

Cadw'n heini a darganfod anifeiliaid

RHYS Hei Anna, beth am fynd am dro yn y goedwig?

ANNA Na. Dw i ddim eisiau.

RHYS Tyrd! Mae cerdded yn dda i gadw'n heini.

ANNA Dw i ddim eisiau cadw'n heini.

RHYS Mae cadw'n heini'n dda i ti! Tyrd!

Hei, beth am neidio fel broga?

ANNA lawn.

RHYS Dyna ffordd dda o gadw'n heini!

ANNA Mae'n hwyl!

RHYS Edrycha! Aderyn!

Beth am hedfan fel aderyn?

ANNA lawn.

RHYS Dyna ffordd wych o gadw'n heini!

Mae'n rhaid i ti hedfan yn uwch!

O diâr!

Edrycha! Gafr! Beth am redeg fel gafr?

ANNA lawn. Syniad da.

RHYS Dyna ffordd dda o gadw'n heini.

ANNA Dw i'n mwynhau cadw'n heini nawr!

RHYS Rheda'n gyflymach!

Gofalus! Pwll dŵr!

Edrycha! Mochyn! Beth am rowlio fel mochyn?

Bitesize

- ANNA lawn. Dyna ffordd wych o gadw'n heini!
- RHYS Rowlia yn ôl ac ymlaen! Rowlia yn ôl ac ymlaen!
- Gofalus! Mwd!
- Wps!
- Tyrd yn ôl i'r gweryll.
- ANNA Beth sy wedi digwydd i fi? Dw i'n edrych yn ofnadwy!
- RHYS Ti wedi dychryn Gel druan!

Translation

Keeping fit and discovering animals

- RHYS Hey Anna, how about going for a walk in the forest?
- ANNA No. I don't want to.
- RHYS Come on! Walking is good for keeping fit.
- ANNA I don't want to keep fit.
- RHYS Keeping fit is good for you. Come on!
- Hey, what about jumping like a frog?
- ANNA Ok.
- RHYS That's a good way to keep fit!
- ANNA It's fun!
- RHYS Look! A bird!
- What about flying like a bird?
- ANNA Ok.

Bitesize

RHYS It's a great way to keep fit!
 You must fly higher!
 Oh dear!
 Look! A goat! What about running like a goat?

ANNA Ok. Good idea.

RHYS That's a good way of keeping fit.

ANNA I'm enjoying keeping fit now!

RHYS Run faster!
 Careful! Puddle!
 Look! A pig! What about rolling like a pig?

ANNA Ok. That's a great way of keeping fit!

RHYS Roll back and forth! Roll back and forth!
 Careful! Mud!
 Oops!
 Come back to camp.

ANNA What's happened to me? I look awful!

RHYS You've frightened poor Gel!