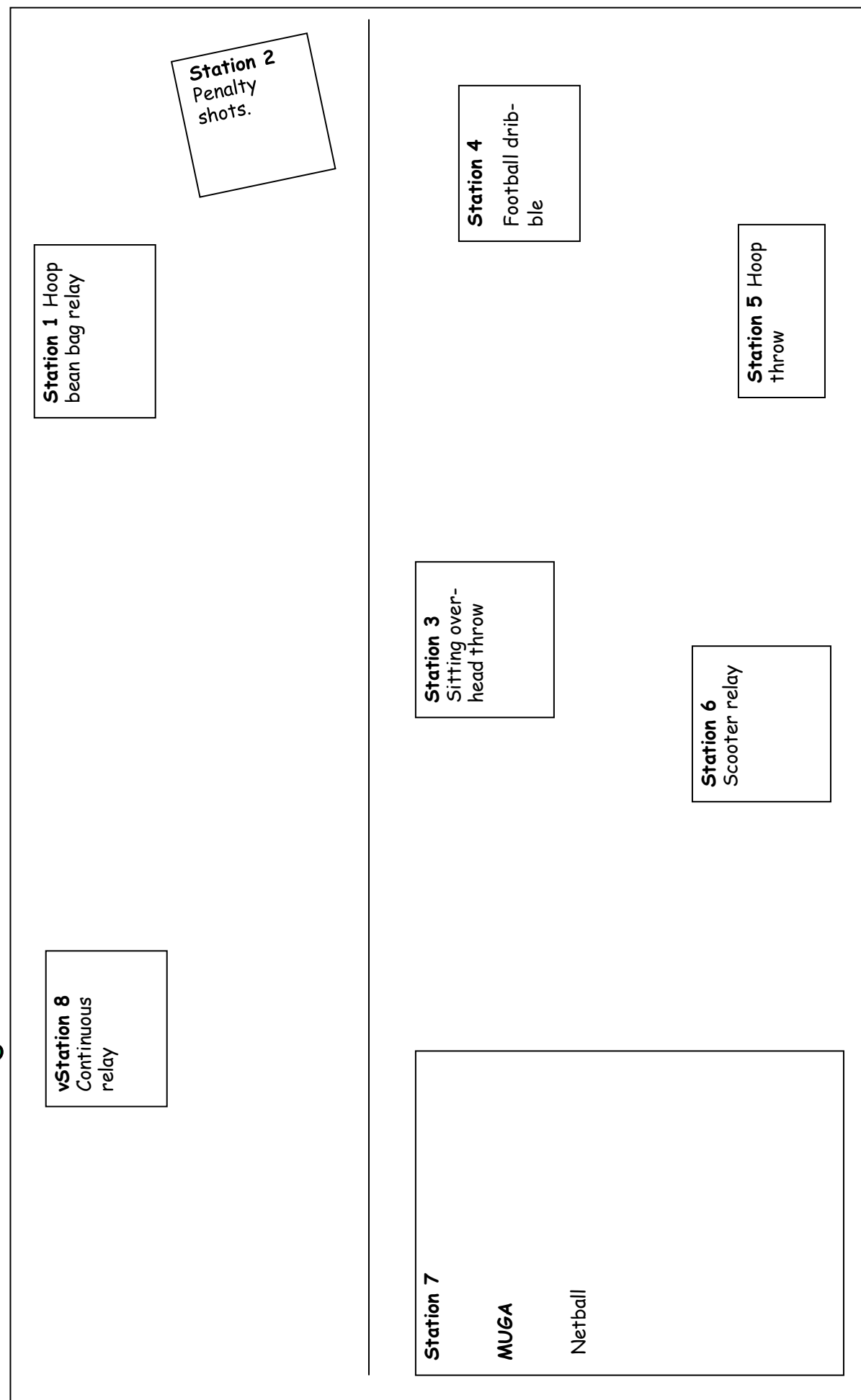


Layout of activities



Diwrnod Mabolgampau
Esgob Morgan

2022



Esgob Morgan

2022

Sports Day

Grwpiau - Groups

Clwyd	Asaph	Kentigern	Elwy
Captains Sam Elin	Captains Flo Ryan	Captains Ethan Kacy	Captains Alaina Lillie

Amserlen - Timetable

1.30—2.00	2.00—2.15	2.15—2.45	2.45—3.15
5 min per station X4	Ice lollies break for the children	5 min per station X4	Races & Presentation

Gorsafoedd - Stations

1 Hoop Bean Bag Relay

2 Penalty Shots

3 Sitting overhead throw

4 Football dribble

5 Hoop Throw

6 Scooter relay

7 Netball shots

8 Continuous Relay

