Bowl over arm
Bowler
LBW
Catch
Umpire
Defensive shot
Fielder
Cricket pads
Over
Wide ball
Spin bowler
Wickets/stumps
Wicket keeper
Boudary
The wicket

Netball

Wing defence
Wing attack
Centre
Circle
Goal defence
Goal keeper
Goal shooter
Goal attack
Back line
Side line
Chest pass



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Pêl-Rwyd

Pas isel
Pas rydd
Pas ysgwydd
Rhwyd
Rhwystrad
Rhyng-gipio
Safle
Tafliad i fyny
Tair troedfedd
Traean
Trydydd canol
Trydydd gôl

Gymnasteg

Anghymesuredd
Byrfraich
Chwarter troad
Cylchdroi
Cymesuredd
Cymorth
Dilyniant
Ehediad
Eisteddiad "V"
Estyniad y traed
Fflic fflac
Gofod
Llawsafiad
Llofnaid
Naid ar led
Naid peic
Naid seren

Netball

Low pass
Free pass
Shoulder pass
Net
Obstruction
To intercept
Position
Toss up
Three feet
A third
Centre third
Goal third

Gymnastics

Asymmetry
Press up
Quarter turn
Rotate
Symmetry
Support
Sequence
Flight
"V" seat
Feet extended
Flick flack
Space
Handstand
Vault
Straddle jump
Pike jump
Star jump

Gymnasteg

Naid twc
Olwyn gart
Pensafiad
Pont
Rôl ymlaen
Rôl yn ôl
Sbring arab
Sbring llaw
Sbring pen
Siap y corff
Trosben
Trwyddo Ymestyn
Ymwybyddiaeth o wagle
Yn grwn
Ystwyth

Rygbi

Asgell
Bachwr
Blaenasgellwyr
Blaenwyr
Cais
Cefnwyr
Cic gosb
Dyfarnwr
Llimanwr
Llinell
Olwyr
Pen tynn
Pen-rhydd
Sgrym
Trosiad

Gymnastics

Tuck jump **Cartwheel**
Headstand
Bridge
Forward roll
Backward roll
Arab spring
Hand spring
Head spring
Body shape
Somersault
Through
Stretch
Space awareness
Rounded
Agile

Rugby

Wing
Hooker
Flankers
Forwards
Try
Backs
Penalty kick
Referee
Linesman
Line out
Half backs
Tight head
Loose head
Scrum
Conversion



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Pêl-Droed

**Amddiffynwyr
Asgellwr
Blaen ymosodwr
Camochri
Canol cae
Cefnogwyr
Cic gornel
Cornel
Ergyd
Llumanwr
Rhwyd
Ymosodwyr**

Football

**Defenders
Winger
Shooter
Off-side
Mid field
Supporters
Corner kick
Corner
Shot
Linesman
Net
Attackers**

