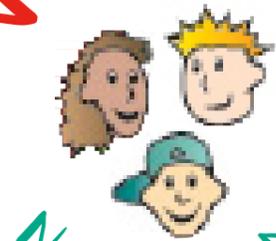


Welsh

Now in a Minute



Add Gorff o gartef PE at home



Leg Raises - Codi Coesau



Running - Rhedeg



Star Jumps - Neidiau Seren

Tap Jumps - Neidiau Tap

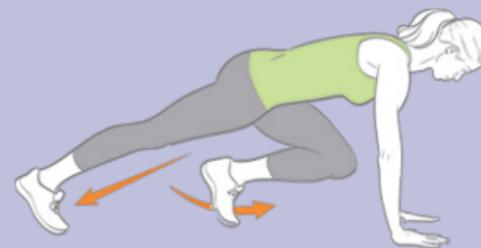


I am - *Dwin*
I am doing - *Dwin gwneud*
Keeping fit - *Cadw'n heini*
At home - *Gartref*
Fresh air - *Awyr iach*

Squat - Sgwatiau



Mountain Climbers - Dringwyr Mynydd



Punching - Pwsh / Pwnio



Press ups - ymwthiadau



Sit-ups - Eisteddiadau

