

# Add Gorff o gartref PE at home



Leg Raises - Codi Coesau



Running - Rhedeg



Star Jumps - Neidiau Seren

Tap Jumps - Neidiau Tap

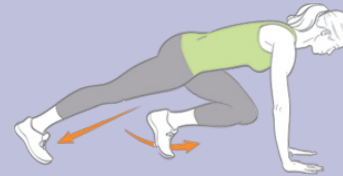


I am - *Dwin*  
I am doing - *Dwin gwneud*  
Keeping fit - *Cadw'n heini*  
At home - *Gartref*  
Fresh air - *Awyr iach*

Squat - Sgwatiau



Mountain Climbers - Dringwyr Mynydd



Punching - Pwnsh / Pwnio



Sit-ups - Eisteddiadau



Press ups - ymwithiadau

