



#amdani



Comisiynydd y  
Gymraeg  
Welsh Language  
Commissioner

sportwales  
chwaraeoncymsu





## **Mae siaradwyr Cymraeg ym mhob rhan o Gymru**

Pwllheli 3,092

Y Rhyl 3,345

Y Bari 5,459

Llanelli 5,732

## **There are Welsh speakers in every part of Wales**

Pwllheli 3,092

Rhyl 3,345

Barry 5,459

Llanelli 5,732



un – one



dau – two



tri – three



pedwar – four



pump – five



chwech – six



saith – seven



wyth – eight



naw – nine



deg – ten



**Da iawn**

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**Well done**

**Anlwcus**

---

**Unlucky**



**Cyflym**

.....  
**Fast**

**Araf**

.....  
**Slow**

**Bach**

.....  
**Small**

**Mawr**

.....  
**Big**



**Ennill**

**Colli**

.....  
**Win**

.....  
**Lose**

**Gwych**

**Tro nesaf**

.....  
**Great**

.....  
**Next time**





**Cae**



**Field**

**Cwrt**



**Court**

**Pwll**



**Pool**

**Ystafell  
newid**



**Changing  
room**



**Cychwyn**



**Start**

**Gorffen**



**Finish**

**Hanner ffordd**



**Halfway**



**Hyfforddwr**

.....  
**Coach**

**Tîm**

.....  
**Team**

**Chwaraewr**

.....  
**Player**

**Carfan**

.....  
**Squad**

**Dyfarnwr**

.....  
**Referee**



**Cyntaf**

---

**First**



**Ail**

---

**Second**



**Trydydd**

---

**Third**



Rhedeg



Run

Neidio



Jump

Ymestyn



Stretch



**Chwith**

.....  
**Left**

**Dde**

.....  
**Right**

**Ymlaen**

.....  
**Forwards**

**Yn ôl**

.....  
**Backwards**



**Gwaith Caled**

.....  
**Hard Work**

**Dathlu**

.....  
**Celebrate**

**Cefnogaeth**

.....  
**Support**

**Maeddu/**

**Curo**

.....  
**Beat**

**Llongyfarchiadau**

.....  
**Congratulations**



Wyt ti'n gwybod pwy  
yn y grŵp sydd yn  
siarad Cymraeg?

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Do you know who  
speaks Welsh in the  
Group?





**Dangoswch pa  
hyfforddwr sy'n siarad  
Cymraeg gyda'r logo  
Iaith Gwaith**

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**Show which trainers  
speak Welsh with the  
Iaith Gwaith logo**



**Defnyddiwch  
Gymraeg ar gyfryngau  
cymdeithasol**

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**Use Welsh on  
social media**



[comisiynyddygybraeg.cymru/hybu](http://comisiynyddygybraeg.cymru/hybu)

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[welshlanguagecommissioner  
.wales/hybu](http://welshlanguagecommissioner.wales/hybu)



[@HybuCymraeg](https://twitter.com/HybuCymraeg)

[chwaraeon.cymru](http://chwaraeon.cymru)

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[sport.wales](http://sport.wales)



[@sport\\_wales](https://twitter.com/sport_wales)



Oes gen ti syniadau da?  
**Rhanna nhw!**

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Have you got great ideas?  
**Share them!**

**#amdani**