E tlhabolotswe e bile e tsamaelana le CAPS

Sehlopha sa 2



Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1
Kotara ya 1&2

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Rainbow WORKBOOKS

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TERMS 1&2
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Dibukatshebetso tse teng mosebetsing ona ke tse latelang:

- *Puo ya Pele ya Tlatsetso Sehlopha 1 – 3 (Ka dipuo tsohle tsa semmuso)*
- *Puo ya Pele ya Tlatsetso Sehlopha 4 – 6 (Ka Senyesemane)*
- *Ho bala le ho ngola sehlopha 1 – 6 (Ka dipuo tsohle tsa semmuso)*
- *Mmetse Sehlopha 1 – 3 (Ka dipuo tsohle tsa semmuso)*
- *Mmetse Sehlopha 4 – 9 (Ka Senyesemane le seAfrikaan)*
- *Thuto ya tsa bophelo Sehlopha 1 – 3 (Ka dipuo tsohle tsa semmuso)*



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Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



Mong. Enver Surty, Motlatsi wa Letona la Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motshekga, mmoho le Motlatsa Letona la Thuto ya Motheo, Mong. Enver Surty.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika borwa dikereiting tse qalang tse tsheletseng. Jwaleka e nngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnete ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi, ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

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Sehlopha sa 2



Bokgoni ho tsa Bophelo ka SESOTHO
Buka ya 1



Buka ena ke ya:

1

Re hloka dijo tse tlisang bophelo bo botle hore re phele



Ha re baleng

Mmele ya rona e hloka dijo tsohle tsa bophelo bo botle hore re tsebe ho hola. Re lokela ho ja dijo tse hlahang dihlopheng tsa dijo kamehla. Re lokela ho ja dijo tsohle tsa bophelo bo botle hore re be le matla a ho etsa tsohle tseo re lokelang ho di etsa. Ha re sa je dijo tse tlisang bophelo bo botle re ka kula haholo.

Dihlopha tse hlano tsa dijo



Batho ba bang ke ba jang meroho feela. Sena se bolela hore ha be je nama ho hang. Ba ja haholo ho hlaha dihlopheng tse ding tse 4.

Letsatsi:.....

Ha re etseng

Bua le motswalle wa hao, hore na ke dijo di feng tse loketseng mmele.



Ha re ngoleng

Etsa e ka o ya lebenkeleng le mme wa hao ho reka dijo tsa mantsiboya. Etsa lenane la dijo tsohle tseo o tlang ho di reka, tse loketseng ba lapa la heno.

LENANE LA DINTHO TSEO KE TLA DI REKA



Teacher:

Sign:

Date:

2

Metsi a re fa bophelo

Ha re bueng

Hobaneng re hloka metsi?

Batho, dimela le diphoofolo di hloka metsi hore di phele. Metsi a tsamaisa dijo tseo re di jang dithong tse fapaneng tsa mmele ya rona. A thusa hape le ho ntsha ditshila mmeleng ya rona.



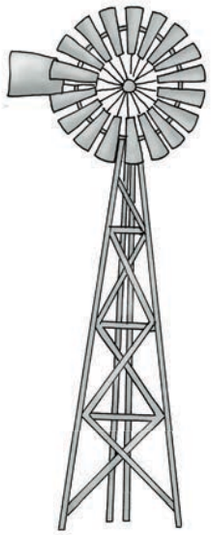
Ha re etseng

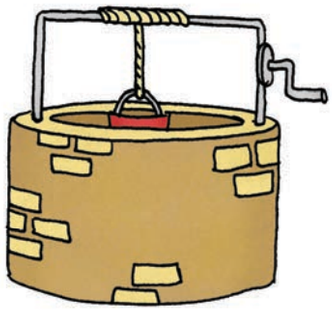
Tsatsing le leng le le leng re sebedisa metsi malapeng a rona. Bolella motswalle wa hao ka tsohle tseo o ka di nahanang tseo re di sebedisetsang metsi. Jwale etsa ditshwantsho tse nne o bontsha ka moo re sebedisang metsi ka teng. Ngola sehloho ka hodima setshwantsho se seng le se seng ho hlalosa hore setshwantsho se bua kang.

Letsatsi:.....

Ha re ngoleng

Re fumana metsi kae? Etsa mola ho bapisa setshwantsho se seng le se seng le lentswe le nepahetseng.





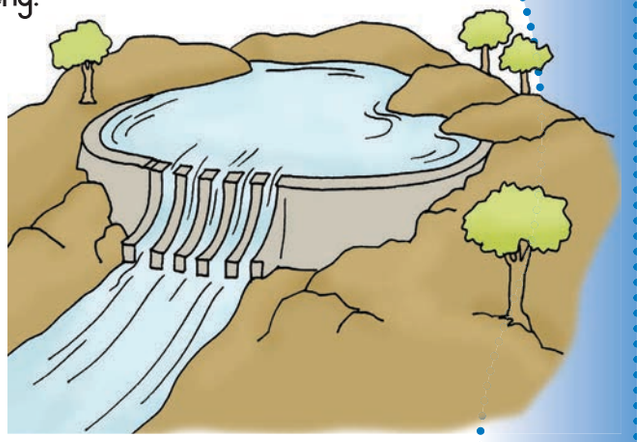
letangwana

sefehlametsi

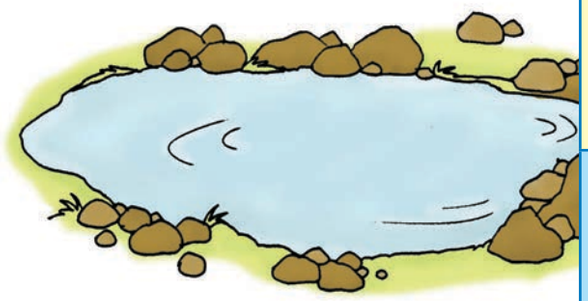
Noka

Letamo

Sediba







Ha re ithapolleng

Pele o etsa eng kapa eng kantle , ikotlolle jwaloka ka katse. Sena se tla etsa ho be bonolo hore mmele wa hao o tsitsinyehe. Ikotlolle hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se tla thusa mesifa ya hao hore e se be bohloko.



- Tlola jwalo ka senqanqane. Etsa medumo ya dinqanqane.
- Lahlela bolo kapa mokotlana wa dinawa, ho e mong le e mong. E mong le e mong a e kape/tshware.
- Jwale akgela bolo kapa mokotla wa dinawa hodimo mme o o kape.
- Bapalang papadi ya lebelo le motswalle wa hao.

Bona hore o ka nka nako e kae mokotlana o sa we hlohong ya hao.



Teacher:

Sign:

Date:

3

Re baballa metsi



Ha re bueng

Metsi ke ntho ya bohlokwa, ha re ya tshwanela ho a senya. Bua le motswalle wa hao ka mekgwa e fapaneng ya ho boloka metsi.





Ha re ngoleng

Ngola mehopolo e mmedi ka moo re ka bolokang metsi ka teng dibakeng tse ka tlase.

1. _____

_____

2. _____

_____



Ha re etseng

Sebedisa dikerayone ho etsa phousetara e kgabisitsweng ka mmala ka ho boloka metsi. Phousetara ya hao e lokela ho kgothalletsa batho ba bang ho boloka metsi. Ha o se o entse phousetara ya hao e bontshe metswalle ya hao.



Letsatsi:.....

Ha re ithapolleng

A re bapaleng papadi ya "Ke nako mang, Mong Phiri ".

E mong wa lona o lokela ho ba Phiri.

Nehanang sebaka ho botsa "Ke nako mang, Mong. Phiri"?

Kgetlo le leng le le leng ha o botsa, Phiri e lokela ho bolela hore nako ke mang.

Empa ha Phiri e re "Dijo tsa motsheare" e tla qala ho o lelekisa. O tla tlameha ho baleha hore e seke ya ho tshwara.

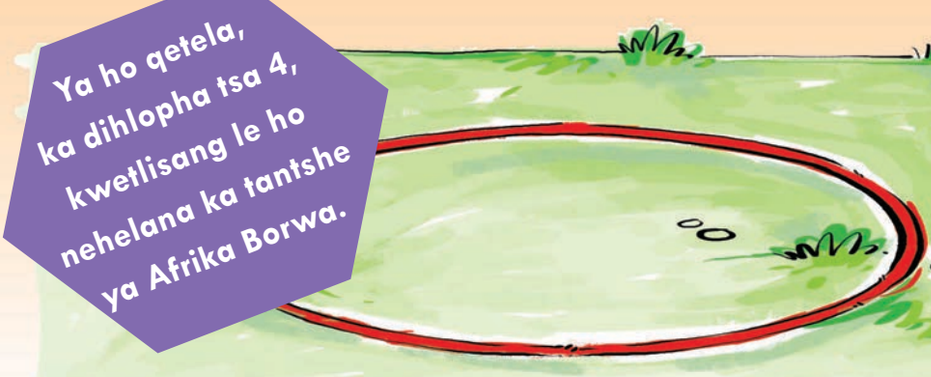


Jwale batla hulahupu eo le tlo bapalang ka yona.

Wena le motswalle wa hao le fane sebaka ka ho tlola hulahupu, pele ka maoto ebe le latela ka matsoho. Jwale tsepamisa hulahupu ha motswalle wa hao a kgasa ka hara yona. Nehanang sebaka ho etsa sena.



Ya ho qetela, ka dihlopha tsa 4, kwetlisang le ho nehelana ka tantshe ya Afrika Borwa.



4

Moya o hlwekileng o re neha matla



Ha re baleng

Moya oo re o phefomolohang o na le oxisigini. Ha re hema moya o ditshila,mmele ya rona ha e sebetse hantle.



Ha re ngoleng

Dula le motswalle wa hao. Mmoho tlatsang dikgeo tse latelang:

Ke hloka moya o hlwekileng _____

Ha moya o le ditshila _____

Moya o silafala ha o _____

Seo re ka se etsang ho boloka moya o hlwekile:

1. _____

2. _____



Letsatsi:.....



Ha re baleng

Batho ba hloka kganya ya letsatsi hore ba thabe le ho phela hantle. E thusa mmele ya rona ho etsa vitamin ya D. Re e hokela ho bopa masapo a matla. Mahlasedi a letsatsi ha a feta tekanyo a mabe. Re ka tjha habohloko. O tshwanela ho sebedisa setlolo sa tshireletso ya letsatsi kapa katiba ya letsatsi ho itshireletsa letsatsing.





Ha re ngoleng

Tlatsa dikgeo tse latelang:

Nka tshireletseha mahlaseding a letsatsi a fetang tekanyo ha ke:

1. _____

2. _____

3. _____



Ha re bueng

Bina pina ena mme o ope morethetho.

O kganya ya ka ya letsatsi
Kganya ya letsatsi ke wena feela.
O a nthabisa
Ha mahodimo a le maputswa.
O keke wa tseba moratuwa hore
ke o rata hakae.
Ka kopo se tlose kganya ya
ka ya letsatsi.

O tshwanela ho sebedisa setlolo sa tshireletso ya letsatsi kapa katiba ya letsatsi ho itshireletsa letsatsing.





Teacher:
Sign:
Date:

5

Nna le ba bang

Ha re bueng

Kaofela ha rona re rata ho ba le metswalle e lokileng. O tseba jwang ha motho e mong e le motswalle ya lokileng?



Ha re ngoleng

Sekgeong se latelang, etsa lenane la dintho tse etsang hore motho e mong e be motswalle ya lokileng.

1. _____

2. _____

3. _____

4. _____

Ha re ngoleng

Nahana ka dipotso tsena, o nto ngola dikarabo tsa hao.

O na le metswalle e mekae?
Lebitso la e mong wa metswalle ya hao ke mang?
Le bile metswalle nako e kae?
Ke eng se ikgethileng ka motswalle eo?

Letsatsi:.....



Dula le motswalle wa hao o bue ka dintlha tsena. Kenya letshwao (✔) ha e le nnete le (✘) ha e se nnete.

Nnetefatso ya lenane la Setswalle	Tlatsa ✔ okapa ✘
Motswalle wa ka o a nkgathalla.	
Motswalle wa ka o a nthusa.	
Motswalle wa ka o arolelana dintho le nna.	
Motswalle wa ka ha a ntwantshe.	



Nahana ka
seo o ka se etsang hore
motswalle wa hao a ikutlwe e
le motho wa bohlokwa. Jwale
etsa setshwantsho sa sena
foreiming. Hopola ho kgabisa
foreimi ya setshwantsho.
Ha o entse sena, bua
ka mebala e kgahlang e
mofuthu eo o e sebedisitseng
setshwantshong.



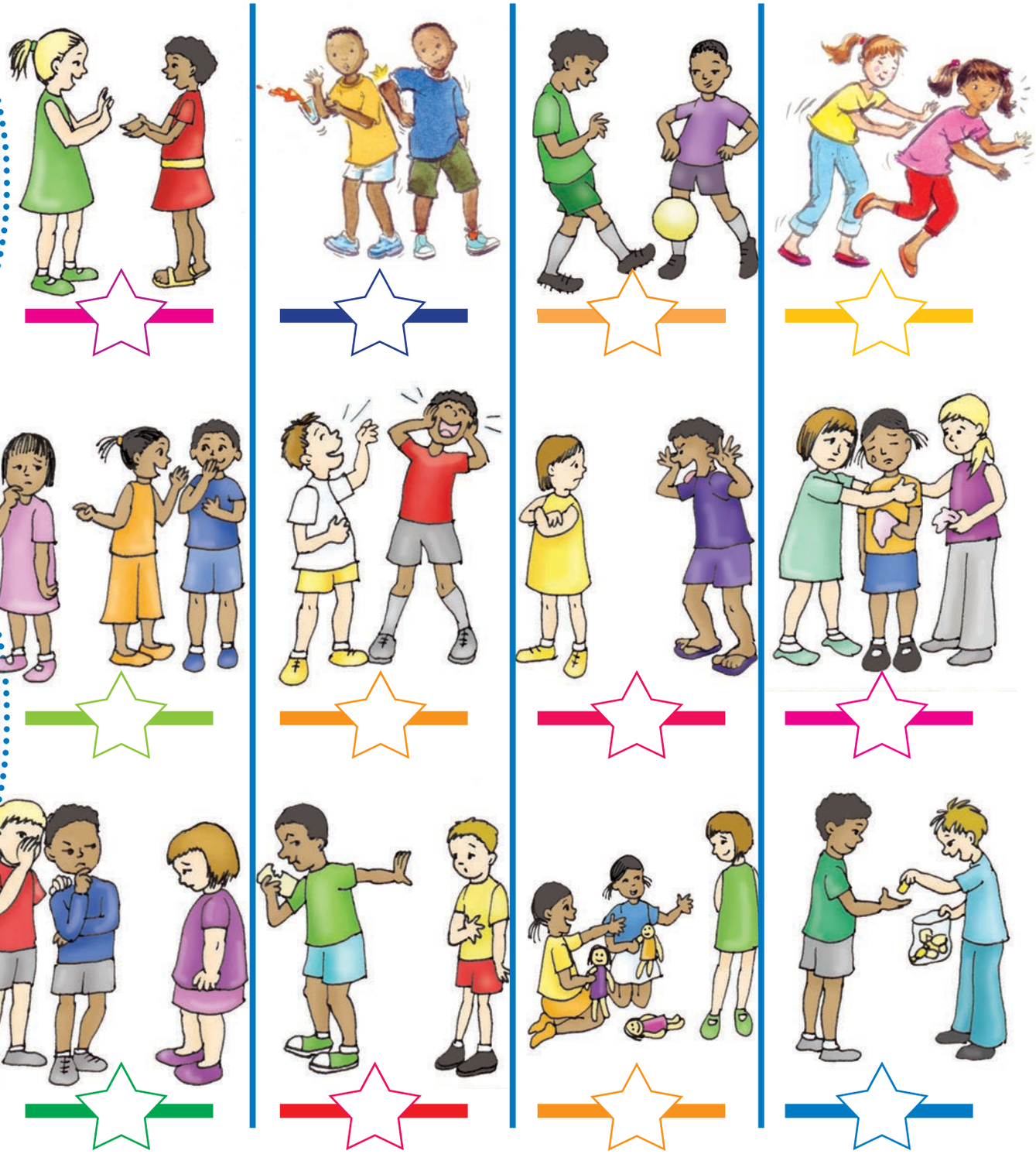
Ngola dipolelo tse pedi ka setshwantsho sa hao.

Teacher:
Sign:
Date:

6 Batho hara rona

Ha re bueng

Sheba ditshwantsho. Nahana ka seo metswalle ya nnete e se etsang, bua ka sena sehlotswaneng sa lona. Jwale nahana ka seo metswalle e mebe e se etsang. Kenya letshwao (✔) setshwantshong se seng le se seng ho bontsha setswalle se setle, le letshwao (✘) ho bontsha setswalle se sebe.

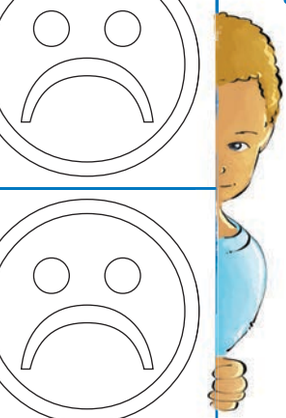


Letsatsi:.....

Ha re baleng

Bala polelo e nngwe le e nngwe mme e be o kgabisa ka mmala sefahleho se dumellanang le se sa dumellaneng ☺ ☹.

Ke motswalle wa bohlokwa.	☺	☹
Ke hlokomela metswalle ya ka. 	☺	☹
Ke tshwara barutwana ba sehlopha sa ka hantle.	☺	☹
Barutwana ba sehlopa sa ka ba ntshwere hantle.	☺	☹
Ke na le botho bathong bao ke phelang le bona. 	☺	☹



Ha re ithapolleng

A re bapaleng "ema seriting sa ka"



Wena le metswalle ya hao le leke ho ema hodima seriti sa e mong le e mong. Nehelanang sebaka mme le leke ho bona hore le ka kgona ho hata hodima diriti tse kae. O ka nna wa ya kwana le kwana ho thibela motswalle wa hao ho hata hodima seriti sa hao.

Teacher:
Sign:
Date:

7

O se ke wa hlekefetsa ba bang

Ha re ngoleng Sheba se seng le se seng sa ditshwantsho.

O ne o tla etsa eng haeba o ne o le e mong wa bana ba hlekefetswang? Pela setshwantsho se seng le se seng, ngola polelo e le nngwe ka hore na re ka tshwara batho ba bang jwang.







Letsatsi:.....



Ha re etseng

Etsa tshwantshiso le motswalle wa hao ka ngwana ya hlekefetsang ngwana e mong. Bolela hore re ka etsa eng ho fedisa tlhekefetso.



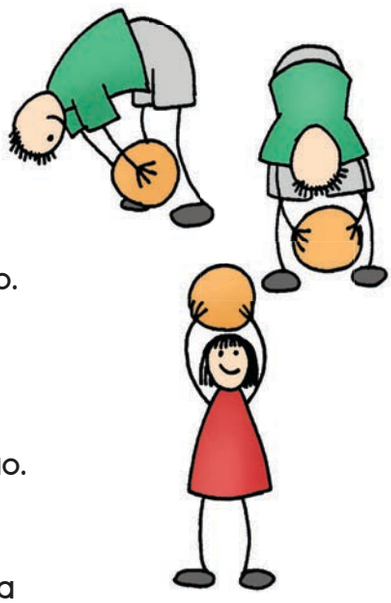


Ha re ithapolleng

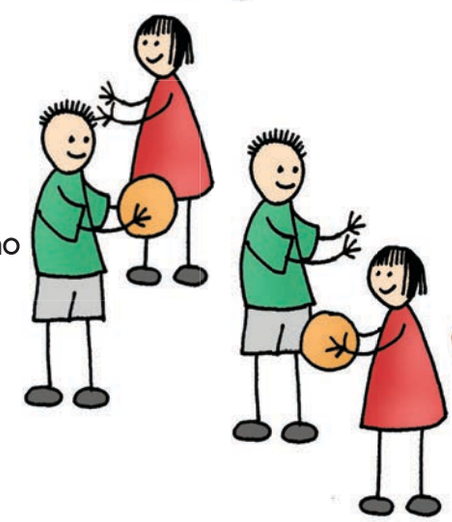
Ikaroleng ka dihlotshwana tsa bahlano.



Jwale etsang mola le nto akgelana bolo hona moleng mona. Sheba hore ke sehlopha sefeng se ka akgelanang bolo ka nako e kgutshwanyane ho moo mola o fellang. Ha le entse sena akgelanang dibolo ka mekgwa e fapaneng.



- Fetisa bolo pakeng tsa maoto a hao ho ya bo morutwana wa sehlopha sa hao ya ka mora hao.
- Fetisa bolo ka hodima hlooho ya hao ho ya bo morutwana wa sehlopha sa hao ya ka mora hao.
- Fetisa bolo ka letsohong la hao le letshehadi ya ho ho morutwana wa sehlopha sa hao ya ka mora hao.
- Akgela bolo ka letsohong la hao le letona ho ya ho morutwana wa sehlopha sa hao ya ka mora hao.
- Jwale akgellanang bolo ho motho ka mong mme o bone hore o ka e kapa makgetlo a makae.





Kaofela re kgethehile

Ha re bueng

Shebang ditshwantsho le bolele hore bana bana ba tshwana jwang. Bolela hore ba fapane jwang.

















Letsatsi:.....



Ha re baleng

Etsang mosebetsi dihlotswaneng tsa lona. Sheba bana bohle ka phaposing ya hao. Jwale bala e nngwe le e nngwe ya ditaodiso tse latelang. Ha taodiso e le nnete tlatsa (✔) ka lebokoseng le ka letsohong le letona, ha taodiso e fosahetse tlatsa (✘).

	Kenya a ✔ kapa a ✘
Na bashemane le banana ba a tshwana?	
Na meriri ya bona e a tshwana ka mmala?	
Na mahlo a bona a tshwana ka mmala?	
Na matsoho a bona bohle a lekana ka boholo?	
Na barutwana bohle ka phaposing ba lekana ka bolelele?	



Ha re bueng

Na o a bona hore bohle re fapane? O a bona le hore hape re a tshwana? Bolela hore re tshwana jwang.



Ha re ngoleng

Etsa setshwantsho sa hao. Jwale sebedisa setlotsamolomo ho etsa kgatiso ya menwana pela setshwantsho se foreimeng.





Na o a tseba hore ha ho mang kapa mang lefatsheng ya nang le kgatiso ya menwana e tshwanang le ya hao. O motho wa bohlokwa ya kgethehileng.

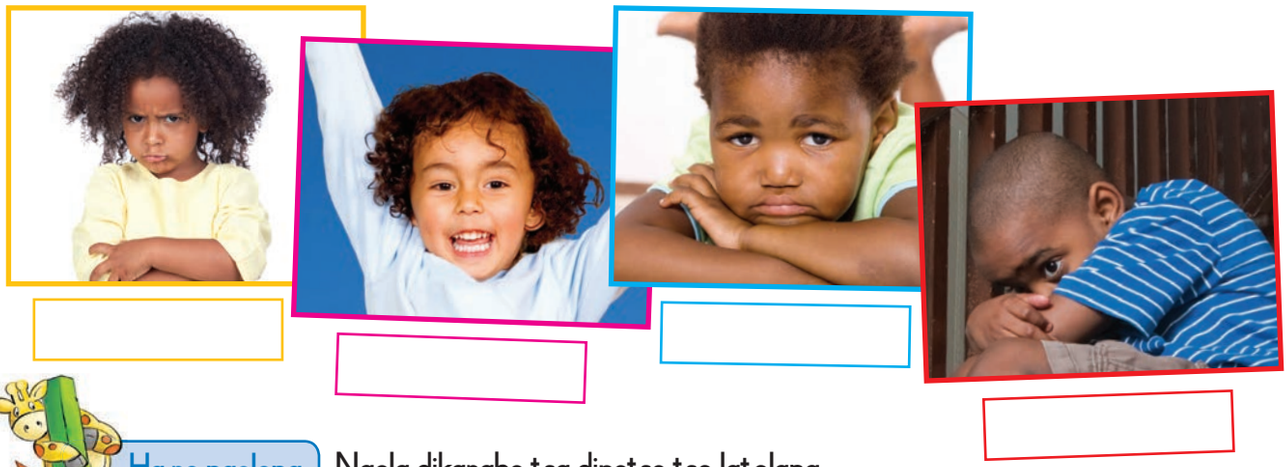


9

Ka moo re ikutlwang ka teng

Ha re bueng

Buisanang ka moo le ikutlwang ka teng ha ho etsahala ntho e ntle. Jwale bua ka moo o ikutlwang ka teng ha ho etsahala ntho e mpe ho wena. Re bitsa sena maikutlo. Tlatsa ka moo ba ikutlwang ka teng.



Ha re ngoleng

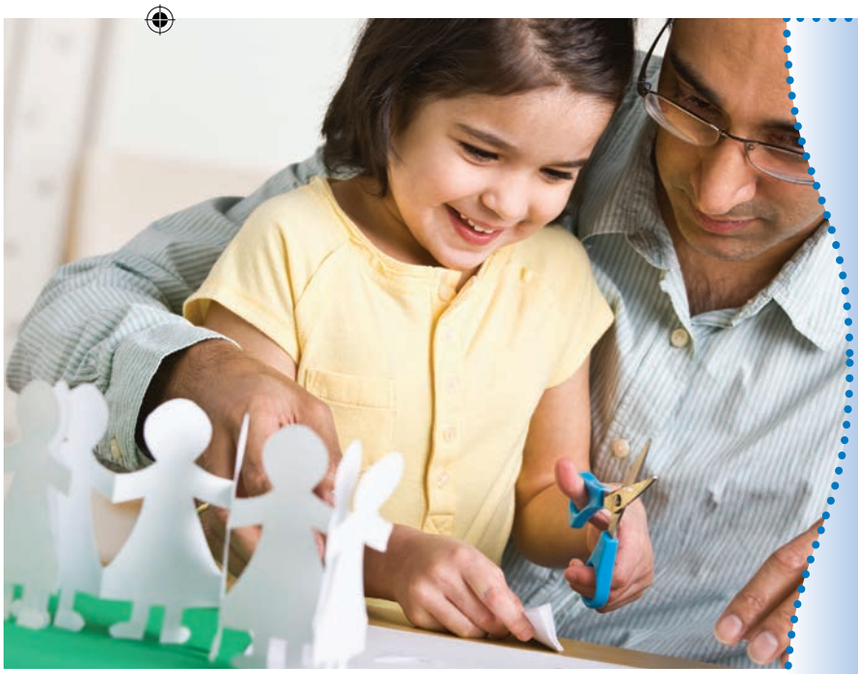
Ngola dikarabo tsa dipotso tse latelang.

Ke eng se o thabisang?
Ke eng se o hlomolang?
Ke eng se o tshosang?
Ke eng se o halefisang?

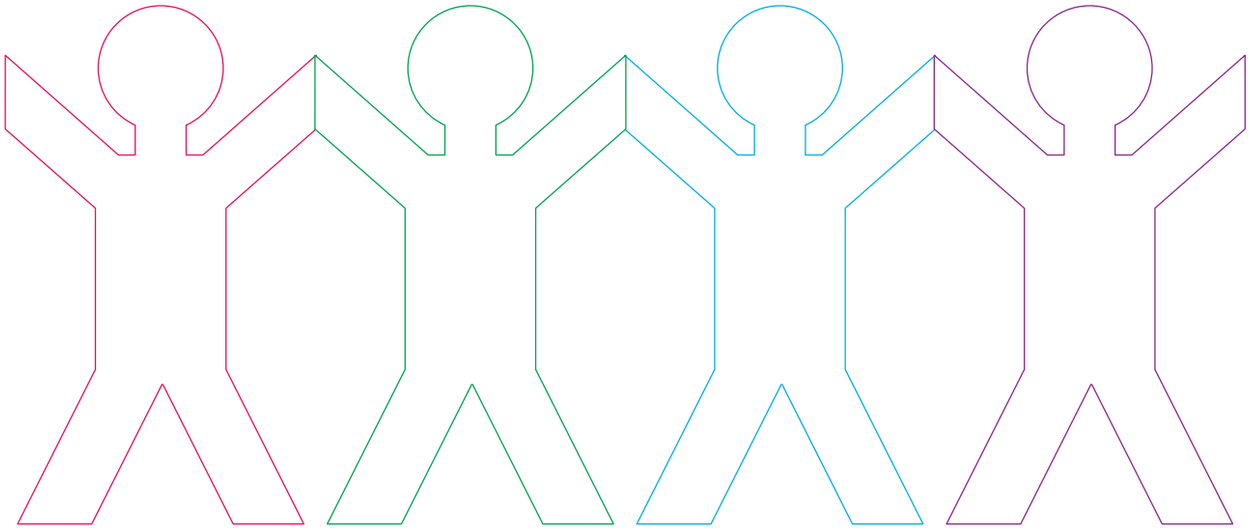
Letsatsi:.....



Ha re etseng



Etsa setshwantsho mme o kgabise ketane ena ya setswalle ka mmala. Etsa hore popi e nngwe le e nngwe e shebehale e fapane le e nngwe, ho bontsha hore re fapane re kgethehile. Ha o se o entse sena o ka seha ketane ya setswalle ho hlaha leqepheng la disehwa mahareng a buka ena. Etsa popi e nngwe le e nngwe e fapane mme o di emise desekeng ya hao o hopotsa hore bohle re fapane.





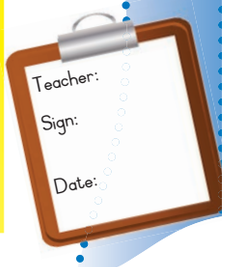
Ha re ithapolleng

Etsa hore mmele wa hao o be moholo ka mokgwa oo o ka kgonang ho o etsa ka teng.

Jwale o etse bolelele ka moo o ka kgonang ka teng. O qetelle ka ho o etsa hore o be mokgutshwanyane ka moo o ka kgonang ka teng.







10 Batho ba sa itekanelang

Ha re bueng Sheba ditshwantsho.



- O bona mefuta e mekae ya batho ba sa itekanelang?
- Bana bana ba etsa eng ho ithusa?
- O nahana hore bana ba na le mefuta efe ya mathata maphelong a bona ka mehla?
- Bua ka hore re ka ba thusa jwang.

Ha re ngoleng Sheba ditshwantsho tse ka tlase. Qetella dipolelo.



Rosemary ha a tsebe ho tsamaya

O sebedisa _____

ho tsamaya.

setulo sa mabidi



Thabo ke sefofu, o sebedisa _____ ho fumana tsela ya hae.



ntja e tataisang sefofu

Letsatsi:.....

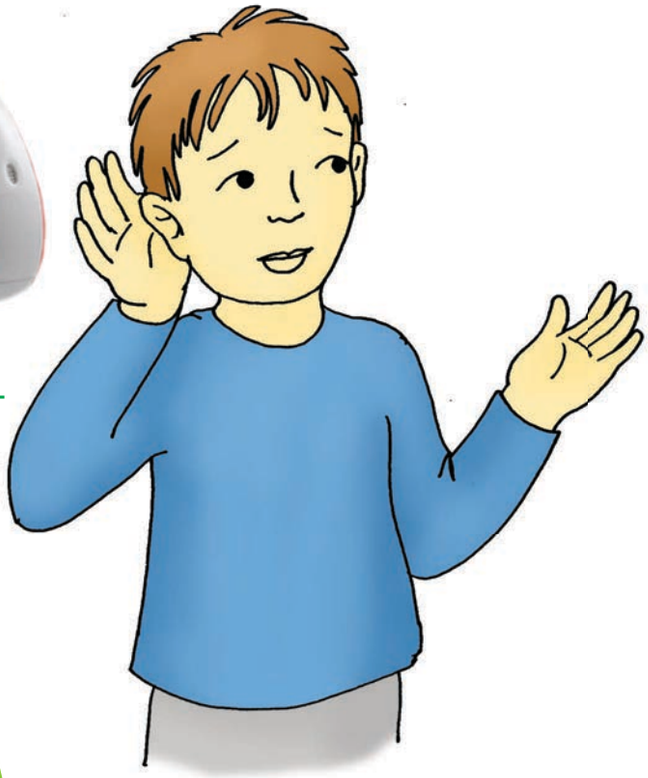
dithusa kutlo



Peter ke setholo,

O sebedisa _____

ho mo thusa ho utlwa.



puo ya matsoho

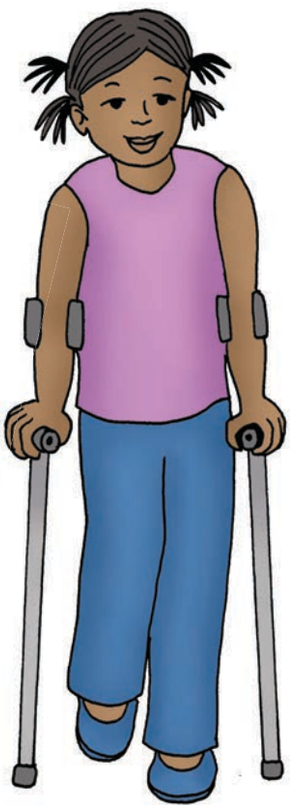


Jabu ha a tsebe ho bua,

O sebedisa _____ ho bua.

seikokotlelo





Nomsa o sebedisa _____

ho mo thusa ho tsamaya.



Ha re etseng



Sebedisa letsopa kapa hlama e bapalang ho etsa mohope kapa kopi.



Bana bohle ba kgethehile

Ha re bueng

Bana ba na ba fapana jwang le wena?

Bana ba tshwana ka eng?



Ha re baleng

Batho lefatsheng lohle ba keteka matsatsi a phomolo a kgethehileng.



Re rata ho bapala le ho bina kaofela ha rona.

Kaofela ha rona re hloka dijo ho ja.

Re tlameha ho ya sekolong kaofela ha rona.

Ha re kula re tshwanela ho ya ngakeng

Re tlameha ho hlweka le ho ba makgethe.

Ha re a tshwanela ho fumana mosebetsi.

Re bana kaofela.

Letsatsi:.....

Ha re ngoleng

Botsa metswalle e meraro dipotso tse latelang. Tlatsa dikarabo tsa bona dibakeng tse latelang.

Tlatsa mabitso a motswalle wa hao			
Tumelo ya hao ke efe?			
Le na le mekete e e ikgethileng?			
Le ja eng?			
Ke diaparo dife tse ikgethileng tseo o di aparang?			
Le keteka ka eng?			



Ha re etseng

Sheba ditshwantsho. Ke mmapa wa lefatshe la rona. Le a bona hore lefatshe la rona le na le naha le lewatle. Tlotsa lewatle ka mmala o bolou. Ha lefatshe lona o ka le etsa hore le be lesootho. Etsa setshwantsho sa ditlhapi tse mmallwa lewatleng.





Teacher:

Sign:

Date:





12

Mohale wa ka



Ha re bueng

Bolela hore na ho na le bana ba sa itekanelang sekolong sa hao.



Na sekolo se ka etsang ho ba thusa ha ba le sekolong?

Na batho ba sa itekanelang e ka ba bomampodi.



Ha re baleng

Bahale ba bang ha ba itekanela. Ke mehlala ho rona ho latela seo ba se etsang. Afrika Borwa ho na le bomampodi ba bangata ba sa itekanelang. Na ho na le batho ba sa itekanelang bao o ba tsebang ba hlwahlwa dipapading?



Natalie o lahlehetswe ke leoto la hae le letshehadi kotsing ya baesekele. O tsamaya ka leoto leo e seng la nnete. O sesa a sebedisa leoto le le leng.



Ha re bueng

Bua ka batho ba sa itekanelang ba etsang dintho tse makatsang. Nahana ka:

- Difofu di bapala diletswa. Na o tseba e mong?
- Ditholo di ngola dipina. Na o ka nahana ka mohlala?

Letsatsi:.....



Ha re ngoleng

Sebakeng se latelang, fana ka ditaba ka botlalo ka mohale kapa motho eo o lakatsang ho ba yena.

Mohale wa ka kapa motho eo ke lakatsang ho ba yena ke:

Taka setshwantsho sa mohale wa hao. Thoko ho setshwantsho ngola mantswe a mo hlalosang hantle. Mohlala: o rata batho, o thusa batho, o sebete, o na le lerato.

O ka ba mohale jwang? Buisana le motswalle wa hao ka sena.
Jwale ngola pale ya moo o bileng mohale. Tlatsa tse latelang:

Ka tsatsi le leng

Ka nka qeto ya ho

Ka

Ke kamoo ke bileng mohale kateng

Teacher:

Sign:

Date:

13

Tlhwekiso ya metsi

Ha re baleng Sheba kgalase ya metsi.



Na o bona ho hong ka hara yona? E tshetse ho hong Na o a tseba hore ka nako e nngwe ho na le dikokwanahloko ka hara metsi? Dikokwanahloko tsena di nnyane mme o ke ke wa di bona ka mahlo. Ha o ka nwa metsi o sa leka ho tlosa di kokwanahloko pele, o ka kula haholo. Re lokela ho etsa bonnete ba hore metsi ao re a nwang a hlwekile.

Ha re bueng Bua ka hore ho ka etsahalang ha re ka nwa metsi a ditshila. Jwale sheba ditshwantsho tse latelang: Bua le motswalle wa hao ka tsela tse fapaneng tsa ho hlwekisa metsi.



Kenya dipilisi tsa "klorine" ka metsing.



Bedisa metsi metsotso e mehlano.



Tshela dikhemikhale.





Sefa metsi.

Letsatsi:.....

Ha re bueng

Ke metsi a feng ao o nahanang hore a bolokehile hore a ka nowa?
Tshasa lerothodi laona ka mmala o bolou, ha o nahana hore a ka nowa.

Metsi a noka

Metsi a pompo

Metsi a lewatle

Metsi a sediba se tjhekilweng

Metsi a rekiweng ka botlolo

Metsi a bedisitsweng ka ketlele

Ha re etseng

Sebetsang ka dihlotshwana, le etse sefe e ka hlwekisang metsi. Mamelang ka hloko ha titjhere a hlalosa seo le tshwaneleng ho se etsa.



Le tla hloka ntho tse latelang

- Botlolo ya polasetiki ya dilitara tse pedi
- Metsi a ditshila a seretse
- Lehlabathe le lesesane
- Lehlabathe la majwana
- Majwe a manyane/kerabole
- Sekere
- Boya bo hlwekileng



Ha re ngoleng

Ngola mehato ya ho etsa sefe ya metsi ka tatelano e nepahetseng.

	Tshela lehlabathe le lesesane hodima khothono wulu.
	Tonamisa kanolo eka hedimo o e kenye ka hara botlolo e sehilureng.
	Tshela lehlabathe la majwana.
	Seha botlaase ba botlolo ya polasetiki ka hloko.
	Tshela metsi a seretse.
	Kenya majwe a manyenyane ka hara botlolo.





Mokgwa o motle wa bophelo



Ha re baleng

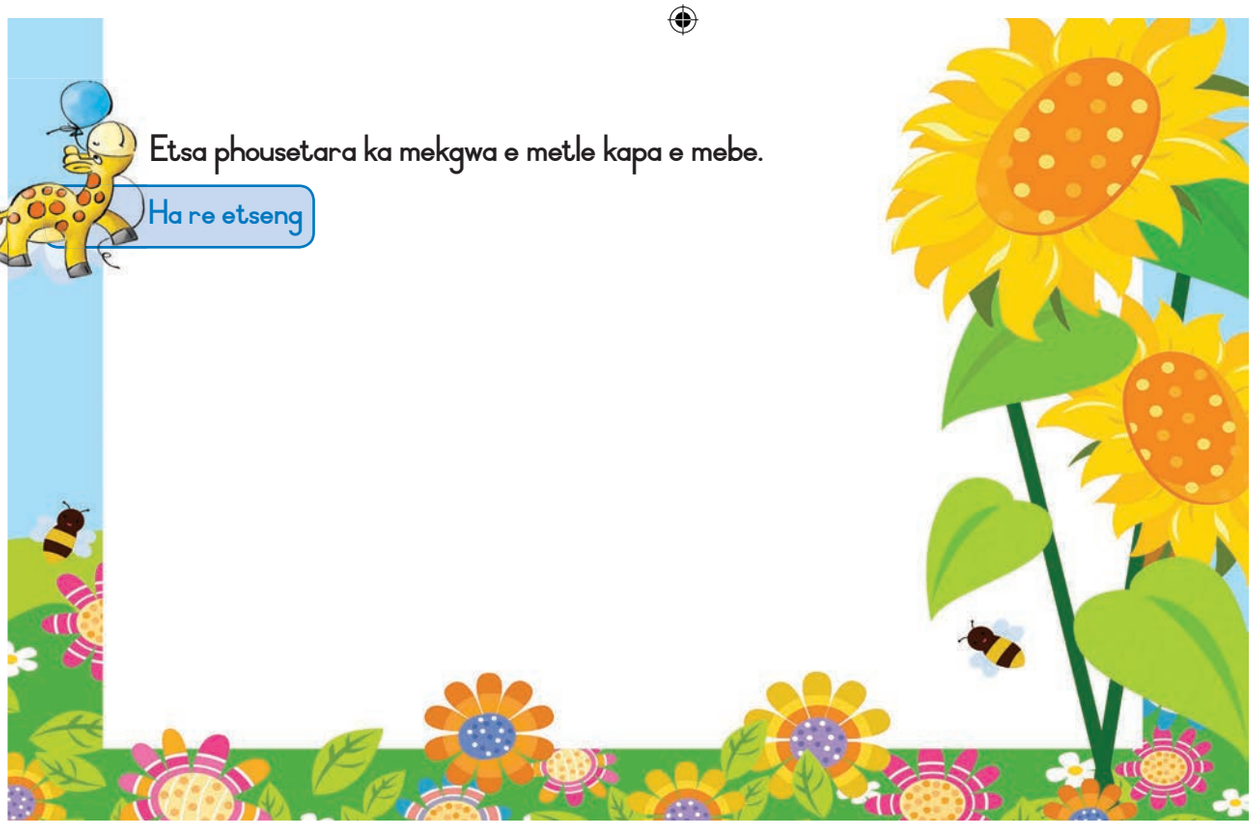
Bala ka mekgwa ena e metle le e fosahetseng. Haeba o nahana hore ke mekgwa e nepahetseng, kenya letshwao lena (✔), ha o nahana hore ke mokgwa o fosahetseng etsa letshwao lena (✘).

Mekgwa Titjhere o thusa bana ka ho bala	Ntle o nepahetseng ✔	O fosahetseng ✘
Ke ja dijo tsa bophelo bo botle.		
Ke lahla ditshila tse tswang koloing kapa tekesing ka ntle ka fensetere.		
Ke hlatswa moriri kgafetsa.		
Ke ja dipompong tse ngata.		
Ke boloka manala le ditsebe tsa ka di hlwekile.		
Ke hlatswa meno a ka hang ka kgwedi.		
Ke thonaka ditshila ke di lahlele ka moqomong wa dithole.		
Ke hlatswa matsoho a ka ha ke tswa ntlwaneng.		
Ha ke kgohlela kapa ke thimola, ke beha letsoho la ka molomong.		
Ke ikwetlisa ka mehla.		
Ke hlatswa matsoho pele ke ja.		
Ke dula ka pela TV nako e ngata.		
Ke dula le batho ba baholo ba tsubang.		

Letsatsi:.....

Ha re etseng

Etsa phousetara ka mekgwa e metle kapa e mebe.



Ha re ngoleng

Hlahloba phousetara ya hao. Bala taodiso, mme o kenye sefahleho se bonyang haeba taodiso e le nnete, o kenye sefahleho se hlomohileng haeba taodiso e se nnete.



	Ee	Tjhe
Phousetara ya ka e mebalabala ebile e makgethe.		
Ke natefetswe ke ho etsa phousetara ya ka.		
Ke fumane ho le thata ho etsa phousetara ya ka.		

Ha re ithapolleng



- O ka tlola bohole bo bkae? Sebedisa dikoto tse tharo tsa ropo. Di tlole. O nne o di arohanye haholwanyane ho bona hore o ka tlola bohole bo bokae.
- Jwale, kopa metswalle ya hao e mmedi ho bidikolohisa ropo hore o tlole.
- Nehanang monyetla ho tlola.



Dintho tse bolang le tse sa boleng



Ha re bueng



Bua ka dijo tse lokelang ho bolokwa di phodile ho di thibela hore di se bole. Nahana hore ke dijo di feng tse sa lokelang ho bolokwa di phodile empa di ka bolokwa ka rakeng. Seha ditshwantsho tse tshwanang le tse ka tlase ho tswa leqhepheng mme o di kgomaretse hodima sehatsetsi kapa rakeng.

















Letsatsi:.....















Ha re bueng

Bua ka mekgwa eo re ka bolokang dijo ka yona, re di thibela ho dikokonyana tse kang ditshintshi le bohlwa.











Teacher:

Sign:

Date:

16 Matsatsi a bodumedi le a mang a ikgethileng

Ha re baleng

Batho lefatsheng lohle ba keteka matsatsi a phomolo a ikgethileng.
Ke matsatsi a phomolo afe ao o tla a keteka?



Ka nako ya keresemese re fumana dimpho. Re fa metswalle le ba malapa a rona dimpho. Re ba le sefate sa keresemese ka tlung.

Re bea dimpho ka tlasa sefate.

Re kgabisa sefate, re nto bea naledi ka hodimo. Ka nako ya keresemese re ja dijo tse ngata.





Re fela pelo ya ho fihla ha Diwali. Ena ke nako eo re fumanang dipompong le dimpho tse ngata. Re paka dipompong tse monate le dikuku ka mabokoseng ebe re fa batho ba re tjhakelang. Re kgantsha mabone a manyenyane ebe re a bea ho potoloha ntlo.

Letsatsi:.....



Re fela pelo ya ho fihla ha Hanukkah. Re tla ba le dijo tse monate tseo re tlang ho di ja. Re rata ho ja dipanekuku le matokomane re rata le ho fuwa dimpho. Bomotswala ba a re tjhakela. Re thusa ka ho etsa dijo mme re kgantsha le dikerese ka tlung.

Haufinyane e tla ba Eid. Re tla fumana dimpho tse ntle. Re tla fa metswalle ya rona dimpho. Re tla ba le dipompong tse ngata le dikuku tseo re tla di ja. Re kgona ho bona hore ke Eid ka ho sheba sebopeho sa kgwedi. E ka letsatsi le fapaneng selemo se seng le se seng.





Ha re bueng

Bina pina eo o e tsebang bakeng sa le leng la matsatsi ana a ikgethileng.





Teacher:

Sign:

Date:

Dihla tsa selemo

Ha re bueng

Sheba dintshwantsho tsa nako tsa selemo tse nne. Bolella motswalle wa hao hore o bona eng setshwantshong se seng le se seng. Bolela hore nako tsena tse nne tsa selemo di fapane jwang.



Ke nako e fe ya selemo eo o e ratang haholo? _____

_____

Hobaneng o rata nako eo ya selemo? _____

_____

Letsatsi la hao la tswalo le ka nako e fe ya selemo? _____

_____

Letsatsi:.....



Ha re bueng

Dumela, ntate Letsatsi
Tsatsi la hao le qadile
Ke rata ho bona sefahleho
sa hao se benyang
Dumela, ntate letsatsi.



Pula, pula tsamaya
Bana ba banyenyane ba rata ho bapala
Etlo ka letsatsi le leng
Se ka ba teng letsatsi le le leng feela.



Teacher:
Sign:
Date:

18 Dihla tsa selemo tse nne



Ha re etseng

Seha ditshwantsho tsa nako tse nne tsa selemo leqepheng le sehilweng ka morao ho buka. Kgomaretsa setshwantsho se seng le se seng pela nako ya selemo e nepahetseng.



mariha

Phupjane

Phupu

Phato

selemo

Lwetse

Mphalane

Pudungwane



Letsatsi:.....



lehlabula

Tshitwe

Pherekgong

Hlakola

hwetla

Hlakubele

Mmesa

Motsheanong

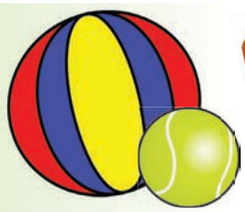




Ha re ithapolleng

Ithapolleleng bokgoni ba ho bapala bolo.
Tlolatlodisa bolo mabapi le lebota.
Matha hodima sebaka ha o ntse o qhomisa bolo.
Jwale matha ebe o lahlela bolo ho etsa mokolokotwane.







19 Ka tsa dihla tsa selemo

Ha re baleng



Lehlabula

Letsatsi le tjhabile ho futhumetse.

Matsatsi a malelele ha masiu a le makgutshwahyane.

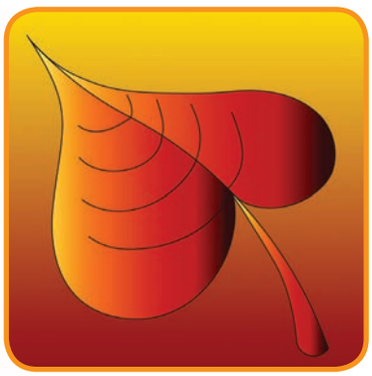
Re ka dula re phodile ka ho sesa kapa ho dula moriting.

Hwetla

Ho qala ho phola.

Mahlaku a difate a qala ho ba mmala wa gauta, le hona ho hlohloreha difateng.

Dinonyana di fofela bakeng tse tjhesang.





Mariha

Ho a bata.

Dibakeng tse ding ho na le lehlwa le mohodi.

Matsatsi a makgutshwanyane ha masiu a le malelele.

Diphoofolo tse ding di robala mariha ohle (di a falla ka nako ena).

Selemo

Ho futhumetse.

Dijalo di qala ho hola mme dipalesa di a thunya difateng.

Dinonyana di qala ho haha dihlaha tsa ho behela mahe.



Letsatsi:.....

Ha re bueng

Dijo tse fapaneng di mela ka dinako tsa selemo tse fapaneng. Tadima dijo tsena tsa lehlabula le mariha.Bolella motswalle hore o rata ho ja eng ha ho tjhesa le ha ho bata.



Selemo

Dijo tsa nako e nngwe le e nngwe ya selemo

Mariha



Teacher:

Sign:

Date:

20

Ho aparela boemo ba lehodimo

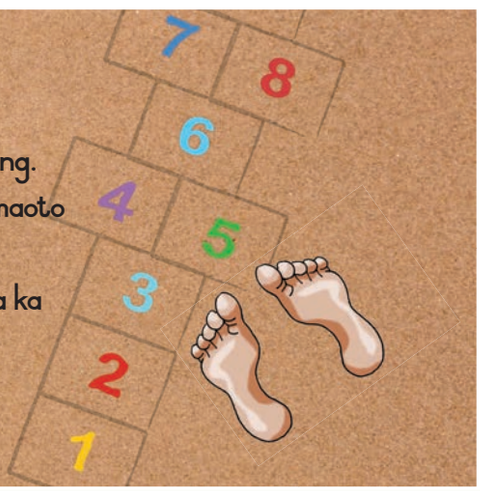
Ha re etseng ditshwantsho

Etsa setshwantsho sa ngwanana le moshemane.
Moshemane o tlameha ho apara diaparo tsa mariha tse futhumetseng ha ngwanana a tlamehile ho apara diaparo tsa lehlabula tse phodileng.



Moshemane	Ngwanana

Ha re ithapolleng



- Beha dihulahupu fatshe kapa o etse masakana lehlabatheng.
- Ha titjhere ya hao a re o tlole, o tlolele ka lesakaneng ka maoto a mabedi.
- Ha titjhere ya hao a re o tlole, o tlolele ka ntle ho lesakana ka leoto le le leng.
- Bapala sekotjhe.
- Sebedisa tjhoko ho etsa masakana le sekwere fatshe.

Letsatsi:.....



Ha re bueng

Bolella motswalle wa hao hore re apara diaparo tse jwang nakong tse fapaneng tsa selemo. O rata ho apara diaparo dife?

Etsa mola o tlohang tlhalosong ya diaparo tseo re di aparang nakong ya boemo ba lehodimo bo hlalositswe ho setshwantsho sa diaparo tse bontshitsereng.



Ha re ngoleng

Ho aparela boemo ba lehodimo

Ha ho na le letsatsi re lokela ho rwala dikatiba ho itshireletsa letsatsing.	
Ha ho bata re lokela ho apara diaparo tse futhumetseng.	
Llo futhumetse re kgona le ho kga dipalesa tse ntle.	
Nako eo pula e nang re hloka ho apara jase ya pula le hona ho nka sekgele.	



Ditlamorao tsa dinako tsa selemo

Ha re baleng



Selemo

Ka nako ya selemo difate
di qala ho hlomela.

Re bona dinonyana, dinotshi,
dipalesa le mahlaku a matjha.

Dinonyana di etsa dihlaha di
qhotsa le mahe.

Borapolasi ba kuta dinku.

Lehlabula

Ka nako ya Lehlabula borapolasi ba kotula ditholwana. Diphoofolo tse nyenyane di matjato ka nako ena.

Dibakeng tse ngata pula e na haholo mme ho na le lehadima le letolo.

Jwang, dipalesa di hola di ba kgolo, ha difate di ba telele.



Letsatsi:.....



Hwetla

Diphoofolo tse ding di boloka dijo ha di itokisetsa ho robala mariha ohle.

Mahlaku a difate a qala ho ba masehla, sootho, kgubedu le lebala la namunu.

Jwang bo qala ho ba sootho.



Mariha

Diphoofolo tse ding di robala mariha ohle. Re re di a falla. Di dula di futhumetse hobane matlalo a tsona a na le boya bo ba bongata.





Ha re ngoleng

Diphoofolo tse ding di etsang mariha? _____

_____

Diphoofolo tse ding di itshireletsa jwang serameng? _____

_____

Dinonyana di kgutlela neng dinaheng tse futhumetseng, le hona ho qala ho etsa dihlaha? _____



Ho jala sejalo sa nawa

Ha re etseng

O hloka

- Dinawa tse hlano
- Perinki
- Boya bo hlwekilig
- Metsi





Seo o ka se etsang



Kenya dinawa ka hara boya ka perinking.
E boloke e le metsi. Beha perinki hodima motheo wa fensetere letsatsing.

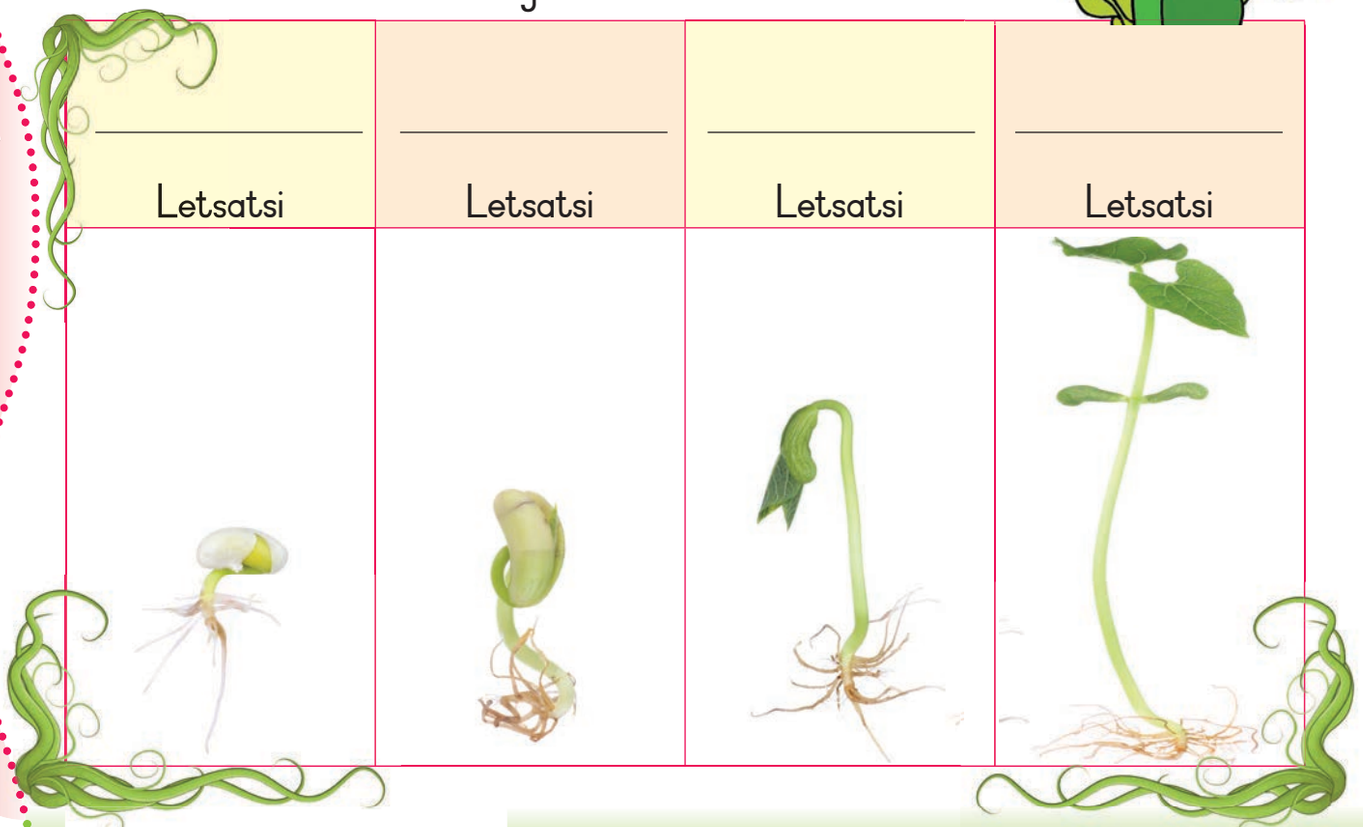
Hlokomela dinawa bekeng tse pedi tse latelang.

Hlokomela hore e hola jwang.



Sheba setshwantsho sa semela sena sa nawa
Ha semela sa hao se boheha tjena tlatsa letsatsi

_____	_____	_____	_____
Letsatsi	Letsatsi	Letsatsi	Letsatsi



Letsatsi:.....

Ha re etseng

Etsa papadi ka phoofolo.
O ka bontsha bere kapa noko e bokella le ho boloka dijo bakeng sa mariha.

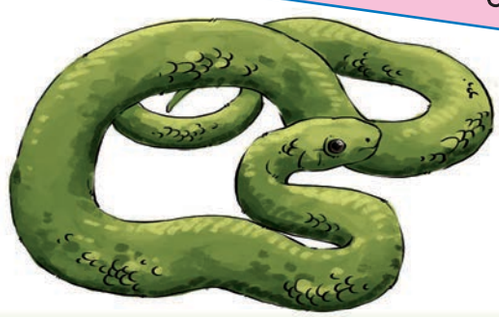


Ha re ithapolleng



Etsisa lefokotsane le fofela sebakeng se mofuthu.

Etsisa noha e hahaba fatshe e batla sebaka se setle ho fallela teng.



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Diphoofolo: Diphoofolo tsa polasing

Ha re bueng

Sheba ditshwantsho o bue ka diphoofolo tse fapaneng tsa polasi tseo o di bonang.
Ke phoofolo e fe eo o e ratang hahol o?
Re fumana eng phoofolong e nngwe le e nngwe?



Letsatsi:.....

Ha re ngoleng

Ngola dikarabo tse nepahetseng tafoleng e latelang.
Re o etseditse ya pele.



Tona	Ramo
Tshehadi	Pheleu/nku e tshehadi
Ngwana	konyana
Modumo	Lerata
Tshireletso	Iesaka



Tona	
Tshehadi	
Ngwana	
Modumo	
Tshireletso	



Tona	
Tshehadi	
Ngwana	
Modumo	
Tshireletso	



Tona	
Tshehadi	
Ngwana	
Modumo	
Tshireletso	



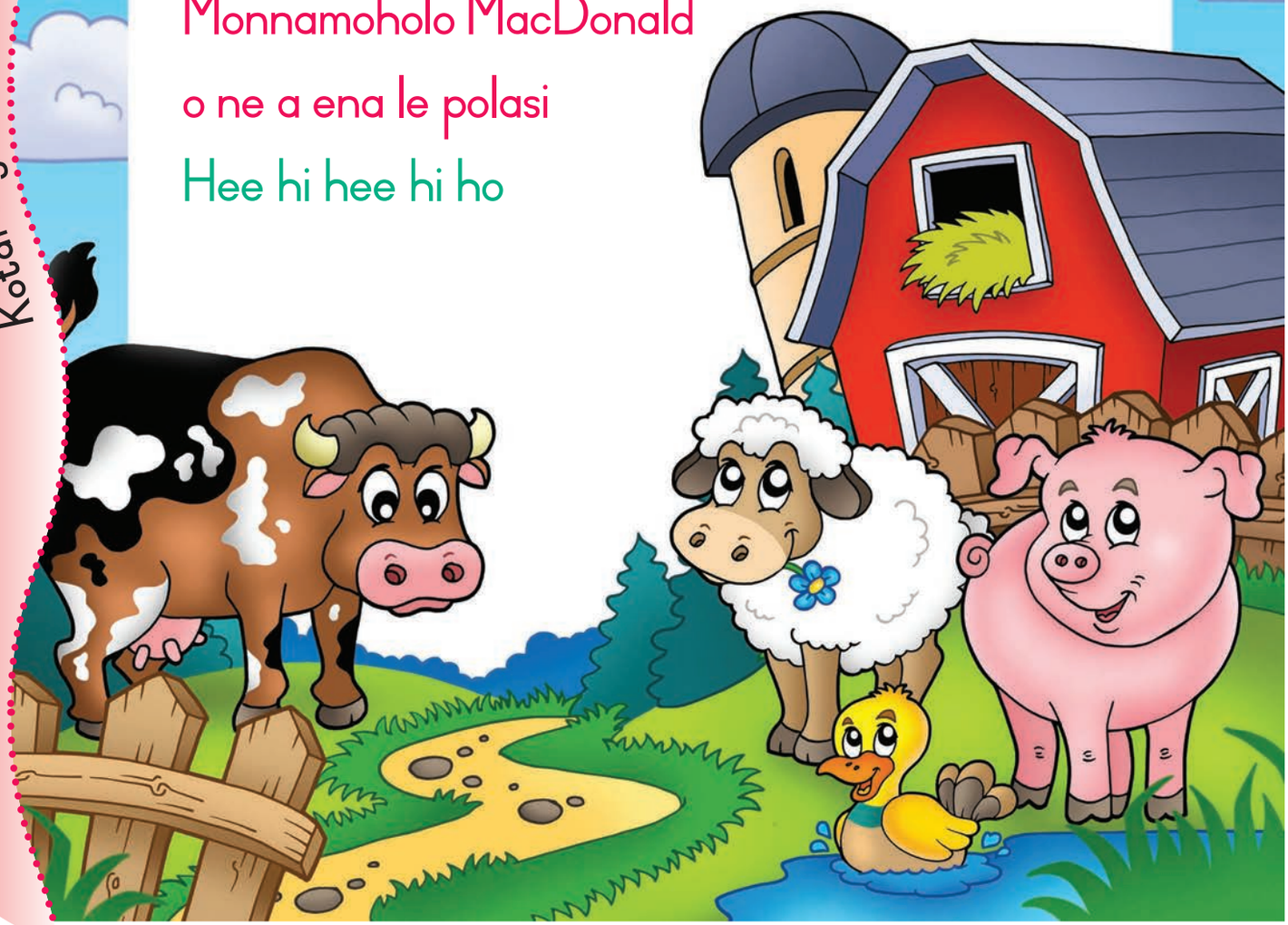
24

Polasing

Ha re bueng



Monnamoholo MacDonald o na le Polasi
Hee hi hee hi jo jo
Polasing o ne a ena le dikgomo
Di re muu muu muu mona le muu mane
Mona le mane muu muu muu
Monnamoholo MacDonald
o ne a ena le polasi
Hee hi hee hi ho



Letsatsi:.....

Ha re bueng

Tswela pele ho bina pina. Sebakeng sa kgomo meleng e latelang sebedisa diphoofolo tsena.



Polasing o ne a ena le dintja hape.

Polasing o ne a ena le matata.

Polasing o ne a ena le dipere.

Ha re ithapolleng

- Tsamaya hodima balaka o sa we.
- Lahlela bolo hodimo moeng o e tshware e se wele fatshe.
- Jwale matha jwalo ka pere.
- Tsamaya jwale ka letata.
- Tsamaya jwale ka roboto.



Teacher:

Sign:

Date:

25

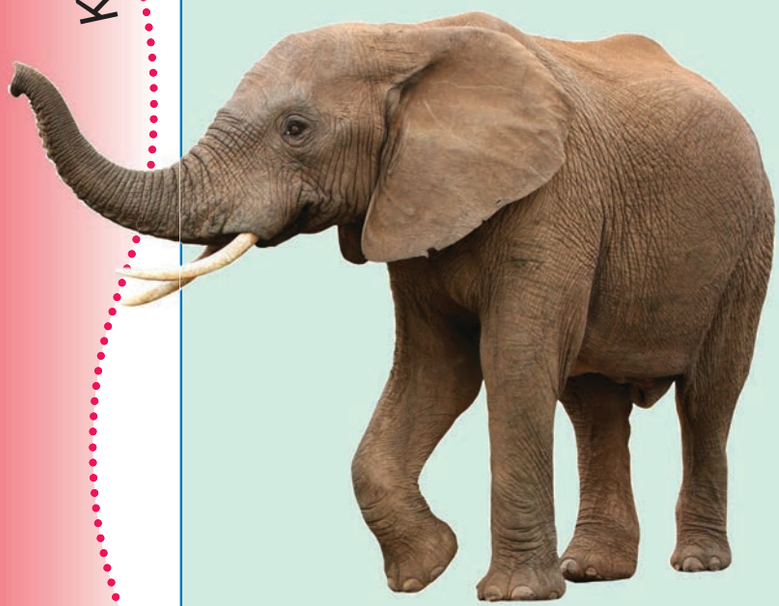
Diphoofolo tse hlaha

Ha re baleng





Ditau ke tsa le lapa la dikatse.
Tau ke morena wa mmuso
wa diphoofolo.
Di bolaya le hona ho tsoma di
kgama le diqwaha. Tse tshehadi ke
tsona tse tsomang haholo.
Di tsoma bosiu ka dihlotshwana.
Ditau di rata ho phela masimong
moo ho nang le jwang. Ditau di ka
rora di etse lerata haholo.

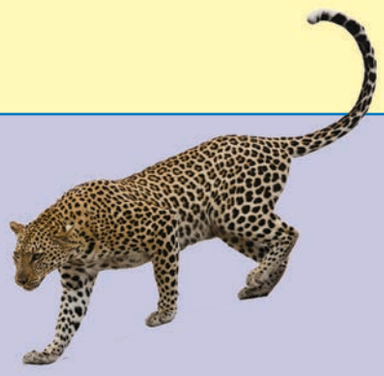


Ditlou ke di antshi tse kgolo ho
feta phoofolo tsohle lefatsheng.
Di kotsing ka mehla hobane di
tsomelwa manaka a tsona. Manaka
a tlou a dula a hola ka nako tsohle
tsa ho phela ha tsona. Ditlou di
sebedisa manaka ho tlisa metso,
ditholwana le metsi melomong ya
tsona. Di ja dijo tsa boima ba
200 kg ka letsatsi mme di nwe
dilithara tse 190 tsa metsi.

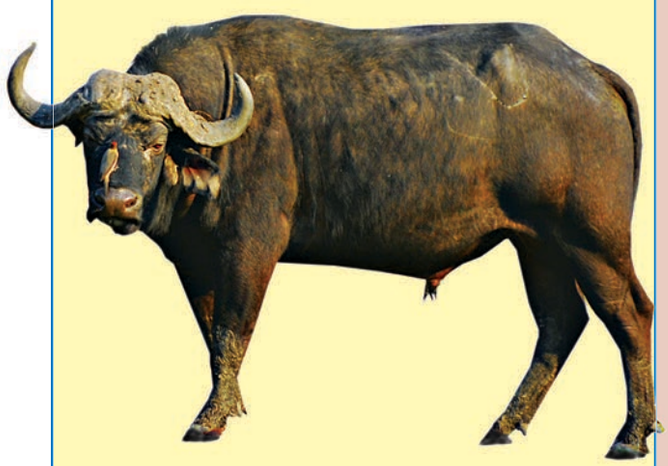
Letsatsi:.....



Ho na le mefuta e mmedi ya ditshukudu, tshukudu e tshweu le e ntsho. Tshukudu ha e bone hantle, empa di kgona ho nkgella dintho hantle. Ditshukudu di kgolo haholo, mme di na le boima ba 2 500 kilogerama. Tshukudi di tsongwa kamehla ke batsomi ba batla manaka a tsona. Re lokela ho sireletsa ditshukudu ho batsumi ba tlang ho di bolaya ka lebaka la manaka a tsona.



Lengau le seng le hodile le kgona ho hola bolelele ba dimetara tse pedi. Letlalo la yona le lesootho le botsho bo nang le matheba a etsang sedikadikwe. Lengau le tseba ho hlwa ha le na le bothata ba ho tsoma difateng.



Dinare di dula ka dihlotshwana. Ha ho na le monyenyetsi wa kotsi dinare le manamane di bokellana bohareng ba sehlotshwana sa tsona, mme di potapotuwa ke dipoho ho di tshireletsa. Nare e ka hola ho fihlela dimetara tse 1,7.

Teacher:

Sign:

Date:

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Mokgwa oo diphoofolo di ipatang ka ona

Ha re baleng



Metsero ya diqwaha e etsa hore ho be thata ho bona qwaha morung.

Diphoofolo tse ding di itshireletsa ka ho fetola mokgwa oo di shebahalang ka yona hore di tshwane le tikoloho ya tsona.

Lempetje le kgona ho fetola mmala hore le tshwane le difate tseo le di hlwang.

Matlalo le masiba a phoofolo tse ding a entswe ka mokgwa oo ho leng boima hore mang kapa mang a ka di bona.

Re bitsa sena ho ikgakanya.

Nahana ka diphoofolo tse ding tse etsang sena ho ikgakanya.

Ha re etseng

Titjhere ya hao e tla o bontsha ho bapala ditulo tsa mmino.



Letsatsi:.....

Ha re etseng

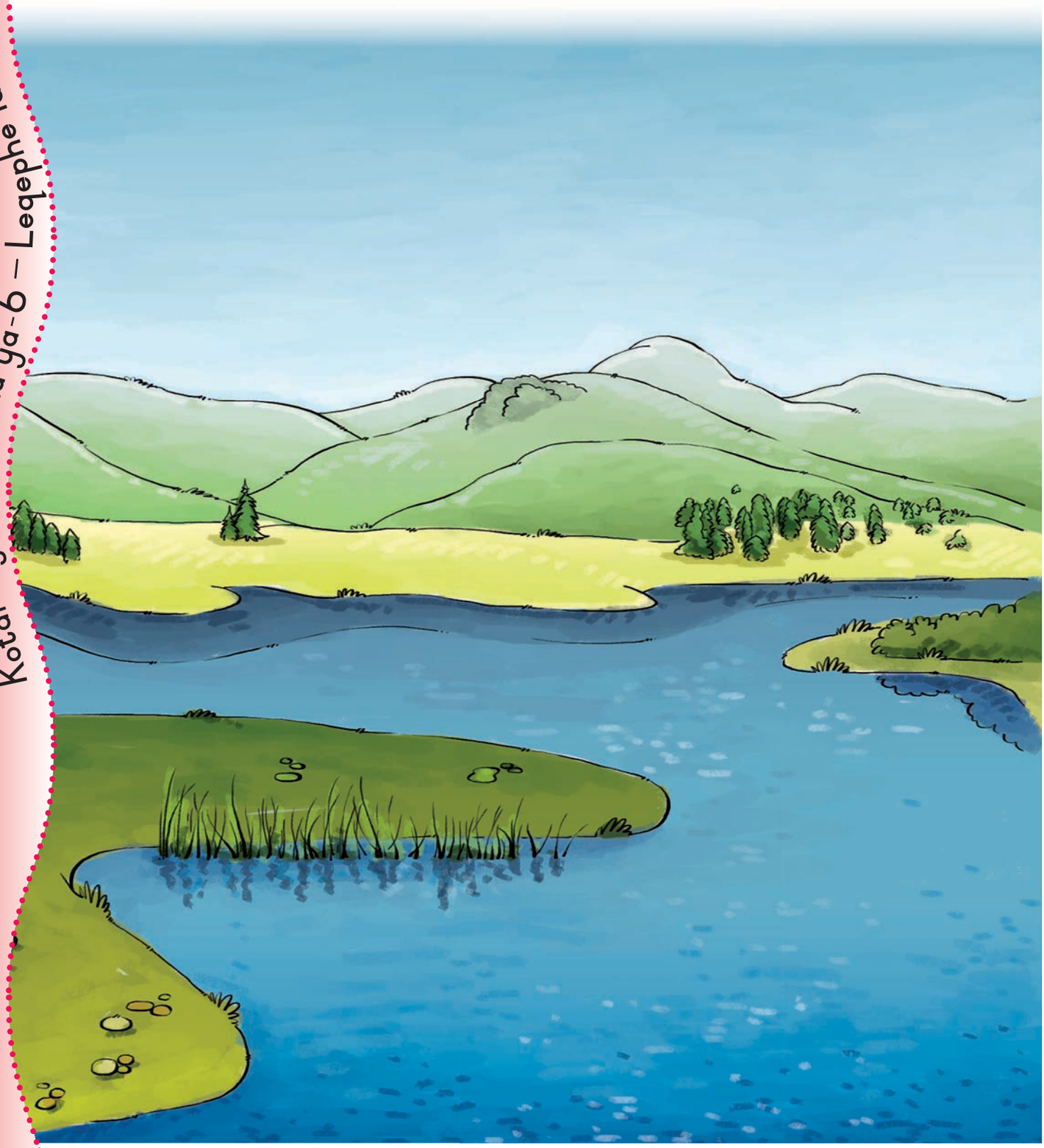
Etsa setshwantsho sa phoofolo e hlaha.
Bolella motswalle wa hao hore phoofolo ena e ikgakanya jwang.



27 Diphoofolo tsa metsing

Ha re etseng

Qetella setshwantsho ka ho kenya ditshwantsho tsa diphoofolo tse phelang ka metsing.

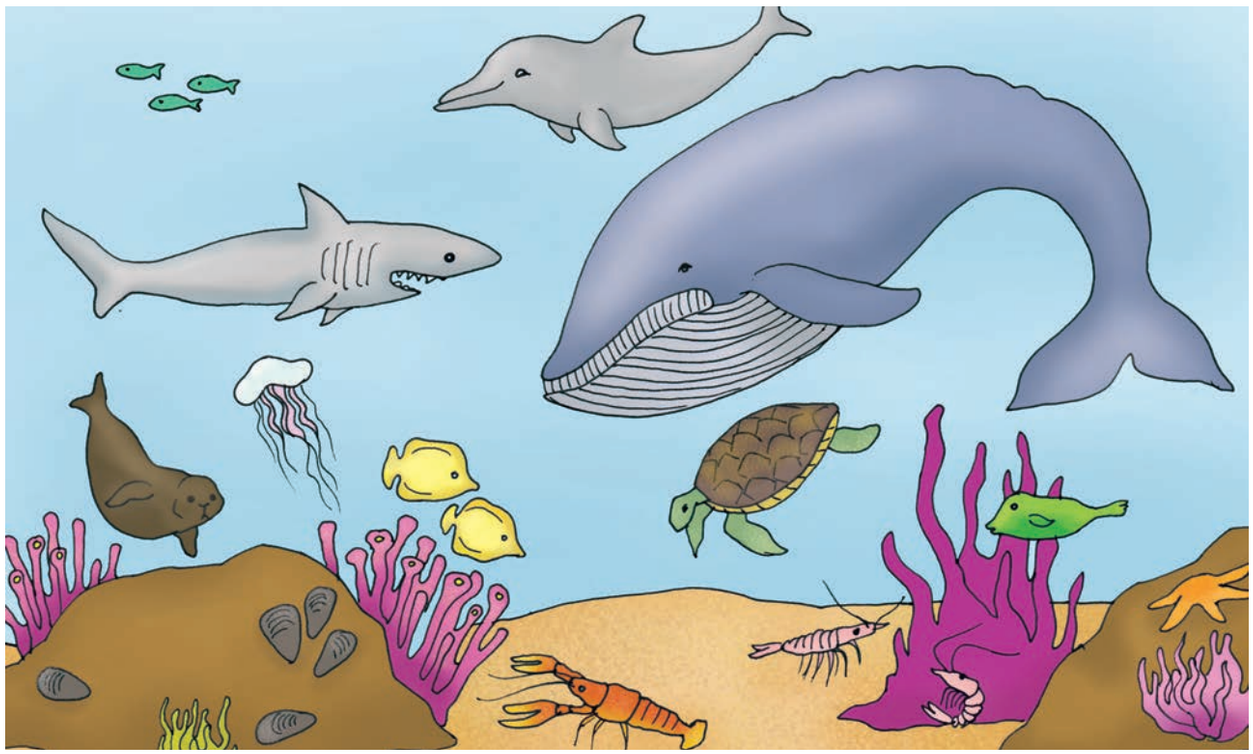


Letsatsi:.....

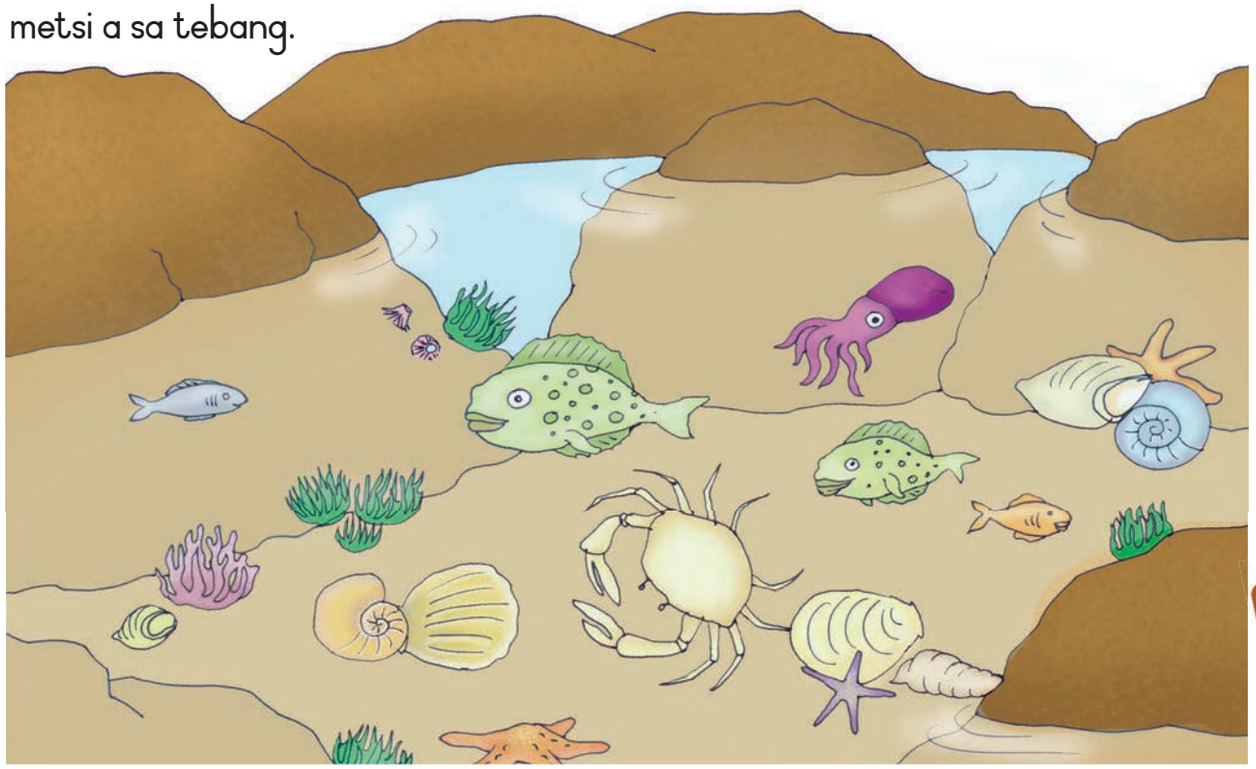
Dibopuwa tsa botebong ba lewatle

Ha re bueng

Ha re shebang diphoofolo tse fapaneng tse phelang metsing a letswai.



Ho na le diphoofolo tse nyenyane, tse phelang matsheng a nang le majwe moo metsi a sa tebang.



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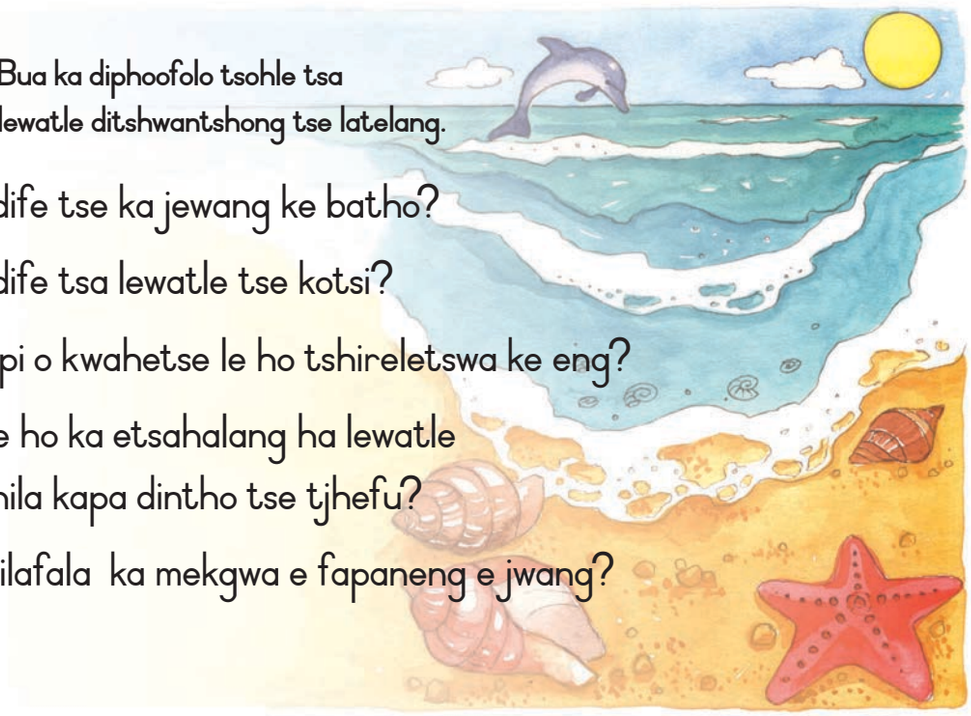
Botsebi ba diphoofolo



Ha re bueng

Bua ka diphoofolo tsohle tsa lewatle ditshwantshong tse latelang.

- Ke diphoofolo dife tse ka jewang ke batho?
- Ke diphoofolo dife tsa lewatle tse kotsi?
- Mmele wa tlhapi o kwahetse le ho tshireletswa ke eng?
- O nahana hore ho ka etsahalang ha lewatle le ka tlala ditshila kapa dintho tse tjhefu?
- Lewatle le ka silafala ka mekgwa e fapaneng e jwang?

Ha re ngoleng

Ngola mabitso a diphoofolo tsohle tseo o ka nahanang ka tsona tse dulang dinokaneng, matamong kapa lewatleng, dikholomong tse tharo tsa tafole e latelang.

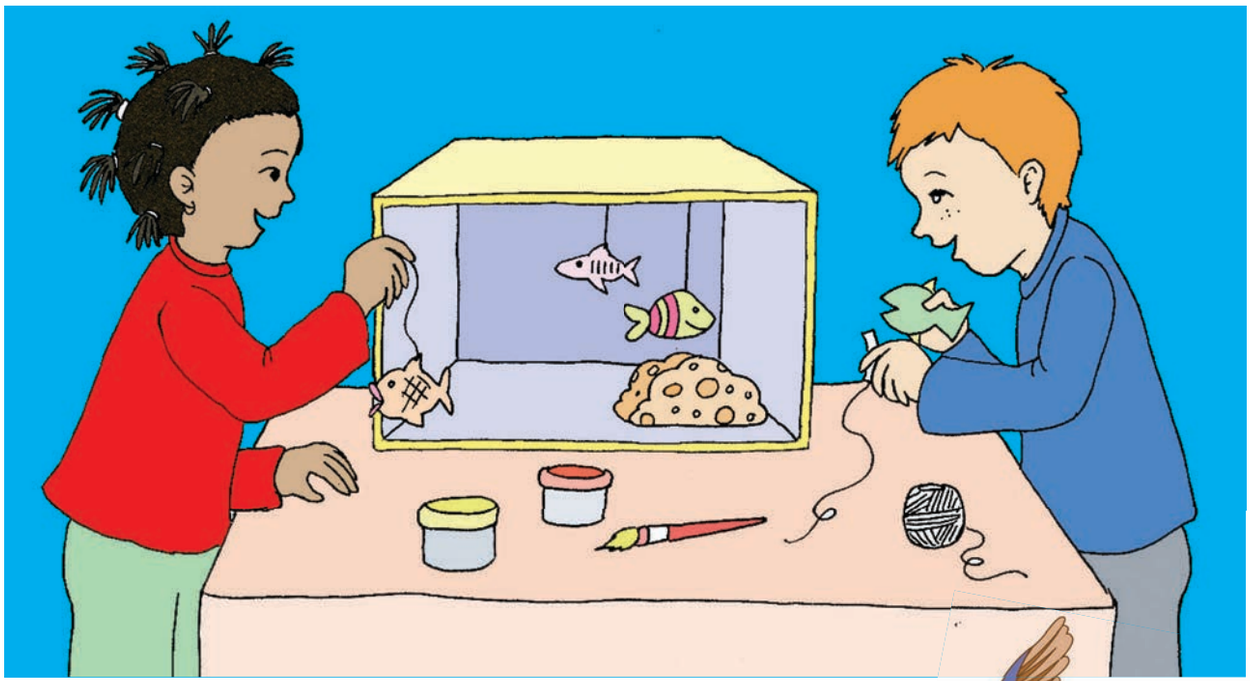
Noka	Lewatle	Letamo

Letsatsi:.....

Ha re etseng

Etsa tanka ya ho boloka ditlhapi.

- Penta bohare ba lebokose la dieta bolou - botala, mme o fetolele lebokose.
- Jwale seha tlhapi ka morao ho buka.
- Tshwarisa tlhapi ka hodimo lebokoseng ka semamaretsi le kgwele.



Ha re ithapolleng



- Fofa jwalo-ka nonyana ka lebelo le leholo le ka ho iketla
- Tsamaya jwalo-ka nonyanalewatle
- Fofa jwalo ka notshi
- Tsamaya jwalo-ka lekgala
- Sesa jwalo-ka tlhapi
- Tlola/qothoma jwalo ka senqanqane
- Bapala latella-moetapele
- Bapala katse-le-tweba

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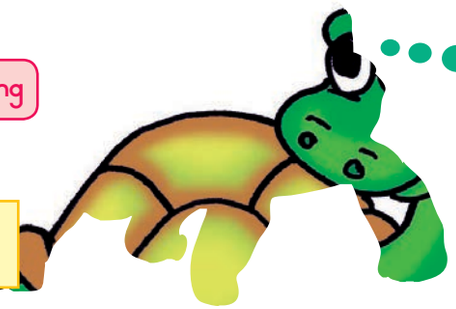
Date:

30 Diphoofolo tse jarang mahae a tsona ha di tsamaya

Ha re baleng



Na o a tseba hore ke fella hantle kgaketlaneng ya ka,ha e ke be e be nnyane ho nna.

Kgudu

Kgudu ke sehahabi se nang le maotwana a mane le molala o temekang le hlooho. E tsamaya butle e pepile kgaketlana ya yona.

Ba dula kae?

		
Kgudu ya metsing: Ke dula lewatleng	**Kgudu ya metsing:** Ke dula metsing a matjha moo ho leng mongobo	**Kgudu:** Ke dula naheng

Ha re ngoleng

Araba dipotso tse latelang ka kgudu e dulang naheng.

Kgaketlana ya kgudu e bonolo kapa e thata? _____

Kgaketlana ya kgudu e itshireletsa ho eng? _____

_____

Kgudu e etsa eng ha e tshohile? _____

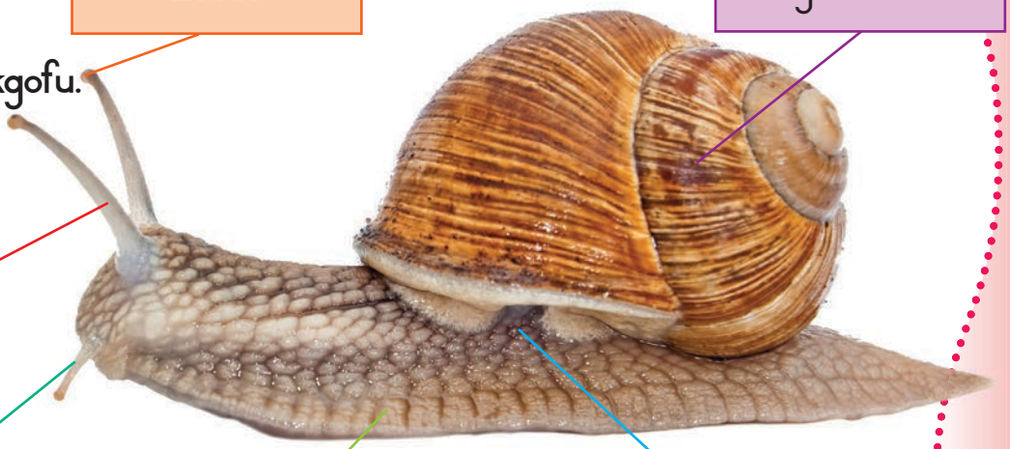
Dikgudu di ja eng? _____

_____

Letsatsi:.....

Kgofu

Sheba kgaketlana ya kgofu.



Leihlo

Kgaketlana

manaka a matelele

manaka a makgutshwanyane

Maoto

Lesoba bakeng sa ho hema

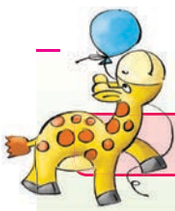
Kgofu e tsamaya jwang? _____

Na o kile wa fumana kgaketlana e se nang letho ya kgofu? _____

_____

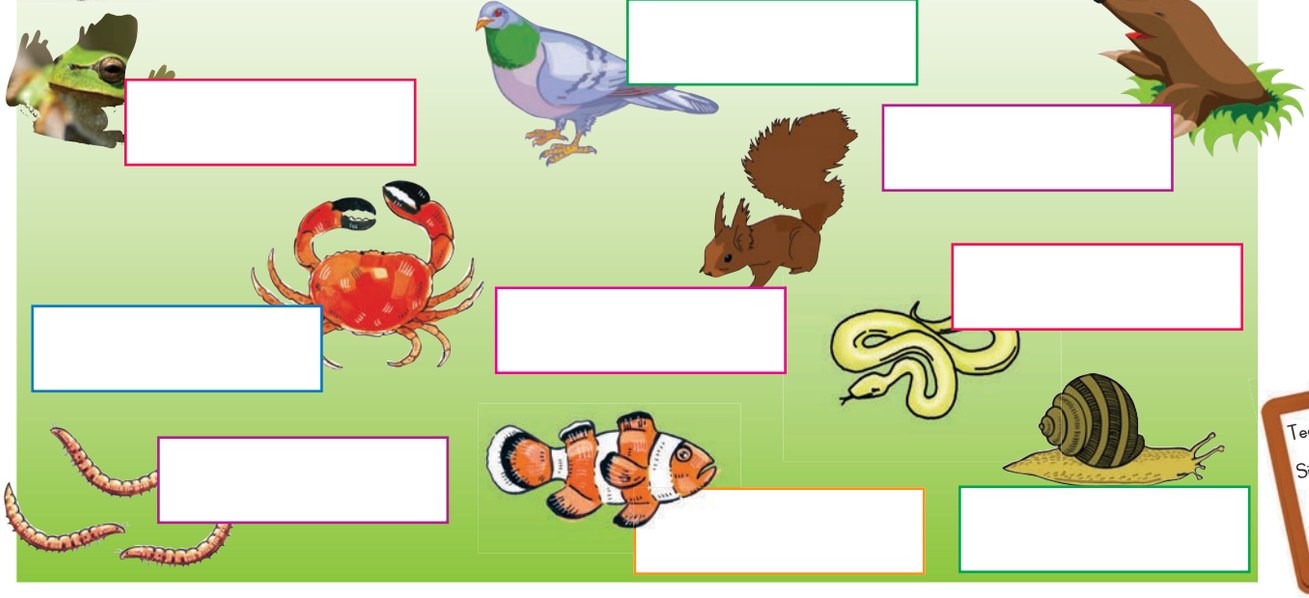
Dikgaketla tsa dikgofu di mmala o jwang? _____

Hobaneng dikgofu di na le dikgaketlana? _____



Ha re etseng

O nahana hore ke dula kae? Pela setshwantsho sa ka, bolela hore na nka etsa lehae la ka sefateng, fatshe kapa metsing na.



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Diphoofolo tse ikahelang moo di itshireletsang

Ha re etseng

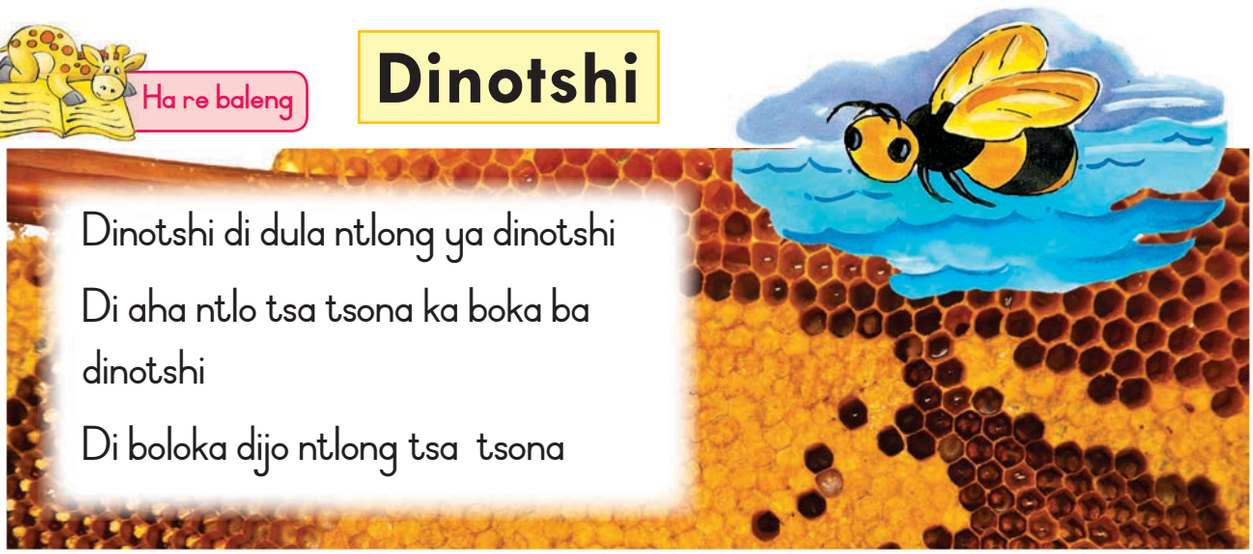
Kopanya ditshwantsho tsa diphoofolo le ditshwantsho tsa malapa a tsona.





Ha re baleng

Dinotshi



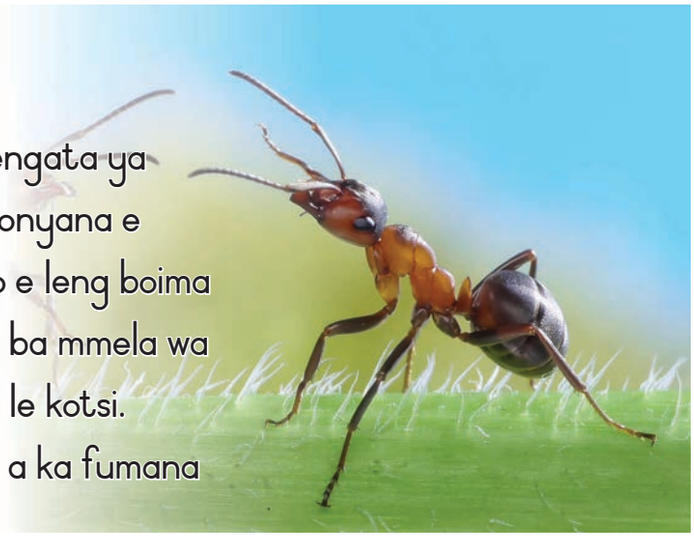
Dinotshi di dula ntlong ya dinotshi

Di aha ntlo tsa tsona ka boka ba dinotshi

Di boloka dijo ntlong tsa tsona

Letsatsi:.....

Dikokonyana



Dikokonyana di aha mefuta e mengata ya meaho tikolohong tsa tsona. Kokonyana e nnyane e kgona ho tshwara ntho e leng boima bo ka kenang hanne (4) boimeng ba mmela wa bona. Di rerisa tse ding ha ho na le kotsi.
Di bolella e mong le e mong hore a ka fumana dijo kae.



Ha re ngoleng

O nahana hore hobaneng dikokonyana di ikahela tshireletso _____

_____

Sera sa kokonyana ke mang? _____

_____

Dikokonyana di sebedisang ho ikahela? _____

_____



Ha re baleng

Dinonyana

Dinonyana di haha dihlaha e le mahae a tsona, le hore di be le moo di ka behelang mahe teng. Boholo ba sehlaha bo laolwa ke hore nonyana e boholo bo bokae.
Dinonyana di sebedisang ho aha dihlaha?

_____

Ke phoofolo efe eo e leng sera sa nonyana?

_____





A a

B b

C c

D d

E e

F f

G g

H h

I i

J j

K k

L l

M m

N n

O o

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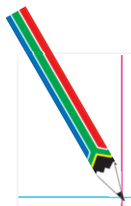

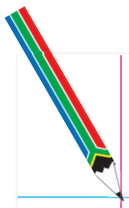

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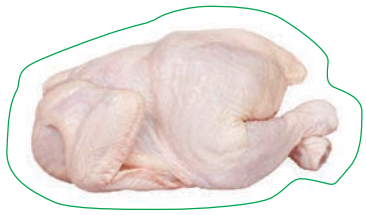
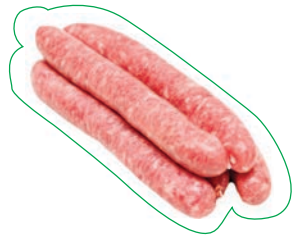

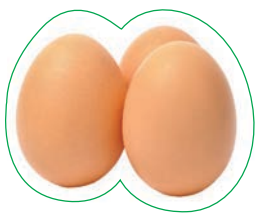
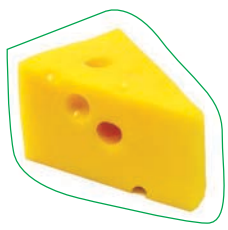




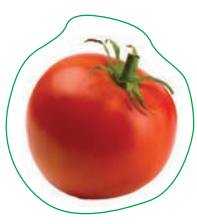








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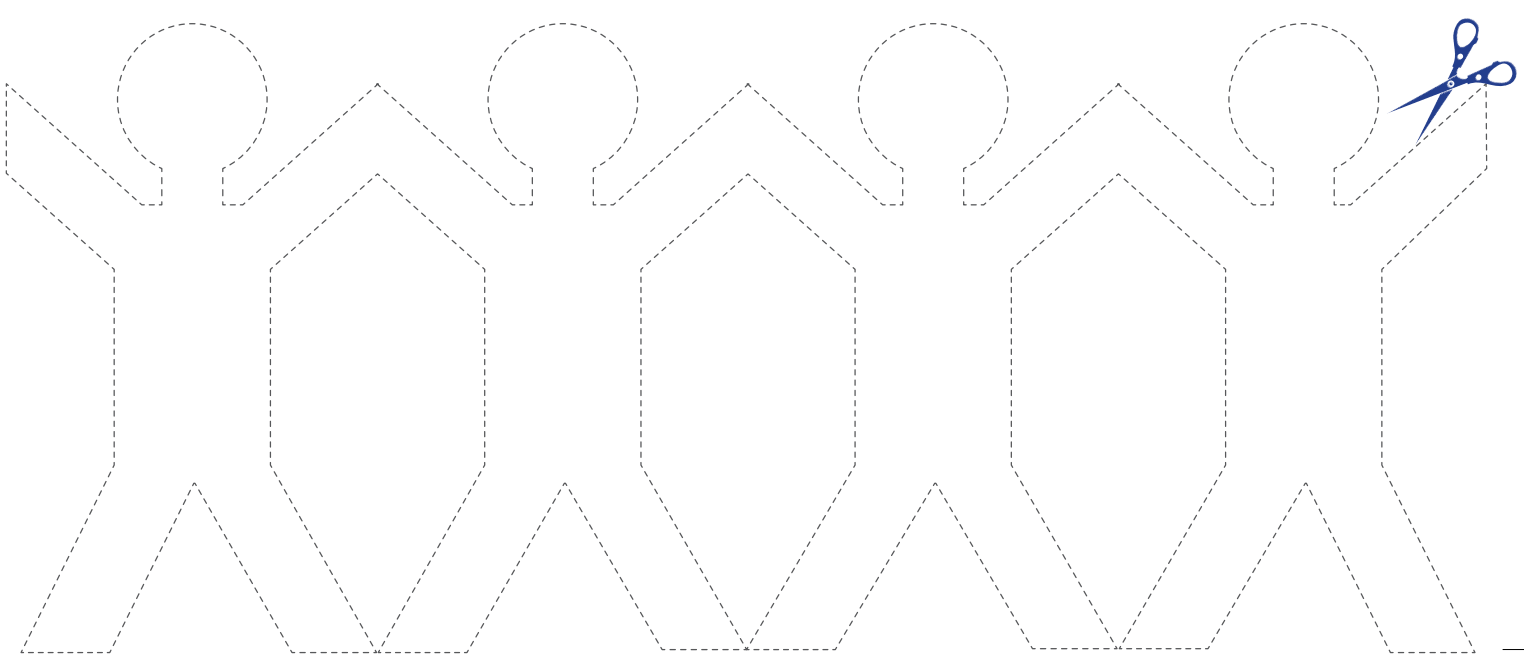

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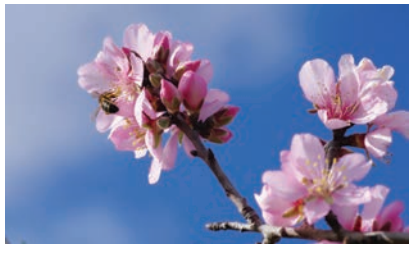

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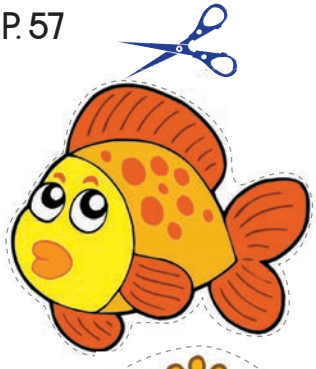

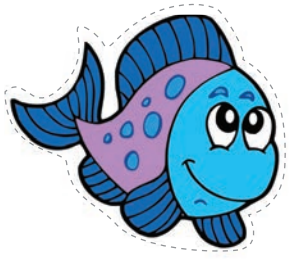

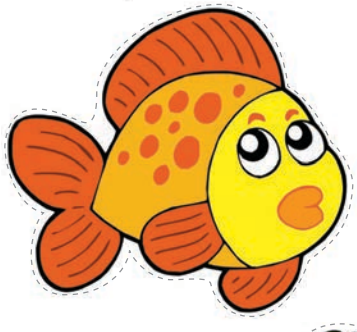

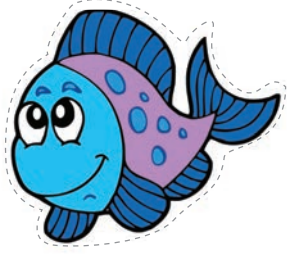



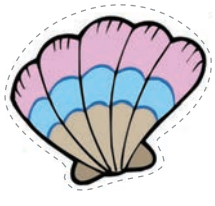



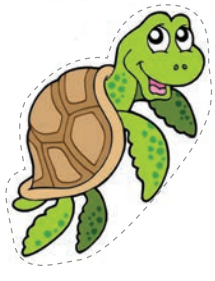

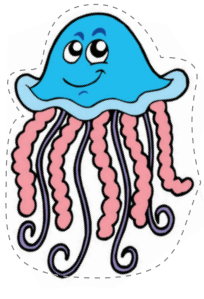

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