

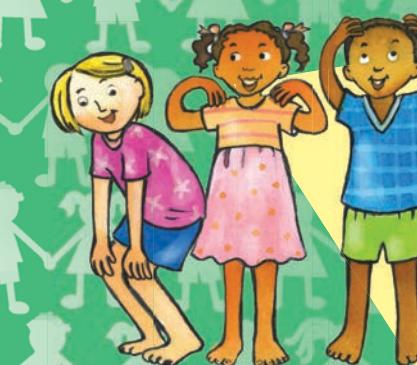
LIFE SKILLS IN SEPEDI
GRADE 1 – BOOK 1
TERMS 1 & 2
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9th Edition

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Mabokgoni a Bophelo ka SEPEDI

Puku ya I
kotara ya 1&2

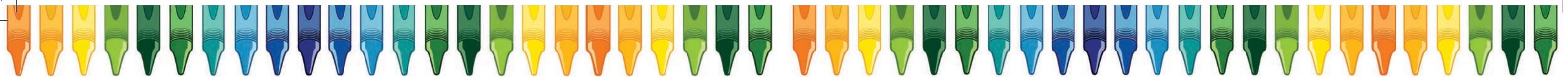


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Diteng

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Mdi Angie Motsekga,
Tona ya Thuto ya
Motheo



Mna Enver Surty,
Motlatša-Tona ya Thuto
ya Motheo

Dipukutšomo tše di tšweleditšwe go thuša bana ba Afrika Borwa ka tlase ga boetapele bja Tona ya Thuto ya Motheo, Mdi Angie Motsekga, le Motlatša-Tona wa Thuto ya Motheo, Mna Enver Surty.

Rainbow Workbooks di bopa karolo ya mohlwaela wa tsenogare woo maikemišetšo a wona e lego go kaonafatša mošomo wa barutwana ba Afrika Borwa bao ba lego mephatong ye tshela ya mathomo. Projekte ye, bjalo ka ge e le ye nngwe ya dinepokgolo tša Dithulaganyo tša go Diragatša tša Mmušo, e kgonne go diragala ka thekgo ya mašeleng a go tšwa, ka ntle le go kgokgona go Sešegotlotlo sa Bosetšhaba. Se se kgontšitše Kgoro go dira dipukutšomo tše, ka maleme ka moka a semmušo, ka ntle ga gore Kgoro e lefe.

Re hutša gore barutiši ba tla holega ka dipuku tše mošomong wa bona wa tšatši ka tšatši wa go ruta, le go kgonthiša gore barutwana ba kgora go fetša lenanethuto. Re hlokometše gore re hlahle barutiši ditirong ka moka ka go tsenya maswao a ditaetši ao a laetšago seo morutwana a swanetšego go se dira.

Re tloga re hutša gore bana ba tla ipshina ka go dira mešomo ye e lego ka mo dipukwaneng tše ge ba dutše ba gola, ba ithuta, le gore wena, morutiši, o tla ipshina le bona mo lethabong la go ithuta.

Re kganyogela lena, barutiši, le barutwana ba lena, katlego, ka tšhomiošo ya dipukutšomo tše.



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Mphato wa

1



Mabokgoni a Bophelo
SEPEDI
Puku ya I



Puku ye ke ya:



1

Ka ga Nna

Kotara ya / -Beke ya | -Lephephetshomo



A re direng

Mamaretša seswantšho sa
gago goba o thale seswantšho
sa gago mo.



Leina la ka ke



Sefane sa ka ke

Ke na le mengwaga ye

Balapa la gešo ke ba

ka palo.

Nomoro ya gešo ya mogala ke:

Atrese ya rena ke:



Ke tseba gore letšatši la
matswalo a ka le neng.

ee	ga ke na nnete	aowa
----	-------------------	------

2

Letšatšikgwedi:



A re thaleng



Tshego o kgonakgwele ya maoto kudu.

Thala selo seo o se kgonago kudu.



Anegela bagwera ba gago ka ga seo o kgonago
go se dira gabotse.

A re boleleng



Ke kgonago bala.



Ke kgonago ikape a.



Ke kgonago ngwala
leina la ka.



Ke kgonago bina.



Ke kgonago dira teye.



Ke kgonago hlapa meno a ka.



Mebala le Dibini

Kotara ya / -Beke ya | -Lephéphetshomo



A re direng

Na o tseba mebala ye? Botša
mogwera wa gago maina
a mebala ye.

Khalara seswantsho se sengwe le se
sengwe ka mmala wa maleba.



Panana ye serlwane	Apola ye khubedu	Jeresi ye talalerata
Samporele sa mebalabala	Mmala wa namune	Letlakala le letalamorogo



A re itšidolleng

Pele o dira mošongwana ka ntle, thoma ka go itšidulla bjalo ka
katse. Se se tla dira gore go be bobebé gore mmele wa gago o
šuthe. Gape, itšidolle ka morago ga mošongwana gore
o iketle gore mmele o fole. Se se tla go thuša gore o
se ke wa ba le dihlabi mo digobeng tša gago.
Bjale dira se bana ba ba se dirago.



Opela "Hlogo magetla" o dutše:

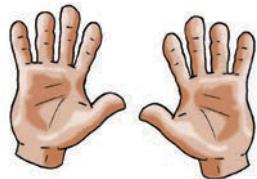
- dira se nkego o letša moropa.
- dira se nkego o bapala katara.





Lapologa

Phaphatha diatla go ya ka
dipatrone tše.



Phaphatha



A re direng

Na o ka kgona go dira dilo tše? Bontšha bagwera ba gago.

Ke kgona go kitimela mathokong a go
fapano ka ntle le go thula batho.



Ke kgona go tshela kgati.



Ke kgona go kgokološetša bolo ye kgolo go
mogwera wa ka.



3

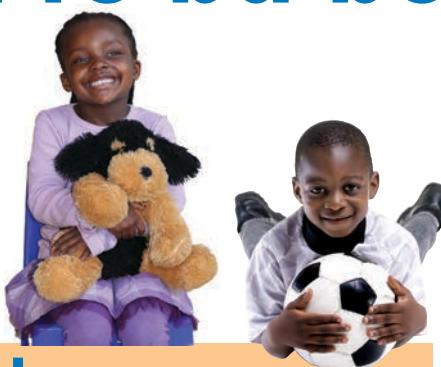
Ka moka re ba bohlokwa

Kotara ya I - Beke ya 2 - Lephetsomo



A re boleleng

Lebelela seswantšho gomme o
botše mogwera wa gago ka ga
phapano magareng ga bana ba.



Bogolo le bonnyane

Ba bangwe ba rena ke ba bagolo, ba bangwe ba
rena ke ba bannyane.

Ba bangwe ba rena ke ba bakopana ba bangwe
ke ba batelele.

Ba bangwe ba rena re kgonago go tshela, ba
bangwe ba rena re kgonago go opela.

Ka moka re kgonago go dira selo sengwe gabotse.

Na ke eng seo o kgonago go se dira gabotse?



A re thaleng

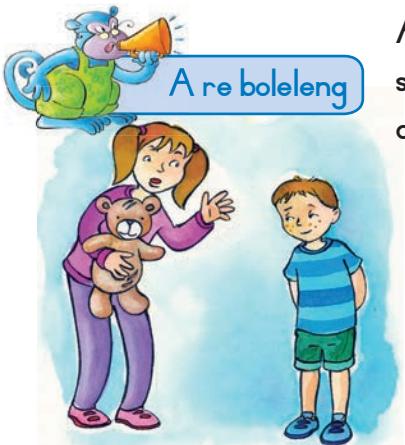
Anegela bagwera ba gago gore o ile wa ikwa bjang
ka letšatši la gago la mathomo kua sekolong.

ke thabile	ke nyamile	ke thakgetše	ke selekegile	ke na le dihlong



A re thaleng

Thala seswantšho sa go laetša gore o tla ikwa bjang ge motho a ka go fa mpopo
wo mofsa. Ngwala maikutlo a gago mo sekgaleng se sa mo tlase.



A re boleleng

Anegela mogwera wa gago gore go direga eng mo seswantshong se sengwe le se sengwe. Bolela gore o be o tla ikwa bjang ge nkabe dilo tše di diragala go wena.

Mošemane yo mogolo o tšeа dilo tša gago.

thabile	thakgetše	nyamile

Wena le mogwera wa gago le bapala mmogo.

befetšwe	thabile	boifa



O bulu mpho.

boifa	thakgetše	dihlong

Butiago goba sesiago o senya sebapadišwa sa gago se o se ratago.

dihlong	thabile	befetšwe



A re direng

Gatiša monwana wa gago ka lepokising la mathomo. Kgopela mogwera go gatiša monwana wa gagwe ka lepokising le le latelago.

Na o be o tseba gore ga go motho yo a nago le kgatišo ya menwana ye e swanago le ya gago lefase ka bophara? O kgethegile, ka ge go se na yo a swanago le **wena** lefase ka bophara. Le mafahla ga a na dikgatišomenwana tša go swana.

--	--

Na o kgonà go bona gore dikgatišomenwana di a fapanà?



Ga re swane

Kotara ya 1 – Beke ya 2 – Lephetsomo



A re boleleng

Lebelela bana ba.
Na ba swana bjang?
Na ba fapanana bjang?



A re direng

Lebelela seswantsho gomme o bolele gore dipego tše ke nnete goba
ke maaka.

Khalara lefoko la maleba ka talamorogo.

**Khalara lefoko le e sego la
maleba ka bohubedu.**



Ka moka ba na le matsogo a 2 le
maoto a 2.



Ka moka ke basetsana.

Ka moka ba apere dieta.



Ka moka ba apere marokgo.

Ka moka ke bana.



Ka moka ba na le meriri ye metelele.



A re thaleng

Thala seswantšho sa gago mo sekgobeng sa mathomo. Ke moka, o thale seswantšho sa mogwera wa gago yo bohlokwa. Ge o dirile se, lebelela seswantšho gomme o bolele gore o fapanabjang le mogwera wa gago.

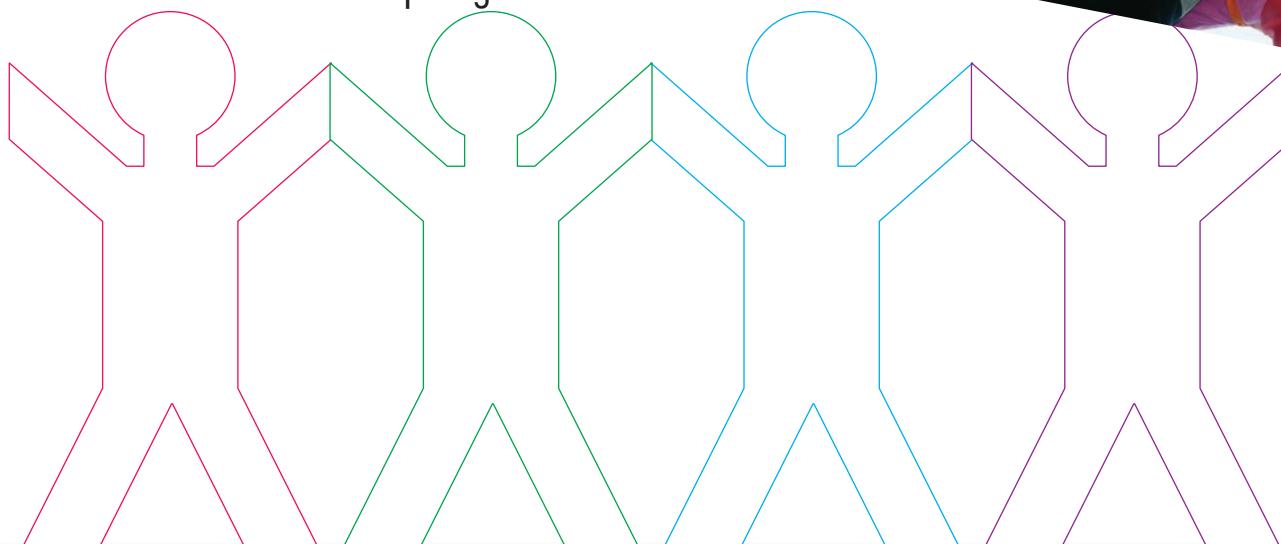


Nna	Mokgotse wa ka



A re direng

Khalara tšheine ye ya sekgotse go laetša gore batho ba a fapanabjalao ka di sega wa kgabiša ka tšheine ya sekgotse yeo e lego mo karolong ya disegwataša puku ye.



Opela koša

Dira dithobollo tše pele o opela.

Hemela ka gare ka maatla gomme ka morago o hemele ka ntle ka go iketla.

Dira eke o tima dikerese godimo ga khækhe ya matswalo.

Dira eke o kwa phëfo, gomme o re "Brrrrrrrrrrrrrrrrrr".



A re direng

Dikgabjana tše hlano

Dikgabjana tše hlano di tabogataboga mpeteng.

E tee ya wa ya thulantsha hlogo ya yona.

Mme a bitša ngaka, gomme ngaka ya re,

"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng!"

Dikgabjana tše nne di tabogataboga mpeteng.

E tee ya wa ya thulantsha hlogo ya yona.

Mme a bitša ngaka, gomme ngaka ya re,

"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng."

Dikgabjana tše tharo di tabogataboga mpeteng.

E tee ya wa ya thulantsha hlogo ya yona.

Mme a bitša ngaka, gomme ngaka ya re,

"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng."

Dikgabjana tše pedi di tabogataboga mpeteng.

E tee ya wa ya thulantsha hlogo ya yona.

Mme a bitša ngaka, gomme ngaka ya re,

"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng".

Kgabjana e tee e tabogataboga mpeteng.

Ya wa ya thulantsha hlogo ya yona.

Mme a bitša ngaka, gomme ngaka ya re,

"Ga ke sa nyaka dikgabjana di tabogataboga mpeteng."





A re thaleng

Thala sefahlego sa gago.
Laetša mahlo, ditsebe, nko, molomo le moriri.



A re itšhidolleng

Dira lefelwana la ditšhitiso
go swana le le, ka ntle ga
phapoši ya lena ka thušo
ya morutiši.

Fofa go tloga go setulo se
go ya go se se latelago.

Abula ka tlase ga ditafolo.



6

Ke ikgantšha ka sekolo sa rena

Kotara ya I – Bekē ya 4 – Lephethšomo



Thala seswantšho sa gago
o apere yunifomo ya sekolo.
Ngwala dikarabo tše
di tlogetšwego.

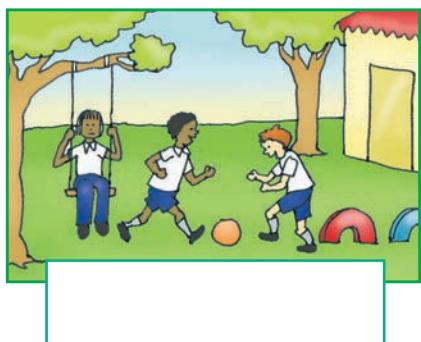
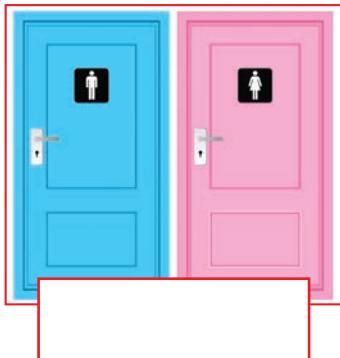
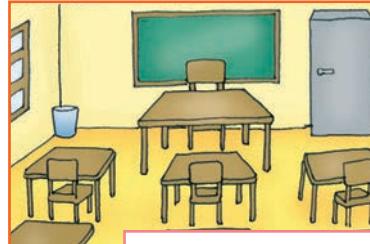
Ke tsena sekolong
sa _____.

Leina la morutiši wa ka ke
_____.

Hlogo ya sekolo ke
_____.



Lebelela diswantšho. Ka
morago sega lentšu la maleba
la go sepelelana le seswantšho
se sengwe le se sengwe
gomme o le mamaretše
kgauswi le seswantšho seo.



ngwako wa go
ithomela

phapoši

lepatlelo

ofisi

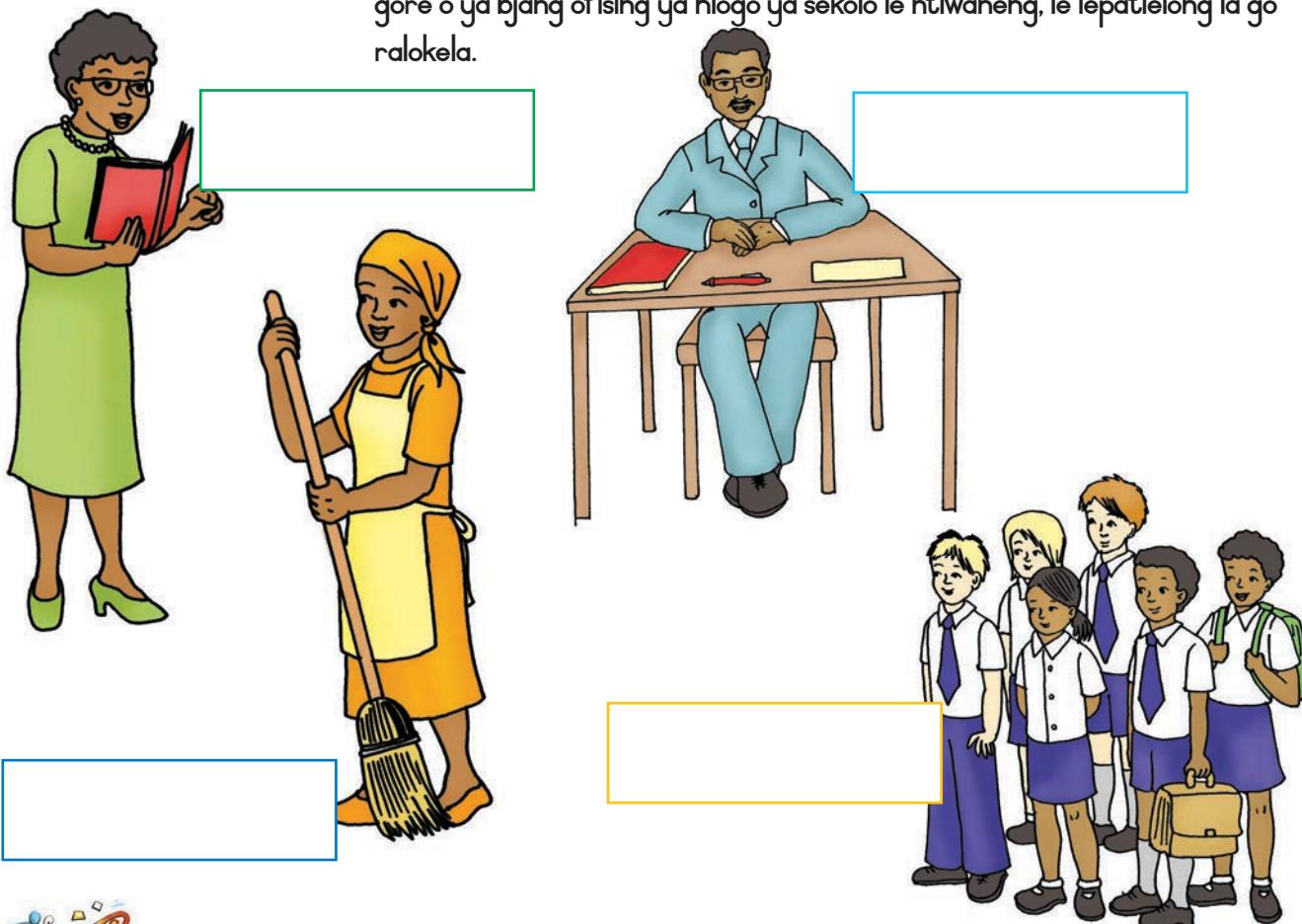
mongwaledi





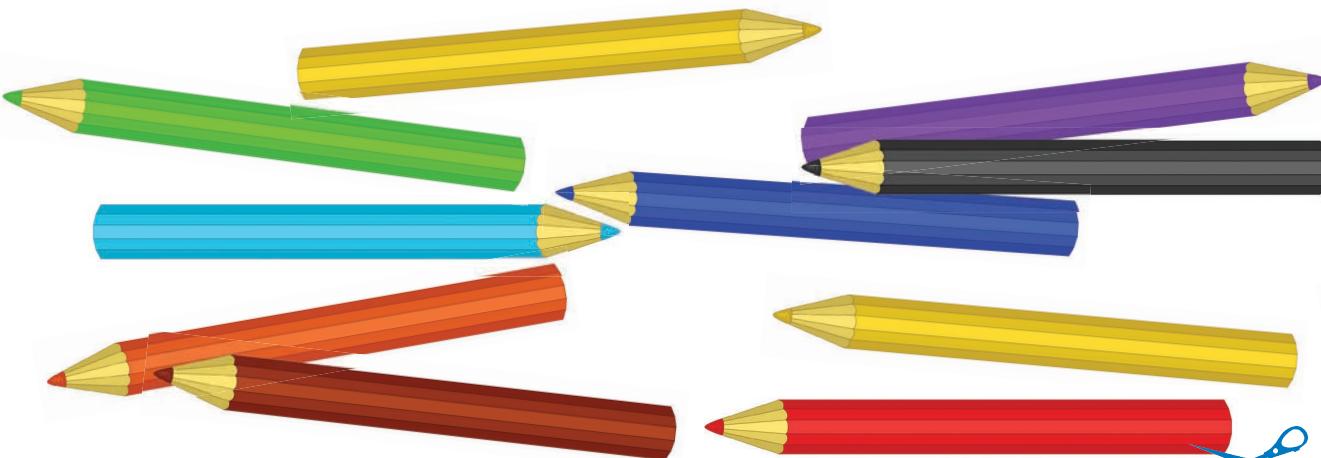
A re ngwaleng

Batho ba go fapana ba ba lego gona sekolong ke bomang? Lebelela seswantšho gomme o bolele ka ga gore ke bomang le gore ba dira eng. Ka morago sega lentšu la maleba go tšwa go botlase bja letlakala gomme o le mamaretše kgauswi le seswantšho sa maleba. Hlalošetša mokgotse wa gago gore o ya bjang ofising ya hlogo ya sekolo le ntlwaneng, le lepatlelong la go ralokela.



Lapologa

Lepokisi la dipene la Tšhego le wele. Bala gore o na le dikrayone tše kae gomme o ngwale nomoro yeo ka lepokising. Ka morago thala seswantšho mo pampiring ye nngwe o šomiša mebala ya go taga e le go bontšha ka mo wena le bagwera ba gago le ralokago mmogo. Thala freime go dikologa seswantšho sa gago.



bana

mohlwekiši

morutiši

hlogo



Teacher:

Sign:

Date:

Mafelo a go fapana

Kotara ya | – Beke ya 4 – Lephethetshomo



A re direng

Laetša mogwera wa gago gore o ka
kgona go.



Ke iphihlile ka
tlase ga tafola.

Iphihla ka tlase ga selo
se sengwe.



Iphihla ka morago ga
selo se sengwe.



Ema kgauswi le selo se sengwe.



Ema godimo ga selo se sengwe.



A re itshidolleng

Šomiša kgwele goba setulwana sa nkgokolo. Se beletše godimo gomme
o se kabe. Bjale tokaetša/thekanetša mokotlana wa dinawa hlogong
gomme o sepele hleng le thapo ye e bofilwego goba mo mothalong wo o
lego mo lebatong.

Ke kgona go betša.				
Ke kgona go kaba.				
Ke kgona go thekanetša setulwana godimo ga hlogo.				

Letšatšikgwedi:



A re itšidolleng

Iša maoto godimo le fase ka
dipatrone tše.

N = Nngele



M = Mmagoja



N

M

N

M

N

M

N

M

M

N

M

N

M

NN

M

NN

N

NN

M

Teacher:
Sign:
Date:

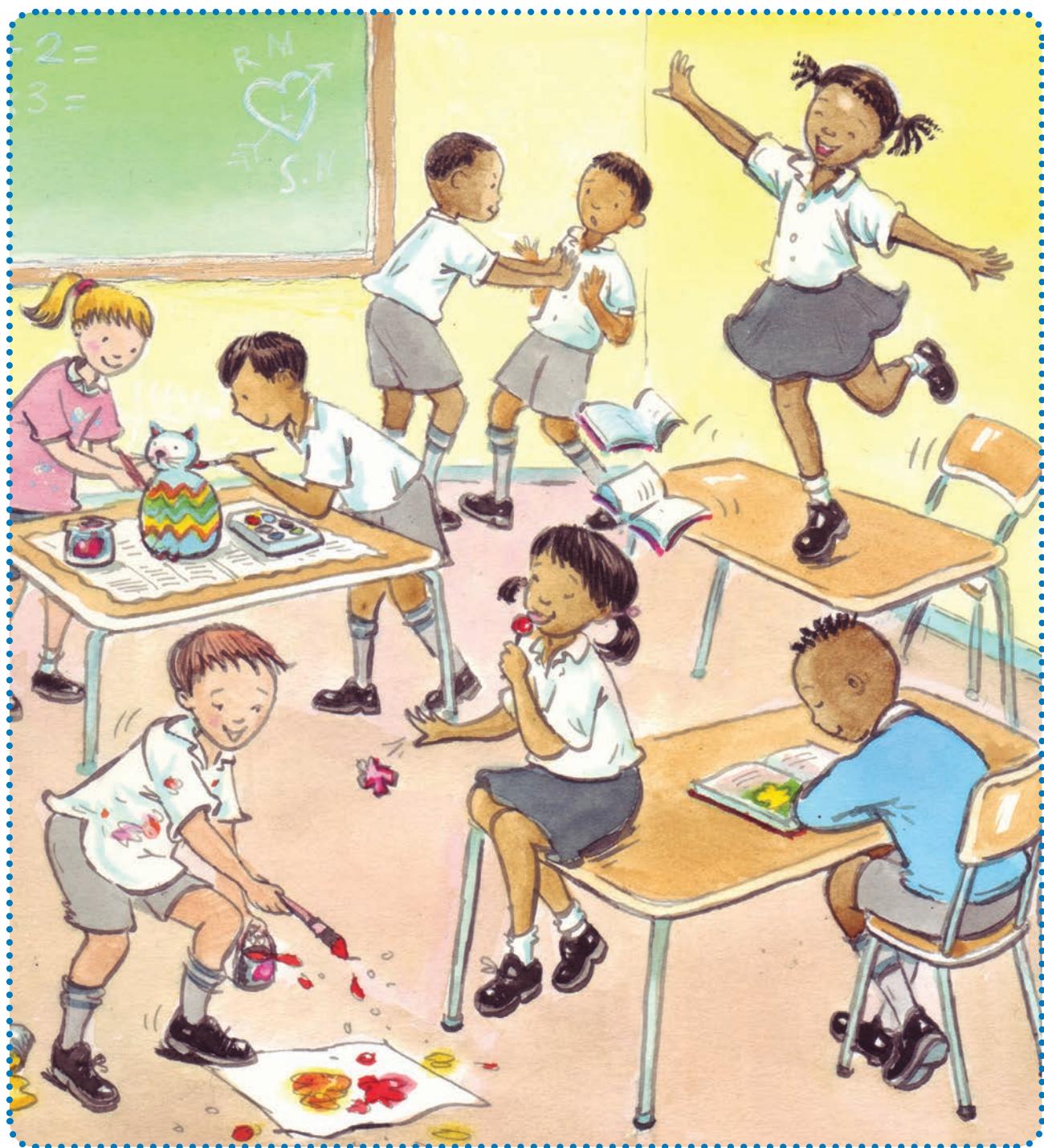
Phapoši ya ka



A re boleleng

Lebelela seswantšho se ka kelohloko gomme o bolele ka seo o se bonago.

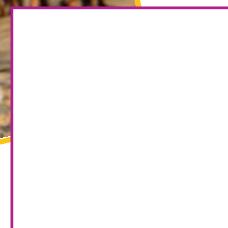
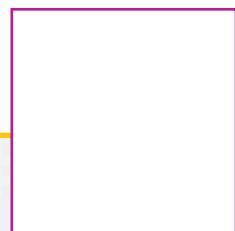
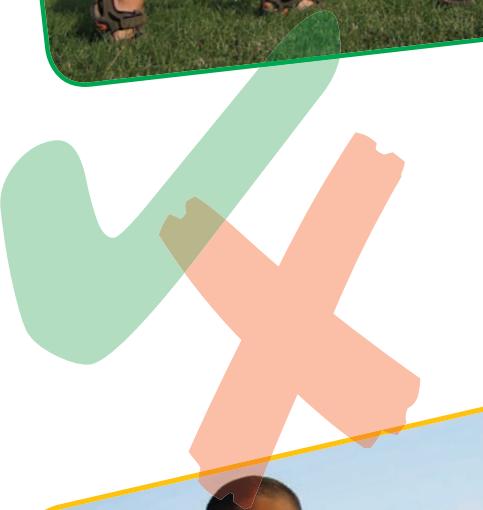
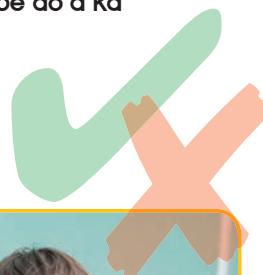
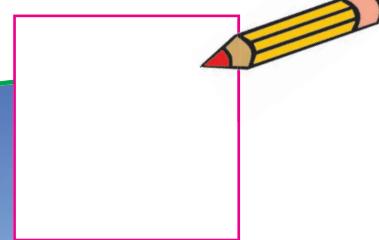
Ke maitshwaro afe a mabotse ao o a bonago? Ke maitshwaro afe a mabe ao o a bonago?





A re boleleng

Thala leswao le ✓ kgauswi le maitshwaro ka moka a mabotse, gomme
o thale leswao le ✗ kgauswi le maitshwaro ka moka a mabe ao a ka
diragalago sekolong.



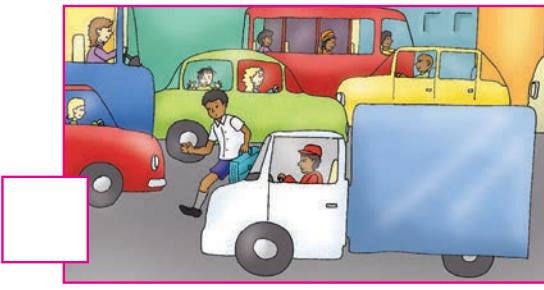
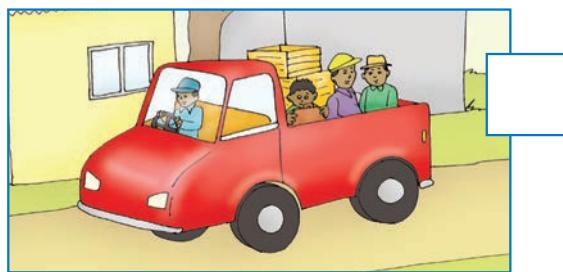
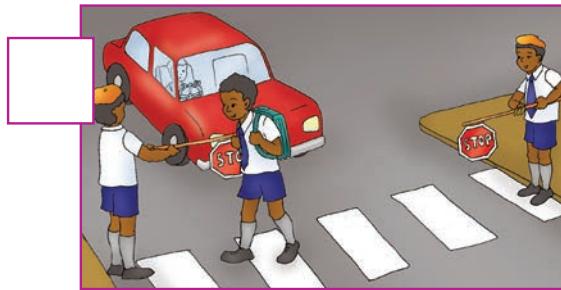
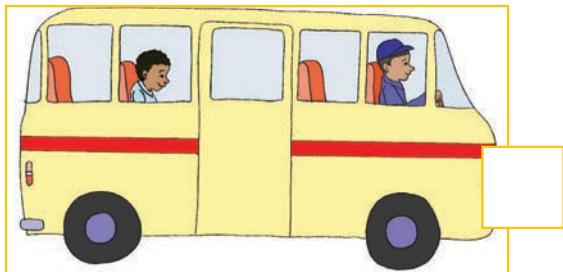
Mokgwa wo re yago sekolong ka wona

Kotara ya I – Beke ya 5 – Lephphetshomo



A re boleleng

Na o ya bjang sekolong letšatši le lengwe le le lengwe? Na o bolokegile?
Na o tseba mekgwa ye mengwe ya go ya sekolong yeo e sa bolokegago?
Bolela le mogwera wa gago gore bana ba ba ya sekolong bjang. Swaya
mekgwa yeo e bolokegilego ya go ya sekolong ka ✓. Swaya ✗ go mekgwa
yeo e sa bolokegago.



O ya sekolong bjang mesong?



A re direng

Bjale botšisa bagwera ba 5 gore ba tla sekolong ka eng letšatši le lengwe le le lengwe. A swaya mo papetleng ye.

ka maoto



ka pese



ka sefatanaga



Leina la mokgotse



1	2	3	4	5

A re itšidolleng

Ke kgon a go kitima ka manyokenyoke.

Ee

Aowa

Ke kgon a go kitima le go fetola ditaetšo ge morutiši a re ke dire bjalo.

Letšatšikgwedi:



A re direng

Thala seswantšho sa go laetša gore o tla bjang sekolong.



A re itšidolleng

Theeletša mmino wo morutiši a tlago go le bapalela wona.

Sepediša mmele wa gago ka go latela morethetho wa mmino.

Koba mangwele gomme o otlolle maoto a gago.

Iša magetla godimo le tlase.

Dikološa manakaila a gago go ya go la nngele le go ya go la mmagoja.



A re itšidolleng

Wena le mogwera wa gago le swanetše go betša kgwele gomme le e kabe. Šomiša letsogo la gago la go fokola go beletša kgwele morago.

Na ke kgonne go betša kgwele ka letsogo la ka la go fokola?



A re itšidolleng

Sepediša mogwera wa gago bjalo ka kiribane.



Ke itshwara ke hlwekile

Kotara ya / -Beke ya b - Lephəphetšhomo



A re boleleng

Go bohlokwa go ithuta mekgwa ye mebotse o sa le yo monnyane.
Go latela dilo tše o ka di dirago gore o phele gabotse o hlwekile.
Bolela ka seswantšho se sengwe le se sengwe.



hlapa meno.



hlapa diatla ge ke etšwa ntlwaneng.



hlapa mmele ka mehla.



šomiša ntlwana.

**Ke swanetše
go**



hlatswa seenywa pele
ke seja.



šomiša thišu ge ke ethimola
le ge ke ntšha mamila.



A re ngwaleng

Na ke dilo dife tša tše di latelago tše o swanetšego go ba le tšona gore o dule o hlwekile? Khalara dinaledi go laetša dilo tše o di dirišago gore o dule o hlwekile. Gape, bolela gore o diriša bjang dilo tše o dule o hlwekile.



Swaya go bontšha ge e ka ba o ka kgonatše di latelago:	ee	aowa
Ke kgonatše go namela llere mo tšankeletšimi.		
Nka kgonatše go itshwareletša mo ke kgomaretšego ka matsogo gore ke šuthele pele.		
Nka kgonatše go abula mo boitšhidollelong bja sethoggweng (tšankeletšimi).		



Maitshwaro a mabotse

Kotara ya | - Beke ya b - Lephphetshomo



A re baleng

Mekgwa ya go šomiša
ntlwana ka mokgwa
wa maleba.

Gopola



Ge o ka kgamathetša ntlwana,
gopola go e hlwekiša pele o etšwa.



Gopola go goga pele o etšwa.



Tswalela lebati la ntlwana ge
o e šomiša.



O se ke wa šomiša pampiri ya
thoelete ka bontši.



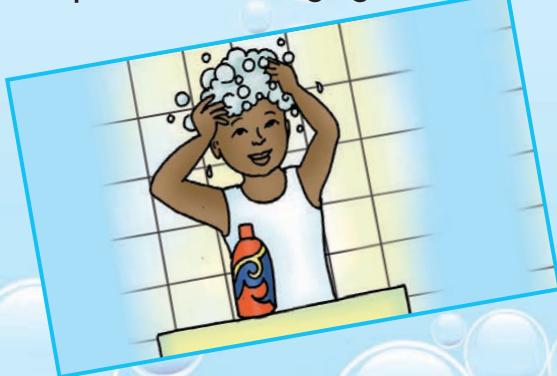
O swanetše go hlapa diatla ge
o etšwa ka ntlwaneng.



A re ngwaleng

Dira sediko go mantšu ao a re botšago gore re swanetše go dira
dilo tše di latelago gakae.

Go hlapa moriri wa gago.



letšatši le lengwe le le
lengwe

mo mesong le
mantšiboa

gabedi ka beke

gatee ka beke

Go hlapa meno.



letšatši le lengwe le le
lengwe

mo mesong le
mantšiboa

gabedi ka beke

gatee ka beke

Go hlapa mmele.



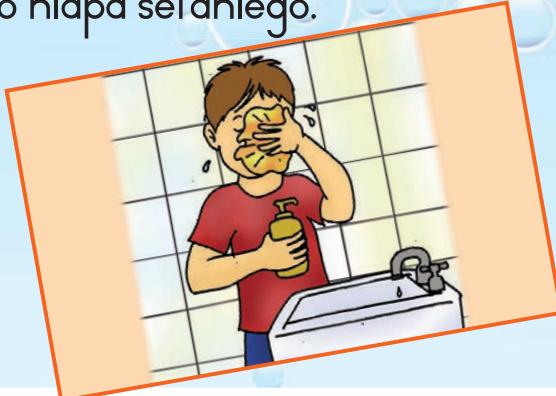
letšatši le lengwe le le
lengwe

mo mesong le
mantšiboa

gabedi ka beke

gatee ka beke

Go hlapa sefahlego.



letšatši le lengwe le le
lengwe

mo mesong le
mantšiboa

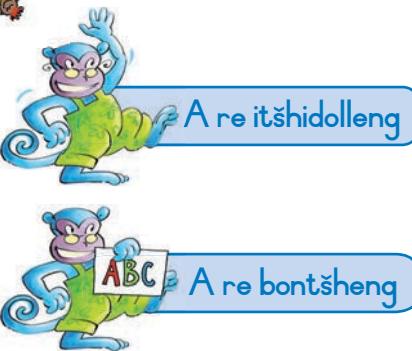
gabedi ka beke

gatee ka beke



Ke hlwekile

Kotara ya I - Beke ya b - Lephphetshomo

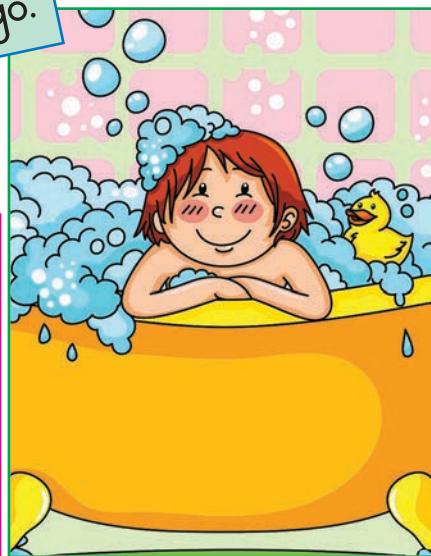


A re itšidolleng

Bapala "Simone o re" le morutiši wa gago.
Nyaka sekgoba sa gago gomme o sepele ka ntle le go thulana le bangwe.
Simone o re "swara hlogo ya gago".



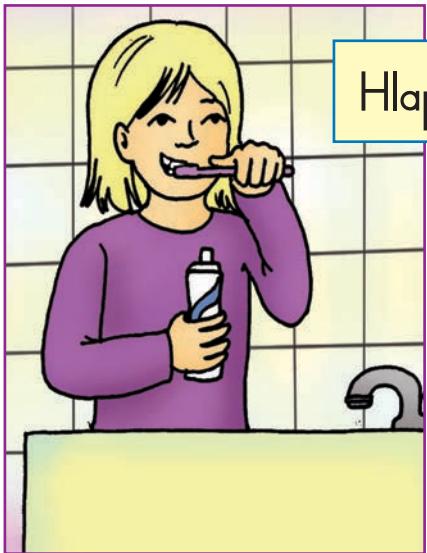
Kama meriri ya gago.



Laetša mogwera wa gago gore o ...



Phumola diatla tša gago.



Hlapa meno a gago.

Hlapa sefahlego sa gago.





A re itšidolleng

Diragatša seretwana se.

**Ke phaphatha diatla
Ke kibakiba ka maoto
Ke dumela ka hlogo
Ke dikološa matsogo
Ka sepediša ka menwana
Ka kgwatha nko.**



Teacher:
Sign:
Date:

Ditlwaeedi tše botse tša bophelo

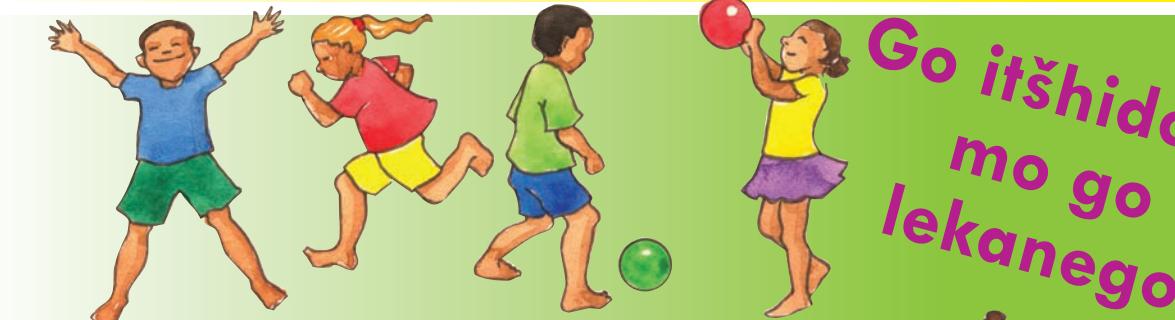
Kotara ya / -Beke ya 7 - Lephphetshomo



A re baleng

Re swanetše go dira eng gore re dule re phetše gabotse.

**Dijo tša
phepobotse**



**Go itšhidolla
mo go
lekanego**

**Go
itshwara
re hlwekile**



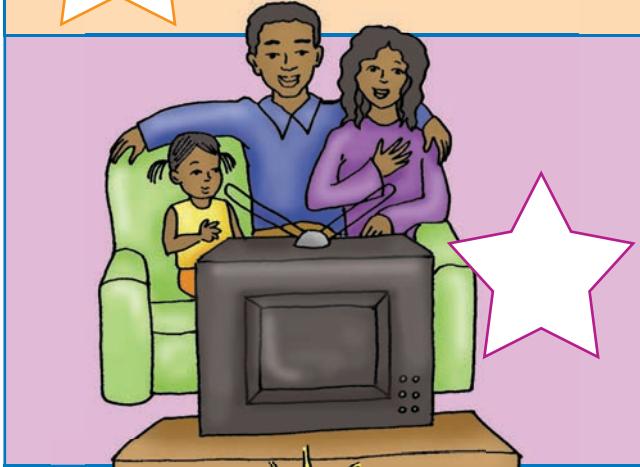
**Go ba mo go
lego moyo wo
mobosana**

**Boroko bij bo
lekanego, gape
o se dulele
thelebišene!**





Leswao le (✓) ke la moputso wa ditlwae di tša bophelo bjo bobotse
gomme leswao (✗) ke la ditlwae di tša bophelo bjo bo sego botse.



Teacher:
Sign:
Date:

14

Go hlweka le bothakga

Kotara ya I - Beke ya 7 - Lephethetshomo



A re direng

Laetša gore o šomiša bjang dilo
tše di latelago.



poraše ya meno



sesepe sa meno



sesepe



setlolo sa diatla



sesepe sa moriri



kamo



poraše



poraše ya manala



seripamanala



A re itšidolleng

Swaranang ka matsogo le dire lešaka le legolo.

Bjale phasang kgwele moo lešakeng.

Gomme, lokela ye nngwe kgwele, o e phase.

Bjale, lokela ye nngwe kgwele gomme o leke go phasetša pele
dikgwele tše tharo.



A re boleleng

Na ke eng sa ditšhila ka mo phapošing ye?

Na o swanetše go dira eng go hlwekiša phapoši ye?

Bana ba dira eng? Na ba swanetše go dira eng?



Teacher:
Sign:
Date:

15

Boso bjo ke bo ratago

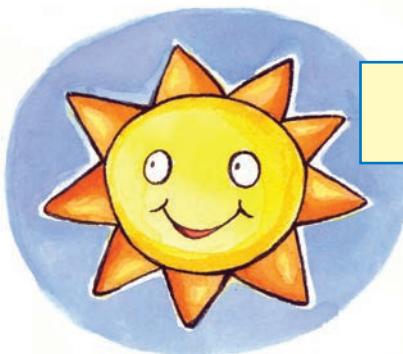
Kotara ya 2 – Beke ya 8 – Lephetsomo



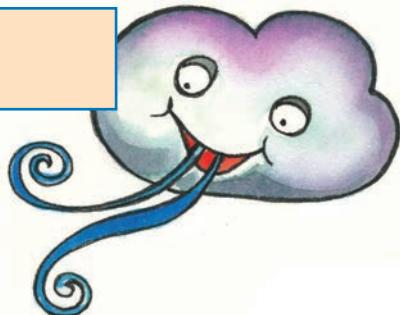
A re boleleng

Lebelela mehuta ye e fapanego ya boso gomme o botše mogwera wa gago gore ke boso bofe bjo o bo ratago go feta.

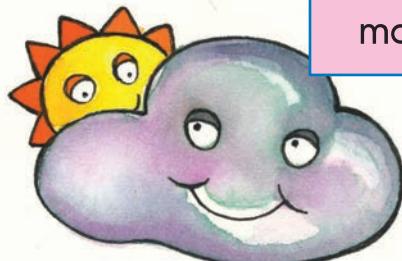
phefo



letšatši



pula



maru le go tonya



Mafelong a mangwe a naga, ka nako
go tonya kudu moo go bilego go
ewa lehlwa. Ka nako boso e ba bja madimo.
Diphefo tše maatla kudu di bitšwa madimo.



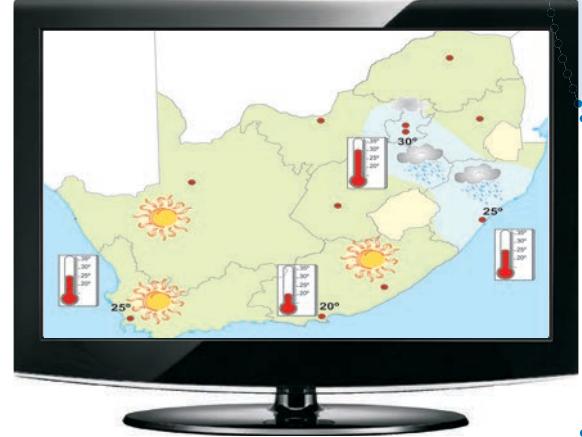
A re direng

Thala seswantšho sa gago o le mo puleng goba mo lehlweng.
Thala seswantšho sa gago o le mo papet leng ya pampiri ye kgolo o šomiša dikrayone tša makhura.
Hlakanya sekhala ka dijо ka meetse le pente mo godimo ga lephephe ka moka.
Tšhela pente ye tšhweu mo seswantšhong gore go bonagale eke ke pula goba lehlwa.

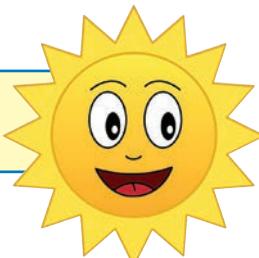


A re baleng

Re šomiša papetla ya tša boso go bontšha gore boso ke bjo bobjang. Re šomiša dika go bontšha mehuta ye e fapanego ya boso. Tše dingwe tša dika tšeо šedi.



letšatši



pula



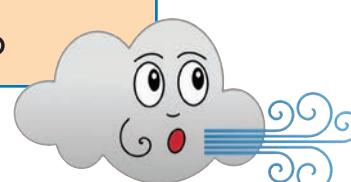
maru



lehlwa



phefo



A re boleleng

Botša mogwera wa gago gore o apara diaparo tše bjang mo go mohuta wo mongwe le wo mongwe wa boso.



A re direng

Thala dika tša boso gore o feleletše papetla ya boso ya beke.

Mošupologo

Labobedi

Laboraro

Labone

Labohlano



A re ngwaleng

Na boso bo be bo le bjang beke ye?
Ngwala mantšu ao a tlogetšwego.

Lehono go a _____.

Maabane go be go _____.

Ke holofela gore gosasa go tla _____.



Boso

A re direng

Ekiša maemo ao a fapanego a boso.



Phuolla matsogo a gago ka godimo ga hlogo ya gago gomme o itire se ekego ke wena lero le legolo.



O swere samporele sa go go šireletša gore o se fišwe ke letšatši.



Tekuma bjalo ka mohlare wo o fokwago ke phefo.



Swara samporele sa gago o se tiiše gore se se tšewe ke phefo ye maatla.



Letšatšikgwedī:

Phaphaphapha bjalo ka marothodi a pula a rothela godimo ga tlhaka.

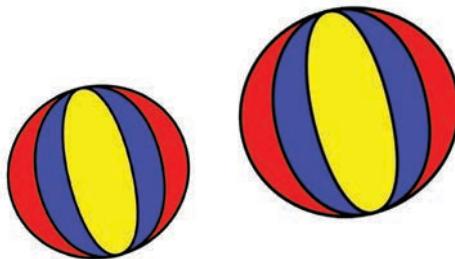




A re itšidolleng

Swaranang ka matsogo le dire lešaka le legolo.

Beletšanang dibolo gomme le di kabe.

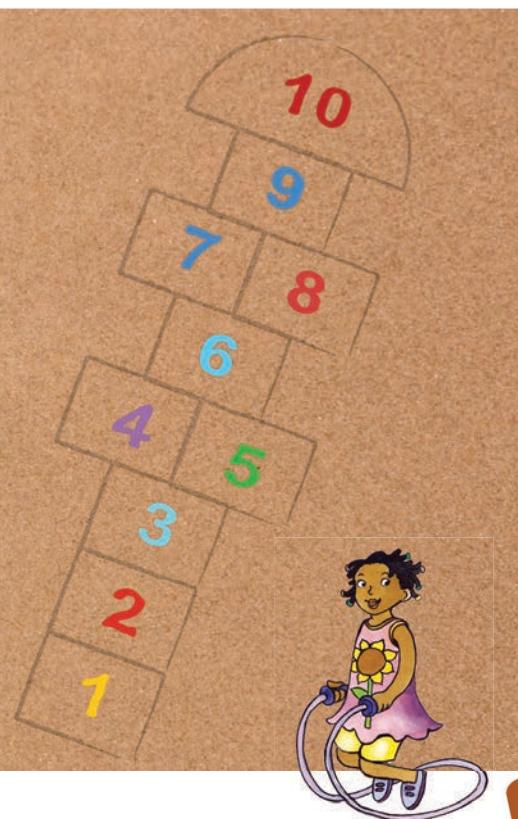


Naganang ka mekgwa ye e fapanego
 ya go sepela godimo ga lepheko
 goba godimo ga mothalo wa thapo.
 Bona ge eba o ka gopola ka mokgwa
 wo o fapanago wa go šutela go
 baithutammogo ba gago.



Lapologa

Raloka papadi ya
 tsheretshere. Thala
 dipoloko le didiko mo
 santeng goba mo mobung.



A re itšidolleng

- Laetša mogwera wa gago gore o kgon a go tshela kgati bjang.
- Morutiši wa lena o tla le laetša gore dipapadi tša setšo di ralokwa bjang.



Balapa la gešo



A re boleleng

Na o be o tseba gore ba meloko ka moka ga ba swane?

Malapa a mangwe ke a palo ye kgolo, a mangwe ke a palo ye nnyane. A mangwe a na le bomme le botate, a mangwe ga a nabo. Malapa a mangwe a dula le bomakgoloabona le borakgoloabona, bomalome, borakgadi le bomotswala.

Lebelela diswantšho tše gomme o botše bagwera ba gago ka fao malapa a sa swanego. Šomiša mantšu ao a lego ka mo lepokising.

mme

tate

sesi

rakgolo

buti

lesea

makgolo

balapa





A re ngwaleng

Na o dula le bomang ka gae?



Na o dula le bomang ka gae?

Ka geso re ba ba _____ ka palo.

Yo monnyane go bohole ka geno ke mang? _____.

Yo mogolo go bohole ke mang? _____.



A re boleleng

Ka moka re na le mešongwana ye re e dirago magaeng a rena. Lebelela diswantšho tše gomme o bolele maina a batho bao ba dirago mešomo ya gae ka geno.



Ngwala lefoko le le bolelago ka ga mošomo wo o o dirilego maabane.



Balapa la gešo

Kotara ya 2 – Bekē ya I – Lephēphetshomo



Lapologa

Thala seswantšho seo se laetšago seo le se dirago mmogo. Bolela gore motho
yoo ke mang. Šomiša mantšu a, gore a go thuše.

mme

tate

sesi

rakgolo

buti

lesea

makgolo

balapa



Balapa la gešo

Letšatšikgwedi:



Re a hlokomelana



A re baleng

Maloko a lapa a swanetše go ratana gomme a hlokomelana. Re bontšha gore re a ratana ka go atlana, gape le go thušana, le go hlomphana. Re swanetše go ...

- thušana.
- bontšhana tlhompho
(gagolo go batho ba bagolo).

- dira mošomo wa
rena ka nako.
- ba le maikarabelo.



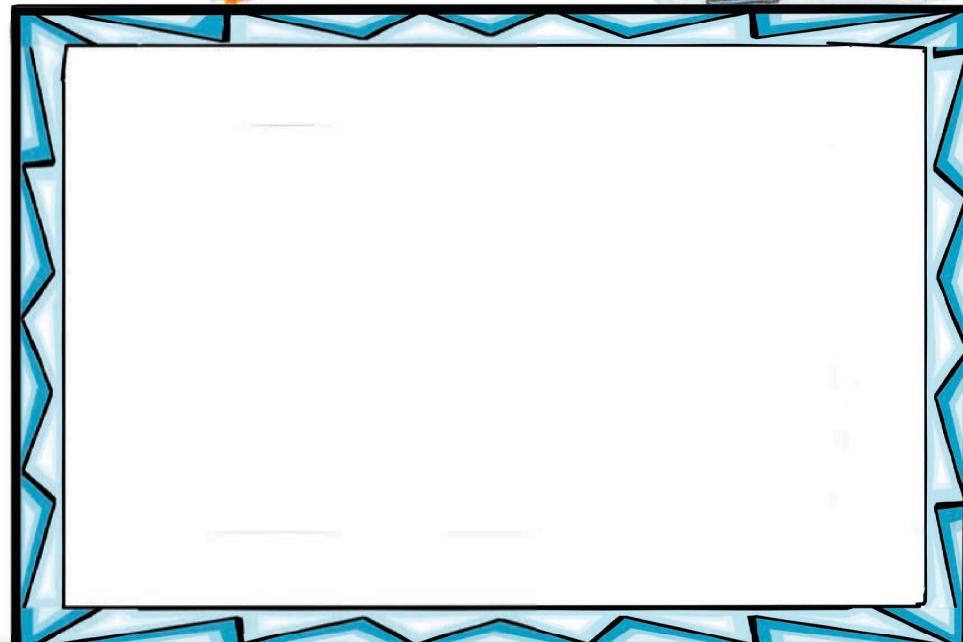
A re boleleng

Lebelela diswantšho tše gomme o bolele gore bana ba laetša bjang ba malapa a bona gore ba a ba rata. Ka morago ekiša seo se diragalago mo seswantšhong se sengwe le se sengwe.



A re direng

Thala seswantšho sa
gore o dira eng go
laetša balapa leno
gore o a ba rata.
Botša mogwera wa
gago gore o
thadile eng.





20 Go laetša gore o tshwenyega ka se se diregago

Kotara ya 2 – Beke ya 2 – Lephethšomo



A re boleleng

Bolela ka ga ka fao maloko a lapa a thušanago. Nomora diswantšho go tloga go l go ya go 4, go laetša tatelano ya maleba.



A re baleng

Mešomo ya rena ya mantšiboa.

Mme o apea dijo.

Tate o hlatswa dipitša.

Nna le sesi/buti re thuša

Mme le Tate.

Re thuša kudu.

Re bea maswi le borotho moo di dulago.

Ka morago re itokišetša go ya go robala.

Hle, re botše nonwane pele re robala!





A re direng

Direla motho yo a go hlokomeLAGO karata. Thala seswantšho gomme o ngwale leina la motho yoo.



A re direng

Na o ka kgonA go dira tše di latelago?

	fetiša bolo ka go e pampišetša go molekane wa gago.	Ee	Aowa
	ka fetiša bolo ka go e tshediša matsogo ya fetela go molekane wa gago.	Ee	Aowa
	ka pampiša bolo go tloga matolong a gago.	Ee	Aowa
	ka bethela bolo khounung.	Ee	Aowa
	ka tilatilela bolo makgathe ga dithibedi.	Ee	Aowa
	ka ragela bolo selong, wa se itia.	Ee	Aowa





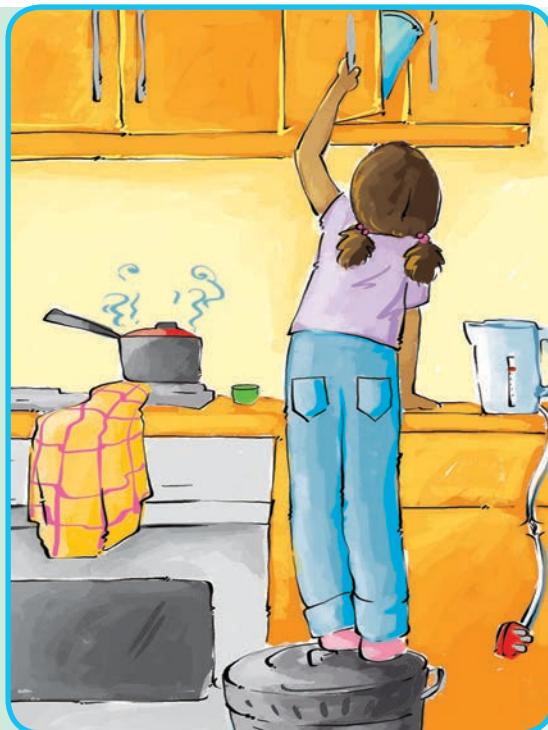
Polokego ka gae le tikologo ya gona (1)

Re swanetše go dula re ikwa re bolokegile ge re le gae. Eupša go na le dikotsi ka gare, gape le tikologong ya malapeng a rena. Lebelela seswantšho gomme o bolele le mogwera wa gago ka ga tše dingwe tša dikotsi.

A re boleleng

Ka khitšhing

- Sokološetša mekgoko ya dipitša le dipane di lebelele bomorago bja setofo.
- O se tlogele dithipa tše bogale molaleng.
- Notlelela parafeni le dihlare mo lefelong le le bolokegilego.
- O se tlogele dibapadišwa di nyabaletše mo gohle.



Ka bohlapelong

- O se šomiše dilo tše di nyakago mohlagase kgauswi le meetse.
- Boloka dikero le dilo tše dingwe tše bogale ka khabotong.
- O se ke wa adimana le motho poraše ya gago ya go hlapa meno.



Madimo, legadima le mohlagase

- O se ke wa ema ka tlase ga mohlare ge go na le ledimo.
- O se ke wa tsenya selo ka gare ga mašobana a sekopanyadithapo sa mo lebotong. Kgopela motho yo mogolo gore a go thuše.

Ka ntle ga legae

- Topa dilo tše di kago go go gobatša, bjalo ka digalase tše di pšhatlegilego, gomme, o di lokele ka gare ga setšhelamatlakala.
- O se ke wa bapala kgauswi le letangwana, ka ntle ga ge go na le motho yo mogolo kgauswi le wena.



Ka ngwakong



- O se ke wa tlogela dibapadišwa le dilo tše dingwe di nyabaletše.
- O se ke wa bapala ka pharfene goba dilo tša go hlwekiša tša go ba le mpholo.
- Ge o bona gore thapo ye e yago aeneng goba ketleleng e hlarologile, kgopela Mme goba Tate gore a e lokiše.



Polokego ka gae le tikologo ya gona (2)

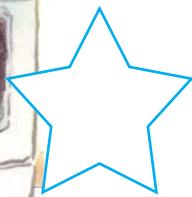
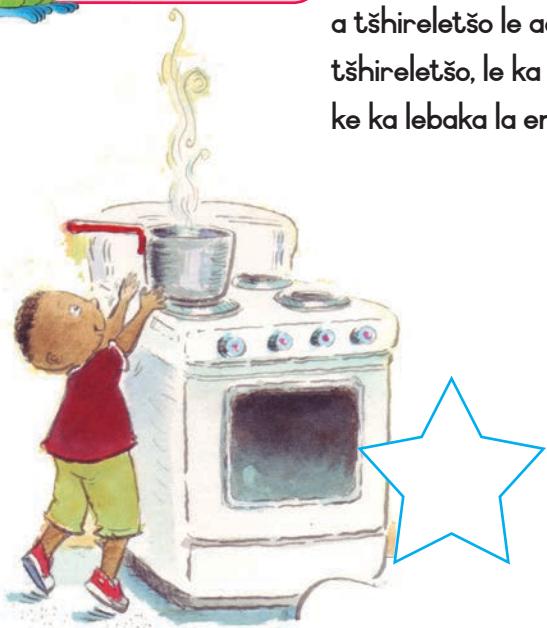
Kotara ya 2 – Bekē ya I – Lephphetshomo



A re boleleng

Go dula o bolokegile

Lebelela diswantšho gomme o bolele gore ke dife tšeо di laetšago maemo a tshireletšo le ao a sego bjalo. Swaya ka ✓ go ao a laetšago maemo a tshireletšo, le ka ✗ go ao a sa laetšego maemo a tshireletšo. Bolela gore ke ka lebaka la eng o re go bolokegile goba ga go a bolokega.



Letšatšikgwei:





A re boleleng



Na go na le dilo tše di sa bolokegago ka geno? Na o ka dira eng ka taba yeo? Mpholo, dihlare le dilo tše go hlwekiša di kotsi kudu. O se ke wa ba wa nwa selo se o se nago le nnete ya gore ke eng.



Seka se se laetša gore go na le selo se sengwe seo se nago le mpholo ka mo lebotlelong, ka lepokising goba ka tshitswaneng. Na o šetše o kile wa bona seka sa mohuta wo?



A re direng

Morutisi wa gago o tlile go go bapalela mmino wo o itšego.

- Eya kua le kua, o latela morethetho wa koša yeo.
- Kgethang moetapele. Moetapele o swanetše go bina, a eya le morethetho wa koša. Ba bangwe ka moka ba swanetše go ekiša moetapele.
- Ema ka leoto le tee.
- Bjale, ema ka leoto le lengwe.
- Ke lefe leoto leo le nago le maatla?
- Otlolla thapo ye telele lebatong goba thala mothalo lebatong.
- Sepela go hlehla le thapo goba mothalo, gomme o hlokomele gore o se ke wa wa.



Polokego ge ke le noši ka gae



A re boleleng

O ithutile ka ga dilo tšeо
di ka go gobatšago ka mo
gae. Na o ka dira bjang
gore o bolokege ge o na o
nnoši ka gae?

Ge o le gae o le noši,
o ka dira dilo tše gore
o šireletšege.



O se ke wa bulela batho
ba o sa ba tsebego.



Notlela mabati ka moka
ao a tšwelago ka ntle.

- Kgonthiša gore o tseba dinomoro tša mogala tša batswadi ba gago le tša baagišani.
- Kgonthiša gore o tseba dinomoro tša tšhoganyetšo tše o ka di šomišago ge go senyegile.



A re ngwaleng

Itirele lenaneo la dinomoro tše bohlokwa.

 <p>Maphodisa:</p> <hr/>	 <p>Ambulanse:</p> <hr/>
 <p>Borasetimamollo:</p> <hr/>	 <p>Selefounu ya mma:</p> <hr/>
 <p>Selefounu ya tate:</p> <hr/>	

Na o leletša mang gape ge o nyaka thušo?



24

Se sengwe gape seo o swanetšego go se gopola

Kotara ya 2 - Bekē ya I - Lephēphetšhomo

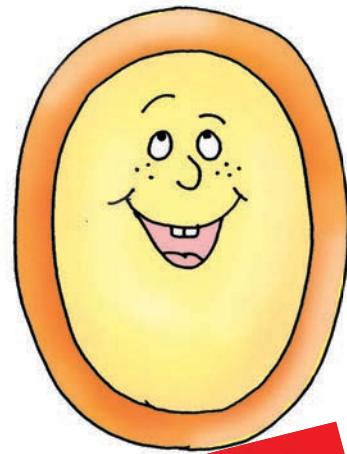


A re boleleng

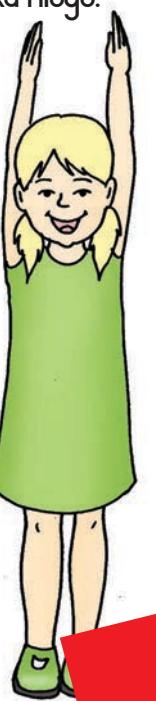
Mokgwa wo bonolo wa go gopola dinomoro tša maphodisa šo. Lebelela seswantšho gomme o botše mogwera wa gago ka fao diswantšho di go thušago go gopola dinomoro tše. 1011 ke nomoro ya maphodisa. E bolele gammalwa go fihla ge o e tseba ka hlogo.



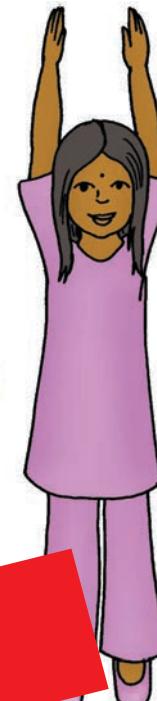
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111



A re itšhudulleng

Laetša ka fao o tlago go dira ge o be o le ngwana mo go se sengwe le se sengwe sa diswantšho tše:



O be o tla dira eng
ge o lelekišwa ke motho
yo o sa mo tsebego?

O be o tla dira eng ge
o thuša mmago go paka
khekhe?

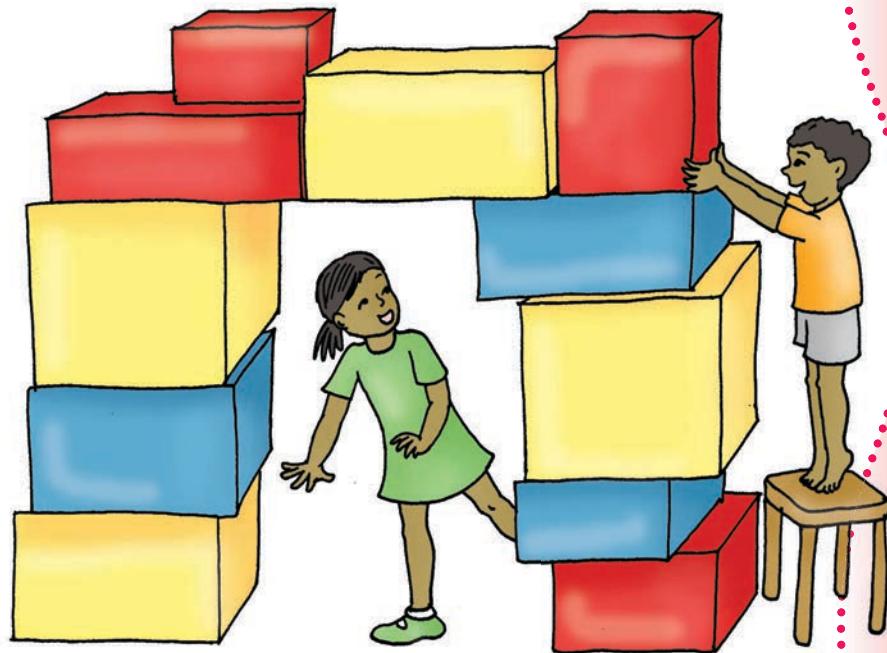
O be o tla tlaga bjang ge o
eme godimo ga digalase tše
di pšhatlegilego?



A re direng

Leka go bona gore a o ka ikagela ntlo.

- Nyaka dikhatapokisi tša kgale gomme o age maboto le tlhaka.
- O ka kgomaretša mapokisi mmogo. Ge ntlo e fedile o ka e penta.
- Ge o sa hwetše khatapokisi, bona gore o ka šomiša eng, eupša o se ke wa šomiša galase goba tshitswana goba eng goba eng ye e ka go gobatšago.



A re itšhudulleng

Lahlela mokotlana wa dinawa goba kgwele, godimo, gomme o e kabe ka letsogo leo le se nago maatla.



Thuša morutiši wa gago go ntšhetša ditulo, ditafola le mapokisi ka ntle ga phapošiborutelo.

Namela ditulo, ditafola le mapokisi: di huhumele, gape, phurunkela fase.

Leka go ema ka leoto le tee mo setulong.



Mmele wa ka

Kotara ya 2 – Beke ya 5 – Lephetsomo



A re ngwaleng

Ngwala mantšu mo dikgobeng tša maleba.

leoto

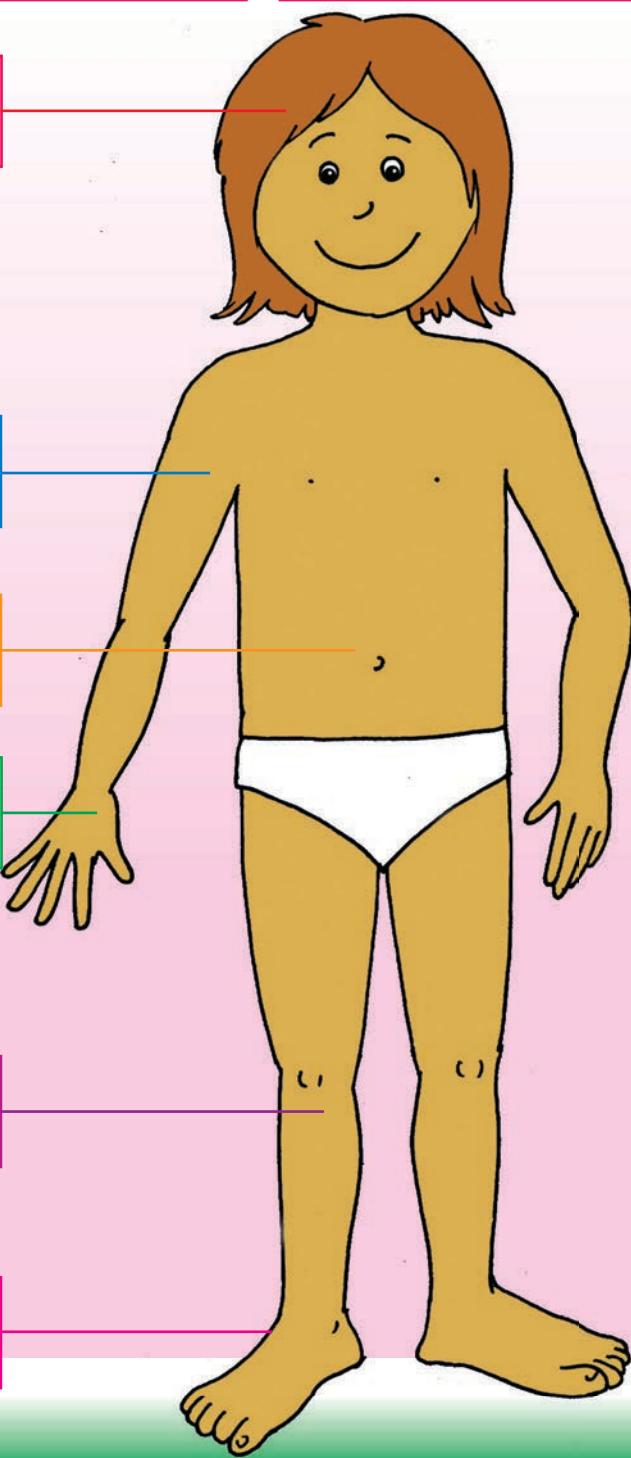
seatla

hlogo

mpa

lenao

letsogo



Letšatšikgwedi:



A re thaleng

Feleletša sethalwa se sa sefahlego.

Thala moriri. Leka go kopiša sefahlego sa gago. Ge o na le mahlo a maphiswa, thala mahlo a maphiswa. Ge o na le moriri wo moso, thala moriri wo moso.

Thala dintšhi tša gago, nko ya gago le molomo wa gago.

Sefahlego sa gago ke setho se bohlokwa sa mmele wa gago.

Bohle re na le mahlo a 2.



Bohle re na le ditsebe tše 2.

Bohle re na le nko e l.



Bohle re na le molomo o l.



A re opeleng

Opela koša ye. Kgwatha setho sa mmele ge o opela leina la sona.

Hlogo le magetla

Hlogo, magetla, sehuba le letheka, mangwele le menwana, mangwele le menwana.

Hlogo, magetla, sehuba le letheka, mangwele le menwana, mangwele le menwana. Hlogo, magetla, sehuba le letheka, mangwele le menwana, mangwele le menwana, mangwele le menwana,



A re itšidolleng

Raloka 'Simone o re ...'



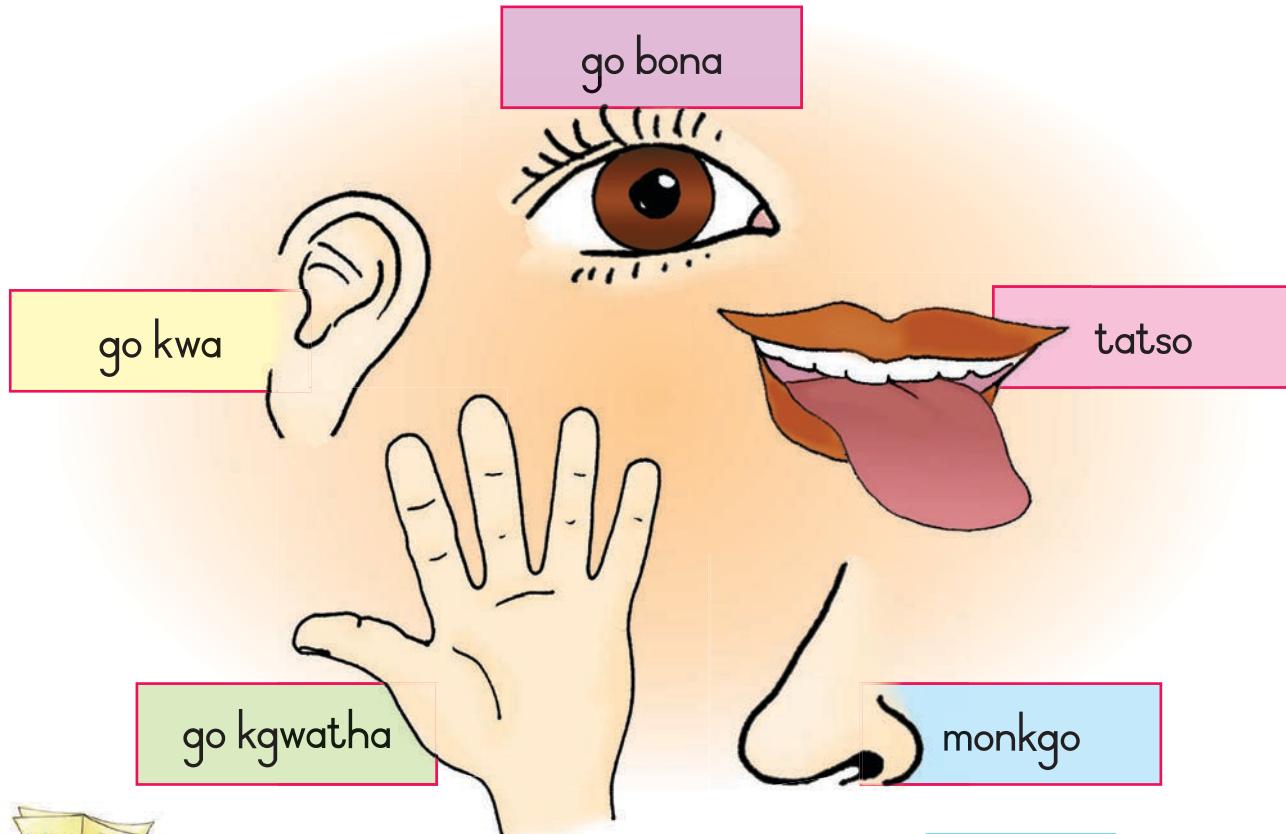
Dikwi tša ka

Kotara ya 2 - Beke ya b - Lephephetshomo



A re boleleng

Lebelela dikwi tše di fapanago gomme o bolele gore re di šomišetša eng.



A re baleng

Re šomiša dikwi tša rena ka mehla.

Re a dupelela ra be ra kwa tatso ya dijo tša rena. Re kgoná go kwa boleta bja lefofa. Re bona botalalerata bja legodimo selemo. Re kwa mmino.

Gape, ka dikwi tša rena re a bolokega. Re dupelela ge go eswa. Re a kwa ge setofo se fiša kudu. Re a bona ge go sa bolokega go tshela mmila. Re kgoná go kwa lešata la sehlabamokgoši (alamo).





A re direng

Go hlokomela mahlo le ditsebe tša ren.

Re swanelwa ke go hlokomela dikwi tša ren.

Ditsela tše pedi šedi, tša go hlokomela mahlo
le ditsebe tša ren.



Hlokomela ditsebe tša
gago ka go se theeletše
mmino wa lešata.

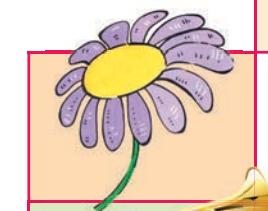
Hlokomela mahlo a gago ka
go rwala kepisi goba diporele
tša letšatši.



A re ngwaleng

Lebelela lenaneo la ka tlase, gomme mo go lona, swaya ka leswao le ✓
sekwi goba dikwi tše o ka di šomišago. O ka swaya go feta tee.

Monkgo	Tatso	Go bona	Go kwa	Go kgwatha



Teacher:
Sign:
Date:

Go šidulla mmele wa ka

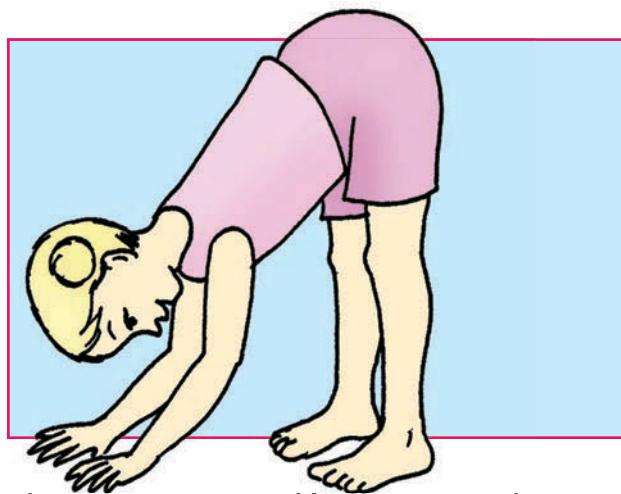
Kotara ya 2 - Bekē ya b - Lephphetshomo



A re boleleng

Lebelela diswantšho. Mo go se sengwe le se sengwe, bolela setho sa mmele o be o bolele gore se go thuša go dira eng.

Re šomiša ditho tša rena tša mmele go itšidolla.



A re ngwaleng

Araba dipotšišo tše o na le mogwera wa gago. Ka morago, ngwala dikarabo ka pukung ya gago, ka tlase ga dipotšišo tšeо.

O šomiša ditho dife tša mmele wa gago gore o kgone go sepela?



O šomiša dikaralo dife tša mmele wa gago go topa selo?



A re itšidolleng

Morutiši wa lena o tla le ruta gore le raloka bjang papadi ya go kitimišana ya 'katse le legotlo'.

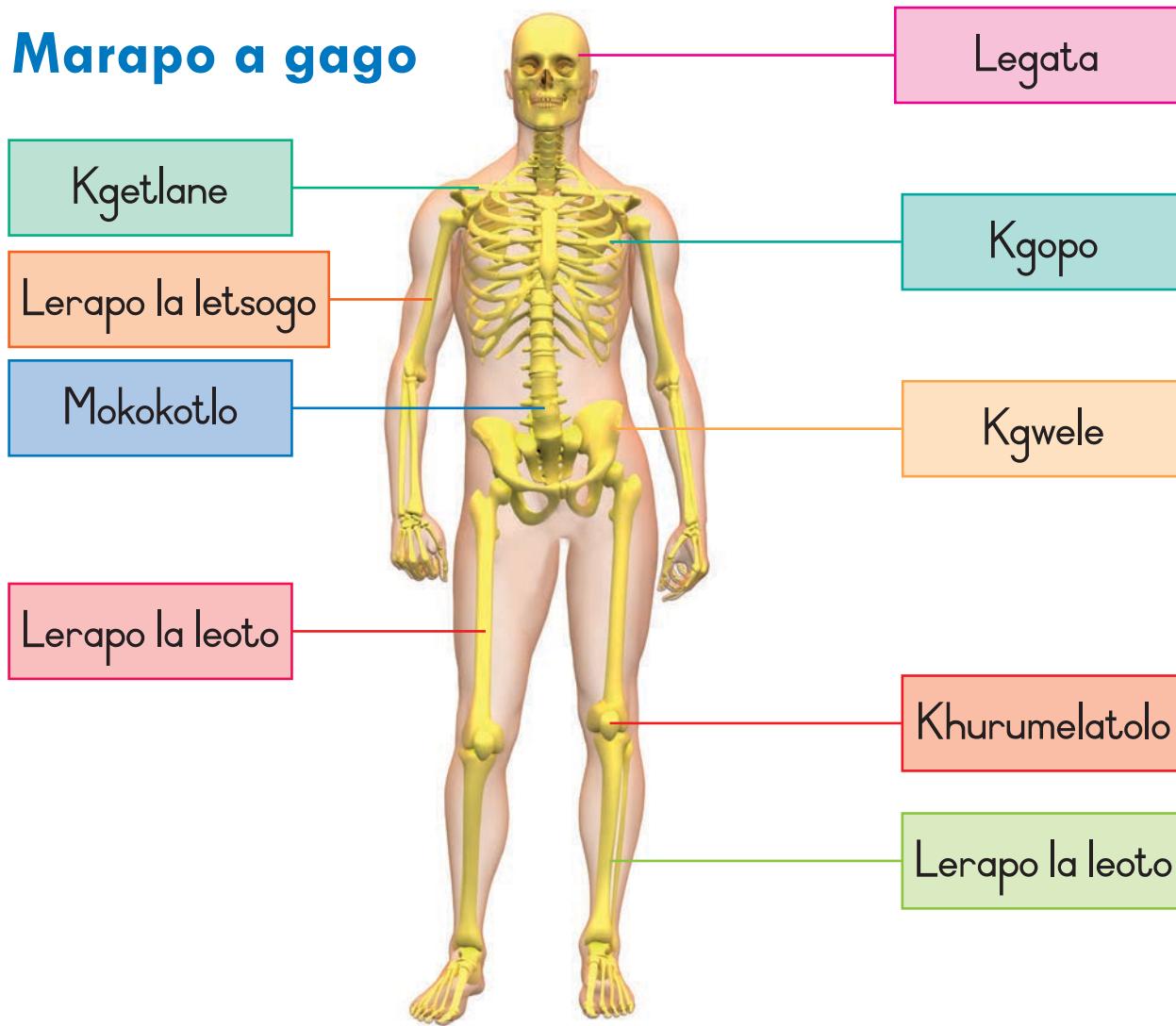




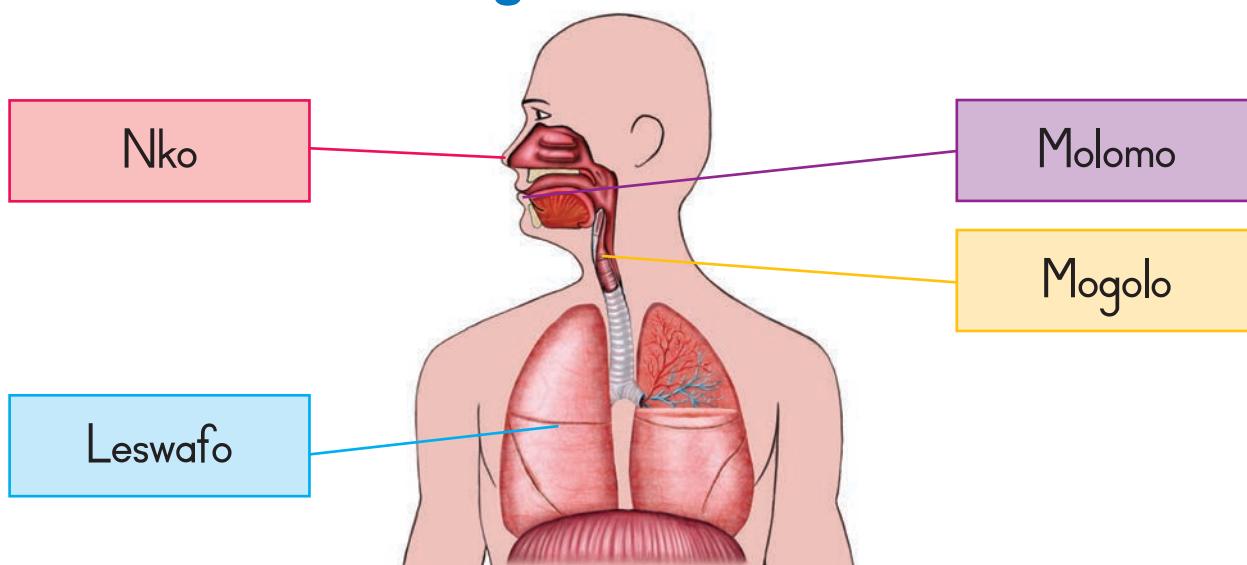
A re baleng

Gape, go na le ditho tša mmele tše o sa kgonego go di bona.
Ditho ka moka di a šomišwa, gore o dule o phela.

Marapo a gago



Ditho tša mmele wa gago tše o di go thušago
go hema

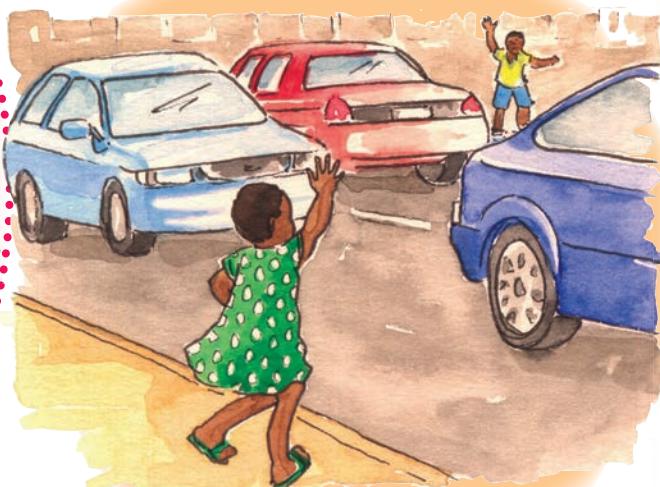


Go gopola ka ga polokego



A re boleleng

Lebelela diswantšho tše tša mo tlase gomme o bolele le mogwera wa gago ka ga seo o se bonago. Seswantšhong se sengwe le se sengwe, bolela gore o ka dula bjang o bolokegile.



O bona mogwera wa gago ka thoko yela ya mokgotha.



O letile o le noši boemapese.

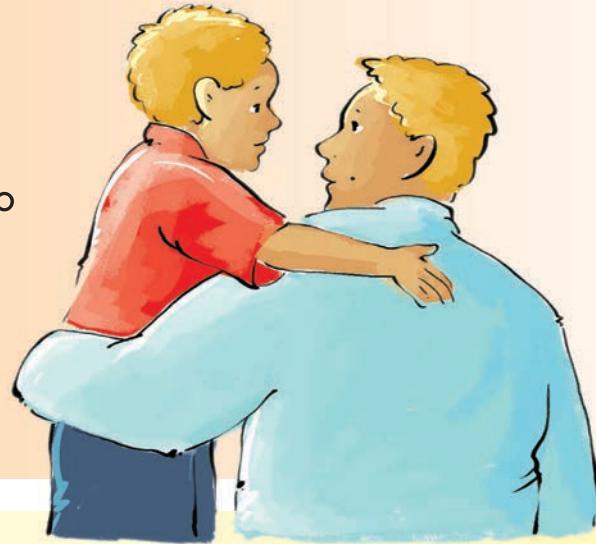


Motho yo o sa mo tsebego o go kgopela gore o ye le yena felotsoko.



O timetše o le mabenkeleng.

Re na le maikutlo a go dumela ge
yo mongwe a go gokarela gabotse.
Go kwagala e le mo go botse ge motho
yo a go ratago a go gokara.



Tlaa mo ngwanenyana wa ka. Ke tla go fa malekere, eupša o se ke wa botša motho.

Re ba le maikutlo a gore "aowa" ge
motho yo mongwe a re kgwathha
ka mokgwa wo o re dirago gore re
tshoge goba re gakanegile. Ge re ikwa
re gakanegile goba re sa bolokega, re
ba le maikutlo ao a rego "aowa".

Mmele wa gago ke selo se se kgethilwego, gomme, ke wa gago. O ka re "ee" ge o kgwathwa ka maleba ke motho yo o mo ratago, gape o ka re "aowa" ge o kgwathwa e sego ka maleba ke motho yo o sa mo ratego.



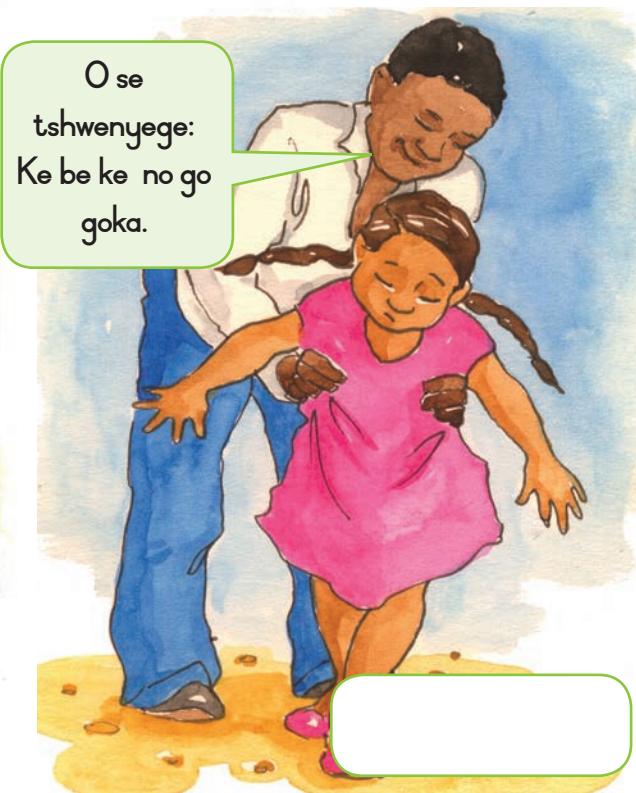
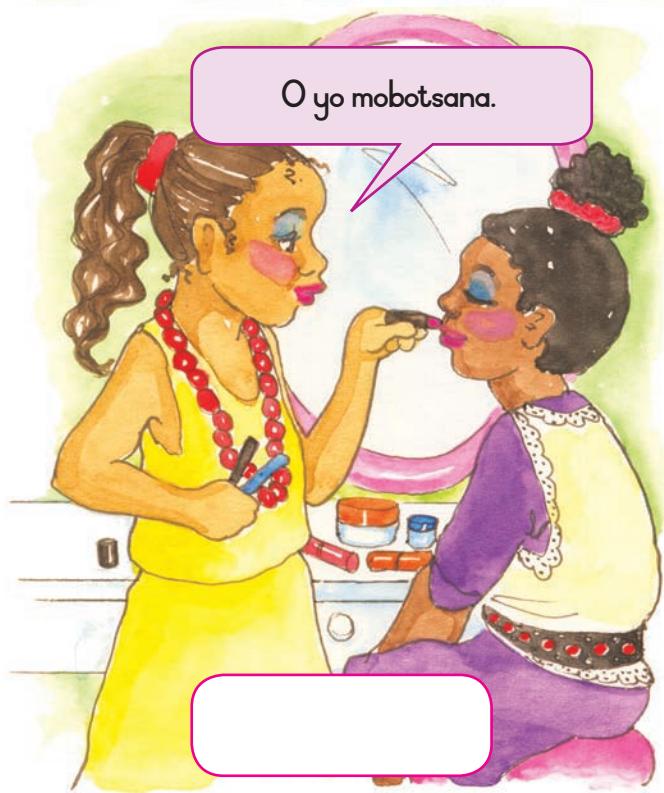
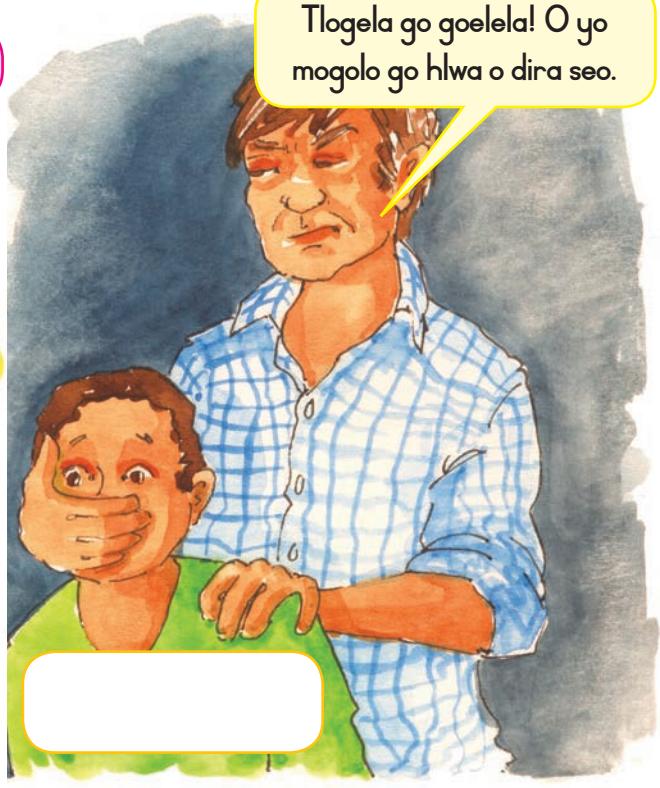
Teacher:
Sign:
Date:

Go dula o bolokegile

Kotara ya 2 – Bekē ya I – Lephophetshomo



Lebelela diswantšho tše tša mo tlase gomme o ngwale Ee legatong la maikutlo a “ee” le Aowa legatong la maikutlo a “aowa” ka mo dipolokong.





A re direng

Itlwaetše gore "aowa".

Hlama tiragatšo moo motho o šele a nyakago go tšea ngwana ka sefatanaga sa gagwe goba a rata go swaraswara ngwana. Ngwana o araba o re "aowa".



A re boleleng

Bana ba bangwe ba dula ka malapeng ao ba sa hlokomelwego. Lebelela diswantšho. Bolela ka ga maikutlo a gago a ge o ka be o le ngwana yo a lego mo diswantšhong. Bolela gore o be o ka dira eng.



A re itšidolleng

Raloka papadi ya go "gatsela".

Sepelela thoko ye o ratago, gomme ge morutiši wa gago a letša nakana, ema ts! Ka mokgwa wo o lego. O se ke wa šutha le gatee go fihla ge morutiši wa gago a re o ka šutha. Na o kgon a bjang go sepela ka tekanyetšo? Sepela godimo ga lepheko la tlase goba thapo ye telele yeo e adilwego mo fase.



Go swara mmele wa ka o phetše gabotse

Kotara ya 2 – Bekē ya 7 – Lephethshomo



A re baleng

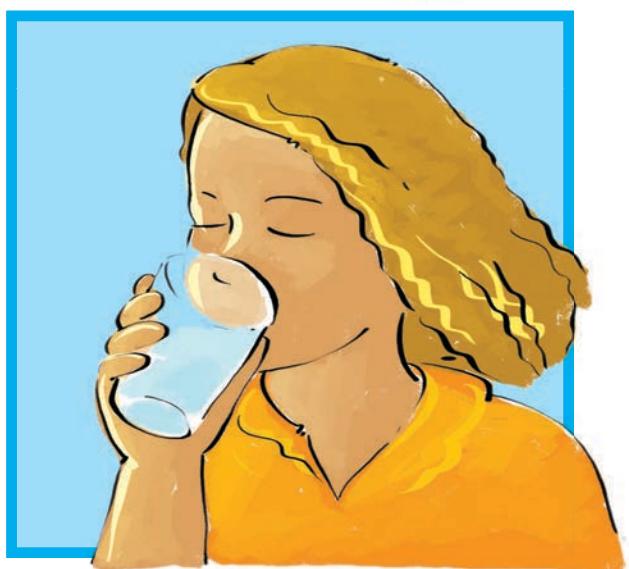


Go na le ditsela tše dintši tšeо ka tšona re ka babjago. Gantši re babja ka lebaka la ditwatši le dipakteria. Ke tše dinnyane moo re ka se kego ra di bona. Di tsena ka mebeleng ya rena gomme tša re babjiša. Di ka tsena mo mebeleng ya rena gomme tša re bjabiša.



A re boleleng

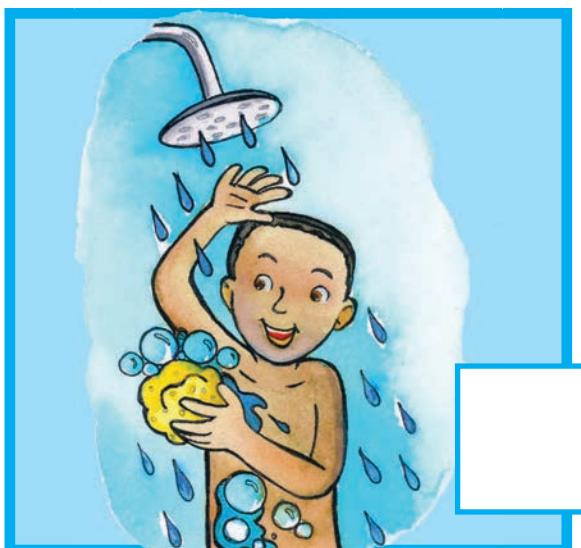
Bana ba ba lego mo diswantšhong ba dira eng gore ba dule ba phetše gabotse? Go be go ka direga eng ge ba ka be ba sa dira dilo tše?





A re boleleng

Bjale bolela ka ga diswantšho. Ngwala leswao le ✓ go laetša ka fao o ka dulago o phetše gabotse. Ngwala leswao le ✗ ka lepokising la diswantšho tša dilo tše di ka dirago gore o lwale.



Teacher:
Sign:
Date:

Go swara mmele wa ka o phetše gabotse



A re boleleng

Bana ba ba lego mo diswantshong ba dira eng gore ba dule ba phetše gabotse? Go be go ka direga eng ge ba ka be ba sa dira dilo tše?

Na o a tseba gore meetse a mangwe
a hlwekile, a mangwe a ditšhila?
O ka kgonthiša bjang gore meetse
a hlweka a bile a loketše go nwewa?

O ka bediša meetse a ditšhila ka
ketleleng go bolaya ditwatši.



O ka sefa meetse a ditšhila.

Morutiši wa lena o tla le laetša gore
tše di dirwa bjang.



O ka tšhela lelepolo la teye
la sešweufatši (bjalo ka jik) ka
kgamelong ya litara e tee ya meetse
a noka. Khurumela kgamelo gore
dintši di se wele. E re go fete diiri tše
24 pele o ka nwa meetse ao.



A re boleleng

Lebelela diswantšho tše gomme o
bolele ka ga se bana ba ba se dirago
gore ba dule ba phetše gabotse.

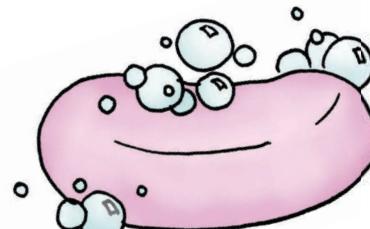
Lahlela dithišu tše di šomilego
ka gare ga ntlwana ya
boithomelo goba ka gare
ga seolelatlakala.



Hlapa diatla tša gago
pele o eja.



Ge o ka pharanya ka ntlwaneng
ya boithomelo, hlwekiša mo o
pharantšego, ka morago o hlapa
diatla tša gago.



Hlapa diatla tša gago ka morago ga
go šomiša ntlwana ya boithomelo.



Pipa molomo wa gago ge o
gohlola goba o ethimola.



Ke no lekola



A re boleleng

Boledišanang ka tše
le ithutilego tšona mo
dikotareng tše pedi
tše di fetilego.



Nka bolela ka ga balapa lešo.

Nka sepela godimo ga mothalo wo mosesane.

Ke tseba nomoro ya mogala wa maphodisa.

Ke tseba ka ga maikutlo a go re "ee" le go re "aowa."

Nka kaba bolo.

Nka dula ka gešo ke bolokegile.

Nka kgonna go itlhokomela ge ke le gae ke le noši.

Ke thuša balapa.

Ke tseba tsela ya go ya sekolong seo ke se tsenago.

Ke tseba mokgwa wa go itshwara ke phetše gabotse.

Ke tseba gore ke swanetše go dira eng ka dilo ka
moka tše di lego ka mokotlaneng wa ka wa sekolo.

Ke tseba ka ga mehuta ye e fapanego ya malapa.

Ke ithutile kudu ka tša Maphelo.

Pukuntšu ya ka

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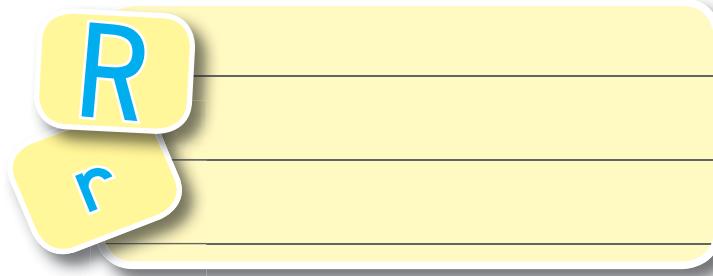
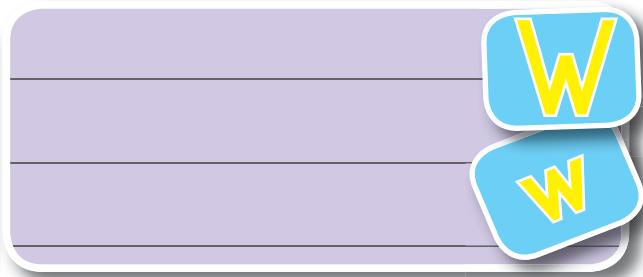
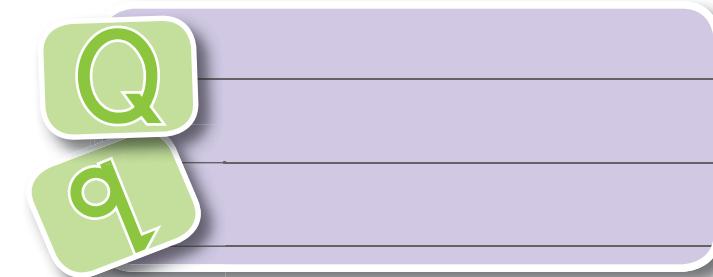
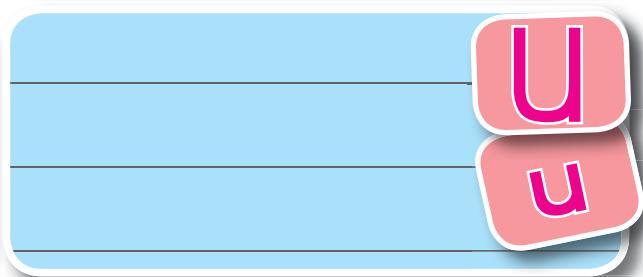
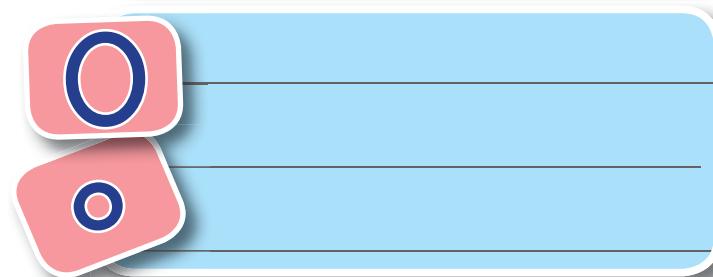
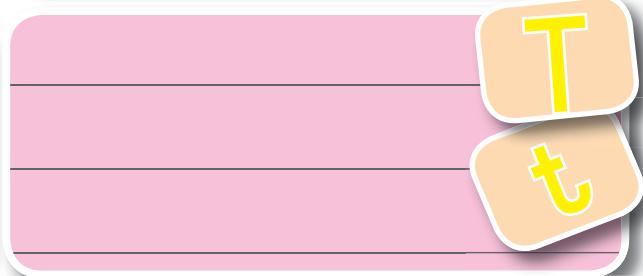
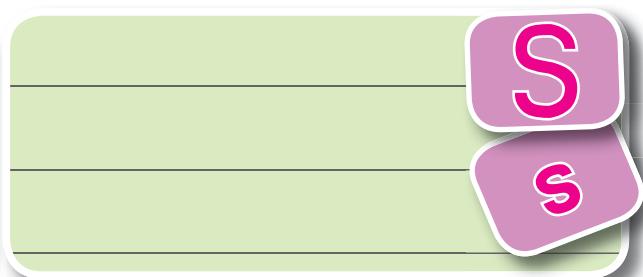
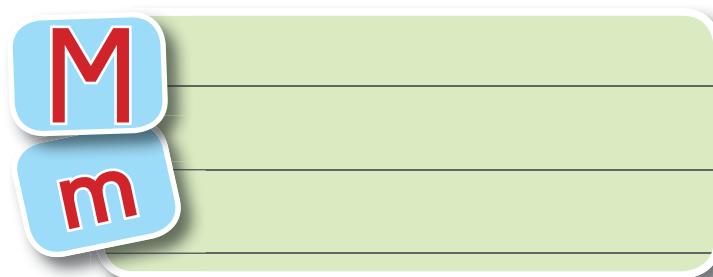
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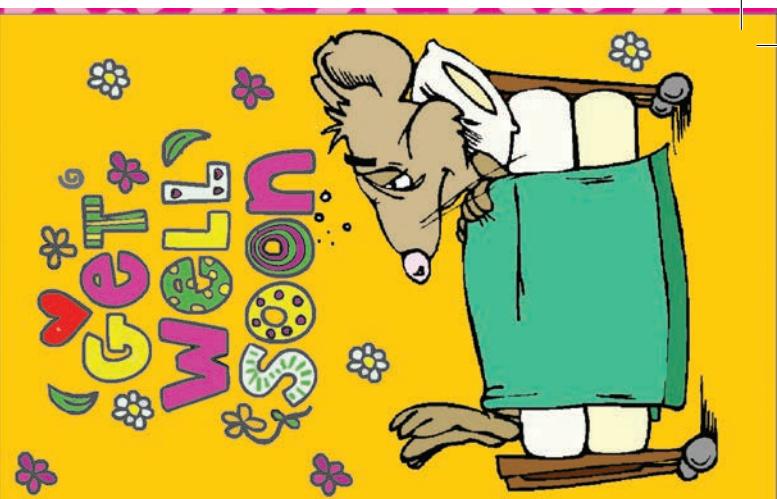
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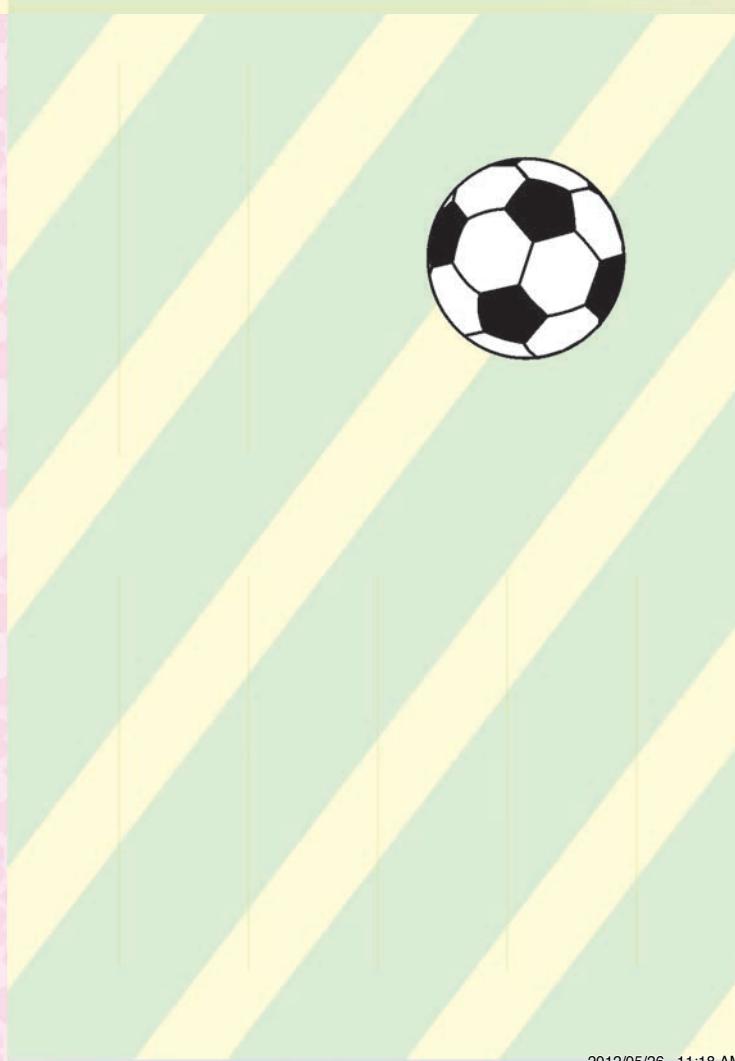
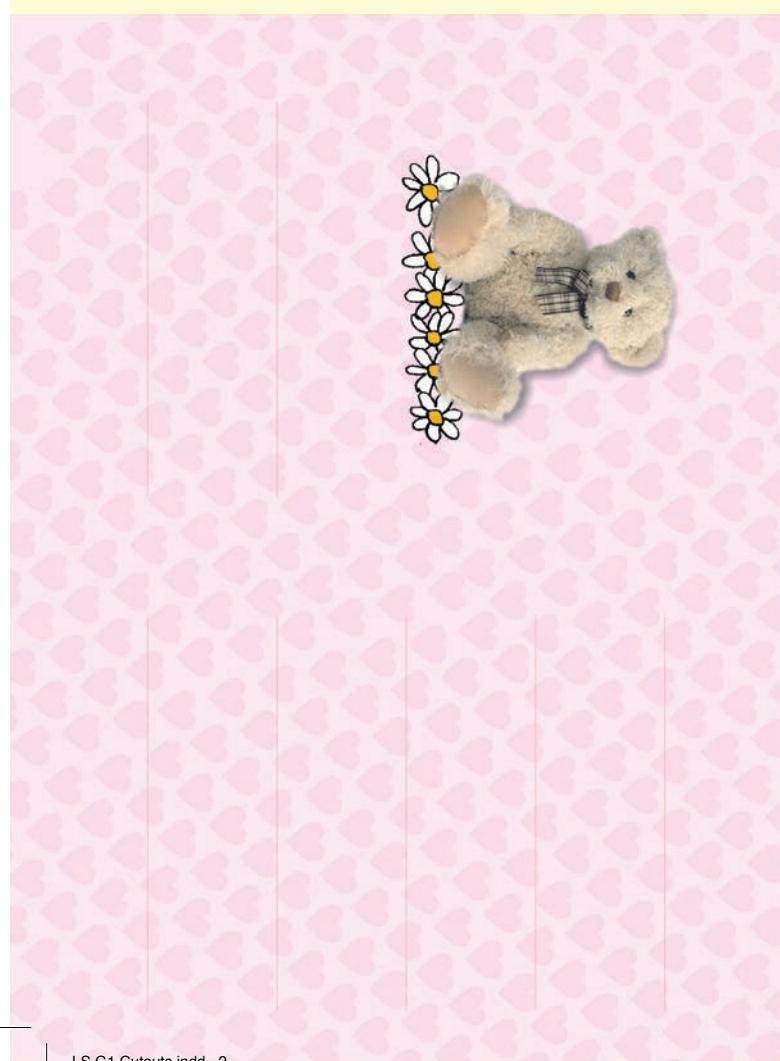
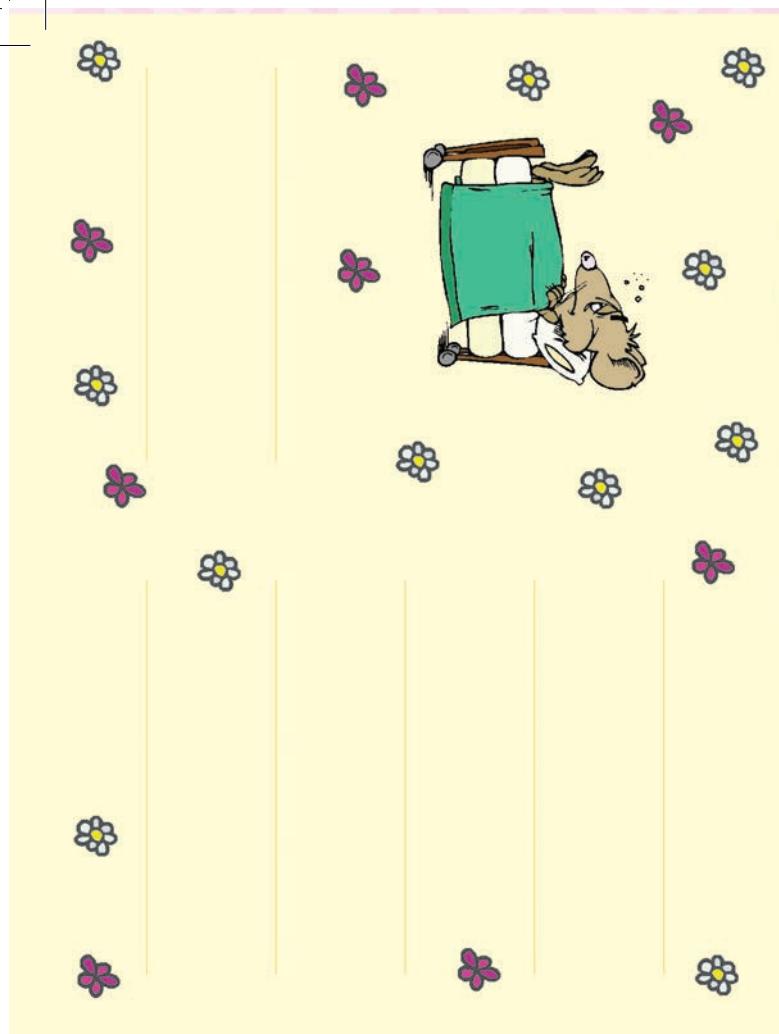
L

l

Pukuntšu ya ka







Masks

Cut out on
the outside
black line.
Tie a string
into the holes
to make a
face mask.

