E tlhabolotswe e bile e tsamaelana le KPKT

Mophato 3



Bokgoni jwa Botshelo ka SETSWANA

Buka 1

Kgweditharo 1&2

Dibukatiro tse di fitlhelwang mo metseleteseleng e. ke:

- *Puogae ya Setswana Mephato 1 – 6 (Ka dipuo tsotlhe tsa semmuso)*
- *Matesisi (Mmetshe) Mephato 1 – 3 (Ka dipuo tsotlhe tsa semmuso)*
- *Matesisi (Mmetshe) Mephato 4 – 9 (Ka Seesimane le Seaforikanse)*
- *Bokgoni jwa Botshelo Mephato 1 – 3 (Ka dipuo tsotlhe tsa semmuso)*

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Diteng

Kgwedi tharo 1	Tsebe
1 Ka ga me	2
2 Sekolo sa me	4
3 Gotlhe ka ga me	6
4 Kgolwane le bogolwane	8
5 Maikutlo	10
6 Dilo tse ke di ratang	12
7 Maikutlo	14
8 Go tlhola fela	16
9 Thutaboitekanelo	18
10 Go šwa	20
11 Go tshola mmele wa me o babalesegile	22
12 Go itlhokomela	24
13 Go tshola mmele wa me o babalesegile	26
14 Ditshwanelo le maikarabelo	28
15 Ditshwanelo le maikarabelo	30
16a Malatsi a sedumedi le a a kgethegileng	32
16b Go tlhola fela	33

Kgwedi tharo 2	Tsebe
17 Mekgwa e e itekanetseng ya go ja	34
18 Mekgwa ya rona ya go ja	36
19 Mekgwa e e itekanetseng ya go ja	38
20 Go ja sentle	40
21 Ditshenekegi	42
22 Go gongwe ka ga ditshenekegi	44
23 Magae a ditshenekegi	46
24 Bontsha boitlhamedi jwa gago	48
25 Tshekotshelo	50
26 Tshekotshelo	52
27 Seratwa sa me	54
28 Go tlhokomela tikologo ya rona	56
29 Tirisosešwa	58
30 Malatsi a bodumedi le a mangwe a a kgethegileng	60
31 Mafelo a a farologaneng a kobamelo	61
Setifikeiti	62
Lenanefoko la me	63













Mme Angie Motsheka,
Tonakgolo ya Thutotheo



Rre Enver Surty,
Motlatsatonakgolo ya
Thutotheo

Dibukatiro tse di kwaletswe barutwana ba Afrika Borwa ka fa tlase ga boeteledipele jwa ga Tonakgolo ya Lefapha la Thutotheo, Mme Angie Motshekga le Motlatsatonakgolo ya Lefapha la Thutotheo, Rre Enver Surty.

Dibukatiro tsa Rainbow ke karolo ya maiteko a mangwe a Lefapha la Thutotheo a a ikaeletsweng go tokafatsa bokgoni jwa barutwana kgotsa baithuti ba Afrika Borwa mo mephatong e merataro ya ntlha. Jaaka e le sengwe sa dilo tse di kwa godimo mo Lenaneotirong la Mmuso, porojeke e e etleediwa ke Letlotlo la Semmuso. Se se kgontshitse Lefapha go kwala dibukatiro tse ka dipuo tsotlhe tsa semmuso, mme ga di duelelwe.

Re solofela gore dibukatiro tse di tlaa tswela barutabana mosola mo go ruteng ga bona ga letsatsi le letsatsi, le mo go netefatseng gore barutwana ba digela kharikhulamo ya bona. Re netefaditse gore re kaela morutabana sentle mo tirong nngwe le nngwe ka go tsenyeletsa mesupatsela go bontsha gore ke eng se morutwana a tshwanetseng go se dira.

Re solofela gore bana ba tlaa itumelela go dira mo bukeng e fa ba ntse ba gola e bile ba ithuta, le gore wena jaaka morutabana, o tlaa abelana le bona boitumelo jwa bona.

Re go eleletsa katlego e kgolo mo tirisong ya dibukatiro tse, wena le barutwana ba gago.

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Mophato 3



Bokgoni jwa Botshelo ka **Setswana**

Buka I



Buka e, ke ya ga:

1

Ka ga me



A re kwaleng

Mongwe le mongwe wa rona o a farologana e bile rotlhe re kgethegile.
Tlatsa lokwaloitshupo lo ka ga gago. Tlhama setempe.
Fa o sena go dira jalo, bontsha tsala ya gago karata ya gago.

Wena le tsala ya gago le tshwana le go farologana ka eng?



Lokwaloitshupo

Leina: _____.

Dingwaga: _____.

Letlha la Botsalo:

_____ _____ _____

ngwaga kgwedi letsatsi

Letsatsi la botsalo:

_____

Mosetsana kgotsa mosimane:

_____.

Puogae:

_____.

Mmala wa moriri:

_____.

Bogodimo: _____cm

Mmala wa matlho:

_____.

_____

Tshaeno



Thala setshwantsho sa gago.

Letlha:.....



A re bueng

Jaanong akanya ka ga botshelo jwa gago go fitlha fa.

O kgona go gakologelwa bokgakaleng jo bokae kwa morago?

A o kgona go gakologelwa letsatsi la bobedi la botsalo?

A o kgona go gakologelwa gore o simolotse sekolo leng?





A re kwaleng

Tlatsa molanako o ka ga botshelo jwa gago.



			
Ke belegwe ka	Ke simolotse go bua ka	Ke simolotse sekolo ka	Ke dirile Mophato wa boraro ka
kgwedi			
ngwaga 20_____	20_____	20_____	20_____



2

Sekolo sa me



A re direng

Morutabana wa gago o tlaa go thusa go thalela sekolo sa gago molanako. Re go simololetse ona. Morutabana wa gago o tlaa go bolelela ditiragalo tse dingwe tsa botlhokwa tse o ka tlatsang ka tsona.

Sekolo sa gago se butswe ka ngwaga ofe?	Mogokgo wa gago o tlile mo sekolong ka ngwaga ofe?		



A re kwaleng

Hisetori ya sekolo sa gago ke eng? Bona dikarabo mme o di kwale mo diphatlheng tsa kholomo ya ntlha. Morago o thale ditshwantsho go bontsha hisetori.

Sekolo se butswe ka ngwaga ofe?	Thala setshwantsho sa sekolo sa gago.
Mogokgo wa ntlha e ne e le mang?	

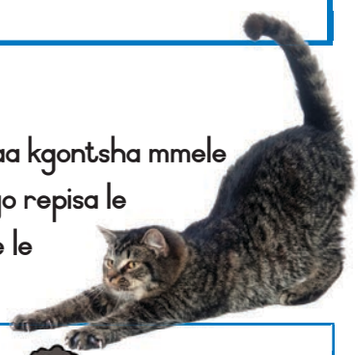
Letlha:.....

Seikao sa sekolo ke eng? A se santse se tshwana le gompieno? _____ _____	Thala betšhe ya sekolo.
Kaela ka ga sengwe se se botlhokwa ka ga sekolo. (Gongwe go ne go na le morutwana kgotsa boiphitlhelelo bongwe jo bo kgethegileng.) _____ _____ _____	Thala setshwantsho go bontsha sengwe se se kgethegileng ka ga sekolo.



A re tsamayeng

Pele o ka dira tirwana kwa ntle, ikotlolole jaaka katse. Seno se tlaa kgontsha mmele wa gago go tshikhinyega. Gape, o ikotlolole morago ga tirwana go repisa le go ikhutsisa mmele wa gago. Seno se tlaa go thusa gore o se nne le mesifa e e botlhoko. Jaanong dira se bana bano ba se dirang.



Morutabana wa gago o tlaa bitsa leina la gago mme a go latlhelele kgwele. O tshware kgwele pele e ka wela fa fatshe.	
Jaanong leka go tshwara kgwele ka kgetsana fa tsala ya gago e e go latlhelela.	
Latlhelela tsala ya gago kgwele mme o bone gore a o tlaa kgona go e tshwara ka kgetsana.	
Phutholola mmele wa gago jaaka katse e itshidila.	



3

Gotlhe ka ga me

A re bueng

Akanya ka ga sengwe se se itumedisang se se go diragaletseng mo bogologolong mme o tlotlele tsala ya gago gore a tle a go tlhaloganye botoka.



A re bueng

Bolelela tsala ya gago ka moo motho yo a fetogileng go tswa mo go nneng lesea go ya kwa go nneng mosadimogolo.

 lesea	 lesea le le gagabang	 ngwana wa sekolo
 mošwa	 mogolo	 motsofe

Letlha:.....



A re bueng





Dirang ka setlhopha. Itlhameleng pina le bine.
Mo setlhopheng sa gago, kwalang mafoko a pina mo phatlheng e e fa tlase. Morago le bontsheng phaposi ya lona gore le opela pina jang le ntse le bina.





4 Kgolwane le bogolwane

A re bueng

Bua gore bana ba bagolwane le batsadi ba bagolwane ba farologana le wena jang.

Fa nako e ntse e feta batho ba a tsofala. Mmala wa moriri wa bona o a fetoga, mantswe a bona a a fetoga, ba nna mesifa e bile ba nna botlhalenyana.

Batho ba fetoga jang fa ba tsofala?



A re kwaleng

Ke dife tsa dilo tse, tse o di dirang go farologana le ka moo batsadi ba gago ba di dirang ka teng? Tshwaya (✔) sefatlhego se se nepagetseng.

	Nna		Batsadi ba me	
Taboga ntle le go lapa.	☺	☹	☺	☹
Tlola kgati.	☺	☹	☺	☹
Buisa lekwalodikgang.	☺	☹	☺	☹
Kgweetsa sejanaga.	☺	☹	☺	☹
Tshameka mo setlhareng.	☺	☹	☺	☹

Letlha:.....

A re opeleng

A re ipaakanyetseng go opela.
Dirang medumo e.

Modumo o o bonako jaaka saerini ya emelense.

Modumo o o bonya jaaka pina e e robatsang lesea.

Modumo o o kwa godimo jaaka wa dinonyane di opela.

Modumo o o kwa tlase jaaka wa tau e rora.

A re ikatiseng

A o kgona go tshwara kgwele?

Latlhela kgwele ya thenese mo moweng mme o e tshware ka matsogo a mabedi.

E latlhele kwa godimo mme morago o ope diatla tsa gago pele o tshwara kgwele.

Betsaganya kgwele ya thenese fa fatshe.

Jaanong dira bête o dirisa pampiri e e menilweng kgotsa setokwana sa legong. E dirise go betsaganya kgwele ya thenese fa fatshe.

Jaanong phutholola mmele wa gago jaaka katse.

Teacher:
Sign:
Date:

5

Maikutlo

A re bueng

Lebelela ditshwantsho tse mme o bue ka moo bana ba ba ikutlwang ka teng. A o setse o kile wa ikutlwa jaana? Tlatsa gore ngwana mongwe le mongwe o ikutlwa jang. Dirisa mafoko a go go thusa.

lela	itumetse	ikwatlhaya	tshogile
	motlotlo	tenegile	













A re tsamayeng

Tshameka motshameko wa tenese o ikatisetsa dithago tsa kwa pele le kwa morago.



Letlha:.....



A re bueng

Ke eng se se go itumedisang?

Ke eng se se dirang gore o tlhonye?

Ke eng se se go tshosang?

Ke eng se se go tenang?





A re kwaleng

Kwala mo bukanatsatsing ka ga letsatsi le o neng o itumetse. Tlhalosa gore o ne wa diragalelwa ke eng.

Bukanatsatsi e e rategang

Kwala mo bukanatsatsing ka ga letsatsi le o neng o hutsafetse. Bua gore o ne o hutsafaditswe ke eng.

Bukanatsatsi e e rategang



6

Dilo tse ke di ratang

A re kwaleng

Bolelela setlhopha sa gago gore ke ditirwana dife tse o ratang go di dira segolo. Morago o kwale maina a ditirwana tseo mo diphatlhaneng tse di mo mmapeng wa dikakanyo.







SE KE ITUMELE-LANG GO SE DIRA







Letlha:.....



A re thaleng

Jaanong dirisa mmepekakangwa wa gago go kwala temana ka ga se o itumelelang go se dira le gore goreng o itumelela ditirwana tseno.



Se ke se itumelelang go feta







A re direng

Dirisa mmopanyana wa gago o o tshamekisang go bopa sefatlhego se se itumetseng le se se tlhontseng.











A re bueng

Botsa ditsala di le tlhano gore di rata go dira eng. Tshasa mmala mo bolokong e le nngwe ba rata tirwana.

5					
4					
3					
2					
1					
	Go opela	Go buisa	Go penta	Motshameko	Dipalo







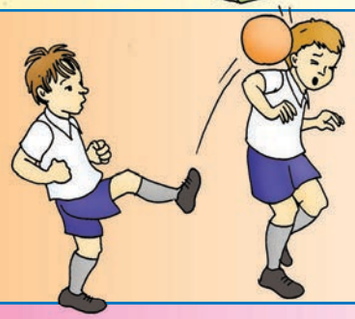


Ke tirwana efe e e rategang?

Maikutlo



A re bueng Lebelela sengwe le sengwe sa ditshwantsho tse mme o bue ka moo o ka thusang bana ba go dira selo se se siameng. Tshwaya karabo e e nepagetseng.

	A ga o kgone go lebelela kwa o yang teng!	
	Ooo, intshwarele! E re ke go thuse go sela dilo tse!	
	Uuu! Kgwele ya gago ke e.	
	Uuu! Tsamaya o ye go tshameka felo gongwe!	
	Ke ya me mme o ka se ka wa bona sepe.	
	Tlaya, a re kgaogane ditšhokolete.	



A re kwaleng Ditsala tse di siameng di dira eng?



Fa ke dirile sengwe se se sa siamang, ke ikopa maitshwarelo.

Fa ke bona tsala ya me e sotlega, ke a e thusa.



Letlha:.....

Kwala dilo di le nne gape tse ditsala tse di siameng di di dirang.





A re bueng

Lebelela ditshwantsho tse. Bua gore o bona eng mo go sengwe le sengwe. Morago tsaya setshwantsho se le sengwe mme le diragatse motshameko ka ga sona. Nayang kgang ya lona bokhutlo.









Jaanong kwala tiragatso ka ga setshwantsho se o se tlhophileng. Tlatsa maina a badiragatsi mo kholomong ya ntlha.



A re ikatiseng

Leka go dira dilo tse.

- Taboga go dikologa patlelo. Fa morutabana wa gago a re, "fetola" o tshwanetse go retologa mme o tabogele kwa gongwe.
- Jaanong betsaganya kgwele mme o tsamaele kwa pele ka nako e le nngwe.





8

Go tlhola fela



A re kwaleng

Itlhole	✔	✘
Ke tsala e e siameng.		
Ke kgathalela ditsala tsa me.		
Ke botsalano mo baneng ba phaposi ya me.		
Bana ba bantsi ba a nthata.		
Ke aga ke le bonolo mo bathong.		



A re direng

Direla mongwe yo o mo ratang karata. Thala setshwantsho ka fa pele mme morago o kwale molaetsa o o kgethegileng ka mo gare.





Letlha:.....



A re kwaleng

Thala setshwantsho sa ditsala, kgotsa morutabana wa gago, kgotsa ditokololo tsa lelapa la gaeno ba ba kgethegileng mo go wena. Kwala maina a bona.



Batho ba ba kgethegileng mo botshelong jwa me



Jaanong kwala ditlhaloso ka ga batho bano le gore goreng ba kgethegile jaana.



9

Thutaboitekanelo

A re bueng

Bua gore go diragala eng mo setshwantshong se.



A o itse gore lebokoso la sekolo sa lona la Thusopotlako le fa kae? Bua gore le fa kae. Le mo _____

A o setse o kile wa tswa mokola?

O tshwanetse go dira eng fa o tswa mokola?

O tshwanetse go dira eng fa o tswa mokola

Ritibala maikutlo. Gantsi ga go na lebaka la go tshoga. Gakologelwa gore o se ka wa tshwara madi a motho yo mongwe.

1. Dulela kwa pele ka tlhogo ya gago.

2. Tswala nko ya gago ka menwana sebaka sa metsotso e le mebedi mme o heme ka molomo.

3. Baya sengwe se se tsididi ka fa morago ga molala wa gago se tshwanang le toulo kgotsa letlapana la serame le le phuthetsweng ka toulo.

4. O se ka wa ethimola morago ga gore mokola o emise.

5. Fa go tswa ga madi go sa emise morago ga metsotso e le sometlhano, bona ngaka kgotsa mooki.











Letlha:.....

Go alafa go kgoboga kana go segega





A re buiseng

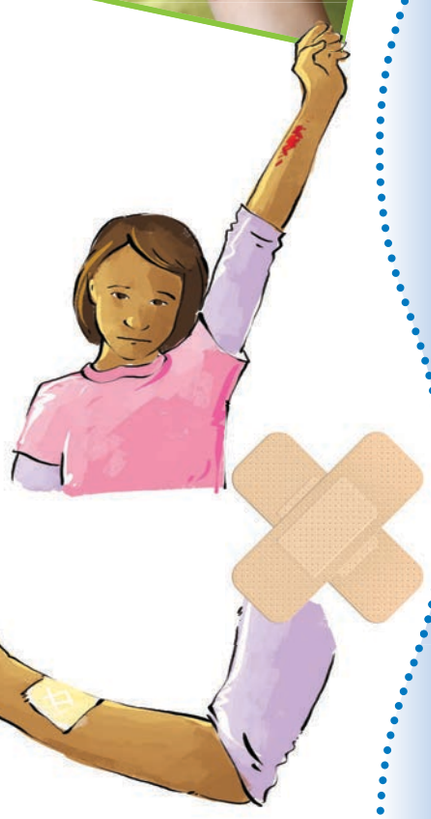
Ga re kgone go bona megare mme e gotlhe. Fa re itshega re tshwanetse go tshola ntho e le phepa gore re se ka ra tshelwa ke megare.



A re bueng

Tlhalosetsa ditsala tsa gago gore mosego o phepafadiwa jang. Bontsha gore o tshwanetse go dira eng.

Ka moo o ka emisang go dutla ga madi go tswa mo mosegong



O se ka wa ama madi a motho yo mongwe.

Fa o thusa motho o rwala ditlelafo kana diatlana ka dinako tsotlhe.

Emisa go tswa ga madi ka go tsholeletsa ntho kwa godimo ga pelo.

Leka go emisa go tswa ga madi ka go gatelela bandeitšhe e e phepa mo nthong.

Fa ntho e le boteng mme e tswelela go tswa madi, bona ngaka kgotsa o ye kwa tleliniking.

Batlisisa gore ke mogala ofe wa tshoganyetso o o ka o leletsang. Mogala:

_____





10

Go ša

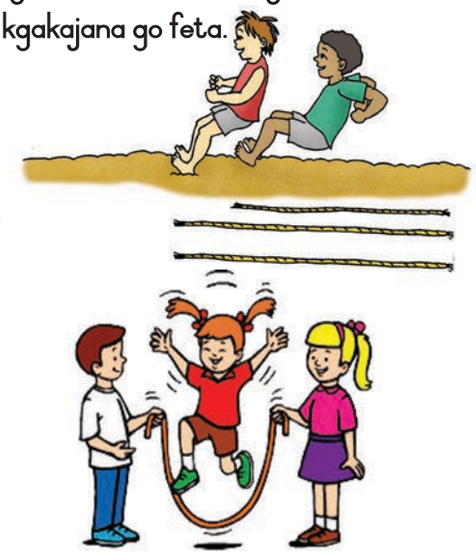
A re buiseng

Fa o tshwara selo se se mogote, o ya go iphisa.
O tshwanetse go dira eng fa mongwe a šele?

1. Tsokotsa ntho ya molelo ka metsi a a tsididi sebaka sa metsotso e le lesome. Se se thusa go tsidifatsa letlalo.
2. Tlosa lesela mo karolong e e šeleng. Fa seaparo se kgomaretse mo letlalong, o se ka wa se tlosa.
3. Tlogela ntho ya molelo e bulegile mme o lebelele gore e se ka ya etegela.
4. Fa karolo e e šweleng e le boteng kgotsa e le kgolwane go na le bogare jwa seatlha sa gago, bona ngaka ka bonako.

A re ikatiseng

Dira tlolotelele.
Tsaya dithobane di le tharo kgotsa ditokana di le tharo tsa mogala. Morago ga go tloga fa gare ga tsona, di katolose go feta mme o bone yo o tlaa tlolelang kgakajana go feta.



Tshwaya gore o ka tlola jang.

Bona gore a tsala ya gago e ka tlolela kgakala go go gaisa.

A re ikatiseng

Dira kiribaa.

Refosana le tsala ya gago go nna kiribana.



Morago le refosaneleng go dikolosa kgati gore tsala ya lona e kgone go tlola.

Letlha:.....

A re bueng

Go diragala eng mo ditshwantshong tse?
Batho ba ka ša jang gape?







Kwala melao e e botlhokwa go gopolwa fa o tlhoka go thusa ka:

Mokola

Mesego



Dintho tsa go ša



11

Go tshola mmele wa me o babalesegile

A re bueng

Re tshwanetse go tlhokomela mebele ya rona.

Re nna le maikutlo a "ee" fa re rata sengwe mme re rata gore se tswelele pele.

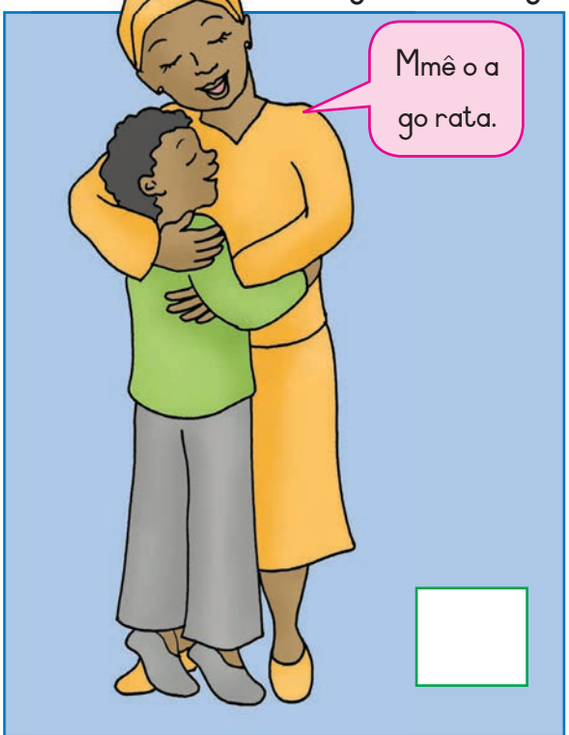
Re nna le maikutlo a "nnyaya" fa selo se sa re kgotsofatse mme re batla gore se se ka sa tswelela pele.





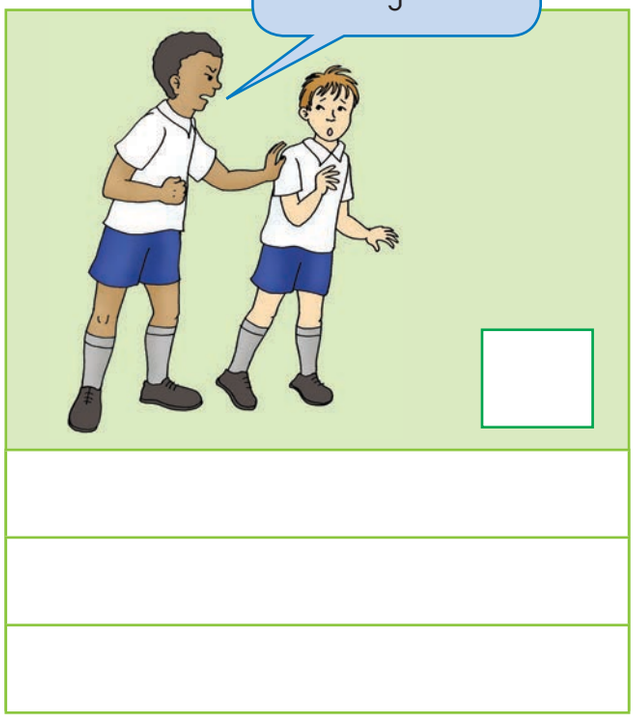
A re kwaleng

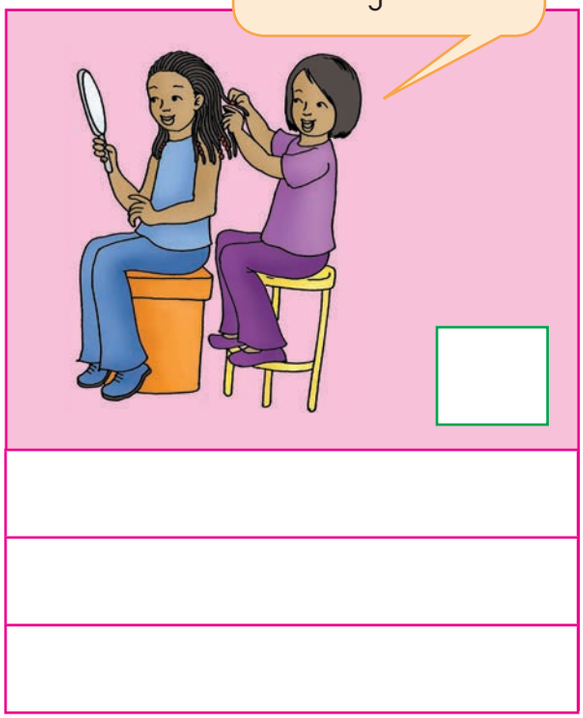
Tshwaya ☐ fa setshwantso se bontsha tirwana e e bolokegileng kgotsa ka ☐ fa se bontsha tirwana e e sa bolokegang. Morago o kwale polelo fa tlase ga setshwantsho sengwe le sengwe go bua gore goreng o nagana gore se bolokegile kgotsa ga se a bolokega.





Letlha:.....





Go bua, nnyaya

Ga go bonolo go aga o re nnyaya, mme gona o tshwanetse go re nnyaya fa mongwe a dira gore o se ka wa ikutlwa sentle.

Fa mongwe a go fa maikutlo a "nnyaya" mme a dira gore o se ka wa nna monate, bua ka ga seo le motsadi yo o mo tshepang.



A re kwaleng

Tlhopha batho ba le bararo ba o ba tshepang mme o tlhalose gore goreng o ba tshepa.



Kwala gore o ka bega jang maitemogelo a a maswe go mongwe yo o mo tshepang.



12

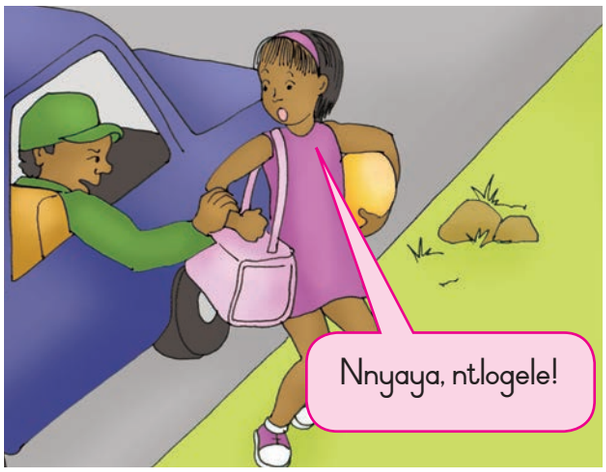
Go itlhokomela

A re bueng

Lebelela ditshwantsho tse ka kelotlhoko. Bona gore a o ka se ka wa tlotla kgang ka ga tsona. Tlatsa pudula ya bofelo.











A re bueng

Tlotla ka moo mosetsana a ikutlwileng ka teng, seo a se dirileng le seo o ka se dirang mo maemong a a tshwanang le a.

Letlha:.....



A re kwaleng Kwala melawana e le metlhano ya pabalesego.
Simolola mongwe le mongwe ka:

Bana ga ba a tshwanela go ...





A re direng Dira mmaseke go bontsha maikutlo.

Swetsa gore ke maikutlo afe a o batlang gore mmaseke wa gago o a bontshe.

E thale mo pampiring e e magwata.

E sege.

Sega matlho.

E kgabise ka pampiri ya mebala.





A re ikatiseng Ipaakanyetse go taboga.

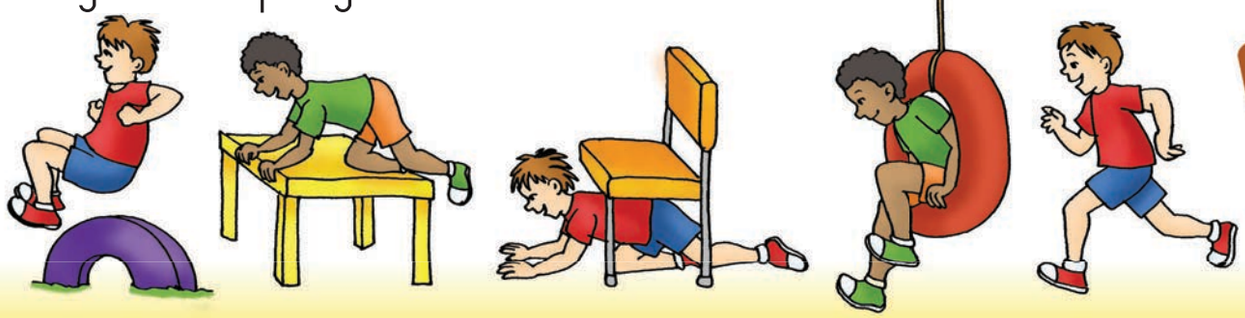
Ema ka maemo a a nepagetseng a go simolola.

Reetsa morutabana wa gago a re:

"Tlhomang ka menwana! Ipaakanyeng! Ragogang!"

Morago lo dire leparego.





Teacher:
Sign:
Date:

13 Go tshola mmele wa me o babalesegile



A re bueng

Rotlhe re na le maikarabelo a go tshola mebele ya rona e itekanetse.
Ke eng se bana ba ba se dirang se se siametseng mebele ya bona?






Ke dilo dingwe dife tse di sa itekanelang tse batho ba di dirang?

A o ntse o itse gore kana go goga ga go a siamela mebele ya rona?

A o ntse o itse gore ga go a siama gore motho a tsube gaufi le wena?

Go tsuba go senya mebele ya rona jang?



A re kwaleng

Tshwaya (✔) tlhagiso nngwe le nngwe kgotsa thala sekere (✘) go supa gore a ke nnete kgotsa ga se nnete.

	Disakarete di latswega monate.
	Go dula gaufi le motho yo o gogang go ka gobatsa mmele wa me.
	Go tsuba go kgona go dira meno serolwana.
	Go tsuba go baka malwetse a molomo.
	O kgona go gotlhola botlhoko ka ntlha ya go tsuba.
	Go tsuba go baka kankere.

Letlha:.....



Melawana ya boitekanelo



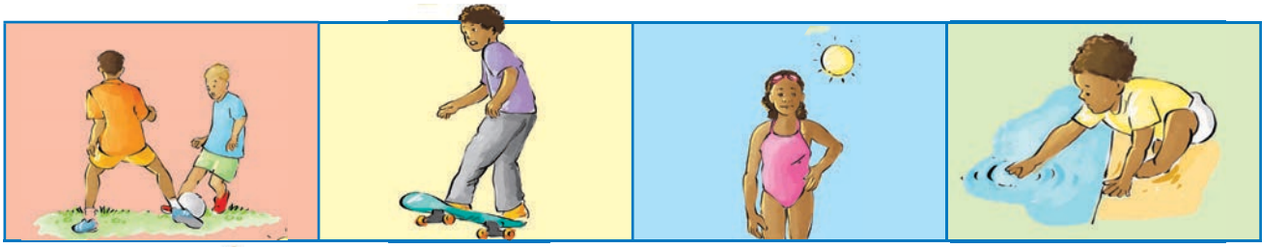
Ke tshwanetse go gotlha meno a me morago ga go ja le pele ke ya go robala. Ke tshwanetse go kama moriri wa me pele ke ya kwa sekolong. Ke tshwanetse go phimola dinala tsa me morago ga go tshamekela mo motlhabeng. Ke tshwaetse go tshola dinala tsa me di le dikhutshwane e bile di le phepa. Ke tshwanetse go tlhapa diatla tsa me morago ga go ya kwa ntlwanaboithusetso.
Ke tshwanetse go tlhapa diatla tsa me fa ke tswa kwa ntlwanaboithusetsong le pele ke ama dijo.



Boithabiso

Ba tshwanetse go apara eng go nna ba babalesegile? Golaganya ditshwantsho ka go thala mola go tloga mo ditshwantshong tse di ka fa molemeng go ya kwa ditshwantshong tse di ka fa mojeng.



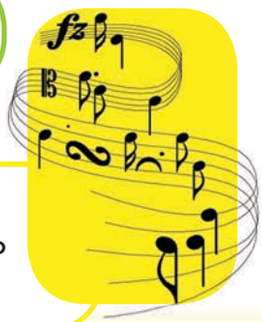




Boithabiso



Nna matlhagatlhaga mme o tshameke motshameko wa kherikete.



Morutabana wa gago o tlaa tshameka mminonyana. O reetse mme morago ga moo o tshameke moribo wa mmino o ka menwana ya gago mo tafoleng ya gago.



Ditshwanelo le maikarabelo

A re buiseng

Nako nngwe bana ba tshwanetse go thusa malapa a bona ka ditiro.

Mme bana ga ba a tshwanela go dira dira jaaka bagolo.

Bana ba tshwanetse go nna le nako ya go tshameka le ya go ya kwa sekolong.



Lebelela ditshwantsho tse. Tshwaya (✔) ditiro tse di tshwanetseng bana.

 Anna o rekisa merogo letsatsi lotlhe mme ka jalo ga a kgone go ya kwa sekolong.	 Lisa o nosetsa tshingwana ya merogo fa sekolo se dule.

Letlha:.....

 ☐ Peter o rwala ditena gonne o direla moagi.	 ☐ Jabu le Bongi ba thusa ka go tlhatswa.



A re bueng

Ke ditiro dife tse o di dirang kwa gae?

Ke ditiro dife tse o di dirang kwa sekolong go thusa morutabana wa gago?





A re ikatiseng

Itire yo o dirang ditiro tse di farologaneng. Setlhopha sa gago se tshwanetse go fopholetsa gore o dira ditiro tse dife?

Bofang maoto a lona mme morago le taboge.





Ikatise go raga kgwele ya dinao. Bona gore o ka ragela kgwele kwa bokgakaleng jo bo kanakang.



Ditshwanelo le maikarabelo

A re bueng

Bolelela tsala ya gago gore bana ba ba roba melawana efe.

Sekolo sengwe le sengwe se na le melawana gore sekolo se kgone go tsamaisiwa sentle. Kgotsa phaposibutelo nngwe le nngwe le yona e na le melawana e re tshwanetseng go e sala morago.



Letlha:.....



A re kwaleng

Kwalela phaposi ya gago melawana e le mene.









A re bueng

Buisa ditshwanelo tse le maikarabelo a mme o bue le tsala ya gago gore nngwe le nngwe e kaya eng.

MAIKARABELO A BAŠWA BA AFORIKABORWA

Tekatekano

Tshwara motho mongwe le mongwe sentle le ka go lekalekana.
O se ka wa kgetholola.



Seriti sa botho

Tlotla mongwe le mongwe.
Nna bonolo le pelonomi.



Botshelo

Botshelo jotlhe bo botlhokwa. Tlotla botshelo bongwe le bongwe.



Lelapa

Tlotla batsadi ba gago. Nna bonolo le boikanyego mo lelapeng la gago.



Thuto

Tsena sekolo, o ithute mme dira ka natla.
Obamela melao ya sekolo.



Mmereko

Thusa lelapa la gago ka mmereko kwa gaeno.
Bana ba se ka ba patelediwa go batla mmereko.



Kgololosego le pabalesego

O se ka wa gobatsa, wa dipisa kgotsa wa tshosetsa ba bangwe, gape o se ka wa letla ba bangwe go dira jalo. Rarabolola tlhokakutlwisisano ka mokgwa wa kagiso.



Dithoto

Tlotla dithoto tsa batho ba bangwe.
O se ka wa senya dithoto e bile o se ka wa utswa.



Bodumedi. Tumelo le Dikakanyo

Tlotla ditumelo le dikakanyo tsa batho ba bangwe.



Tshireletsego

Tlhokomela lefatshe.
O se ka wa senya metsi le motlakase. Tlhokomela diphologolo le dijalo.
Tshola legae le tikologo ya gago di le phepa e bile di babalesegile.



Boagi

Nna MoAforikaborwa yo o siameng e bile a le boikanyego.
Obamela melao, mme o netefatse gore batho ba bangwe ba dira jalo le bona.



Kgololosego ya puo

O se ka wa gasagasa maaka le letlhoo. Netefatsa gore batho ba bangwe ga ba rogakiwe e bile ga ba utlwisiwe botlhoko.





16a

Malatsi a sedumedi le a a kgethegileng

A re bueng

Tlhopha nngwe ya ditumelo tseno. Batlisisa go le gontsi ka ga tsona. Baakanya pontsho mo phaposing. Leka go tla ka dibuka kgotsa ditshwantsho go tlhalosa pontsho ya gago.)



Sehindu



Seiselamo



Sejuta



Sekeresete

Re tshwanetse go tlotla batho ba ditumelo tsotlhe.

Tumelo ya gago ke efe? _____

Tumelo ya tsala ya gago ya botlhokwa ke efe? _____

Letlha:.....

Go tlhola fela



A re kwaleng Tlatsa karata e ka ga gago.

Leina la me _____

Sefane sa me _____

Letsatsi la me la botsalo _____

Mophato wa me _____

Sekolo sa me _____

Nomore ya me ya mogala _____

Aterese ya me _____

_____

_____

_____

Nomore ya tshoganyetso _____

Motshameko wa me o ke o ratang _____

Mmala wa me o ke o ratang _____

Tsala ya me ya botlhokwa _____

Ke eng se se intumedisang _____

Ke eng se se dirang gore ke nne ke tlhontse _____

Ke eng se se ntenang _____

Se ke se kgonang _____

Teacher:

Sign:

Date:

Mekgwa e e itekanetseng ya go ja



A re bueng

Lebelela setlhopha sengwe le sengwe sa dijo mme o bue le tsala ya gago ka ga: Ke dijo dife tse di mo setlhopheng sengwe le sengwe? Ke goreng setlhopha sengwe le sengwe se re siametse?

Diporoteine

Diporoteine di aga disele tse dišwa gore mebele ya rona e gole.





Divithamini

Divithamini le diminerale di thusa mebele ya rona go lwantsha malwetse le go nna e itekanetse.



A re ikatiseng

Kopa morutabana wa gago gore a go bontshe ka moo o ka tshamekang "founu e robegile" ka teng. Morago ga moo ikatise go latlhela kgwele.

Letlha:.....

Dikhabohaetereiti

Dijo tse di re naya maatla.





Dikungo tsa maswi-maswi

Dijo tsa maswi di tiisa marapo a rona, bogolosegolo fa re sa ntse re le baswa mme marapo a sa ntse a gola.



A re kwaleng

Dira lenaane la dijo tse o di jeleng maabane. Mo kholomong ya bofelo, bua gore a dijo ke poroteine, khabohaetereite, maungo kgotsa merogo.

Dijo tse ke di jeleng maabane	Mofuta wa dijo



18

Mekgwa ya rona ya go ja

A re bueng

Botsa ditsala di le nne gore ba ja eng. Lebelela dijo tse di farologaneng mme o tshwaye (✔) fa o rata dijo tseo, o bo o thale sekere (✘) fa o sa rate dijo tseo.

Tlatsa maina a ditsala tsa gago.



A re kwaleng Lebelela theibole e o e tladitseng mme morago o arabe dipotso tse.

Ke dijo dife tse ditsala tsa gago di sa di rateng thata?

A o akanya gore ditsala tsa gago ba na le mekgwa e e itekanetseng ya go ja?

Ke eng o akanya jalo?

Boithabiso

Kopa morutabana wa gago gore a go bontshe ka moo o ka tshamekang founu e robegile ka teng.



Letlha:.....

A re kwaleng

Dira lenaneo la mefuta ya dijo tse re tshwanetseng go di ja letsatsi lengwe le lengwe.

Re tshwanetse go fokotsa eng?

Letswai le lentsi gonne le ka re bakela kgatelelo e e kwa godimo ya madi fa re gola.

Sukiri e ntsi gonne e kgona go re bakela bolwetse jwa sukiri fa re gola.

Sukiri e ntsi gape e baka koketsego ya bokete jwa mmele. dinotsididi tse dintsi, dikuku le ditshipisi.



A re kwaleng

Kwala risepe ya dijo tse o di ratang.

Risepe ya _____

Ke tlhoka ditsompelo dife?	
Ke dirise mokgwa ofe?	

Teacher:

Sign:

Date:

19

Mekgwa e e itekanetseng ya go ja



A re kwaleng

Thabo le Nomsa ba mo tseleng ya go ya kwa lebenkeleng la Sunshine. Ba batla go reka dijo dingwe go di apeela dilalelo. Ba thuse go dira lenaneonjo la dijo tse di siameng.





A re ikatiseng

Refosanelang go betsa kgati gore tsala ya lona e kgone go tlola.



Letlha:.....



A re kwaleng

Kwala dijo tse ba tshwanetseng go di reka le ditlhotlhwa tsa tsona mo lenaneothekong le le fa tlase. Thabo le Nomsa ba dueletse dijo tse ba di rekileng bokae?

LENANEOTHEKO	TLHOTLHWA





A re kwaleng

Mekgwa ya gago ya go ja e itekanetse go le kanakang? Khalara sefatlhego se se tshegang tebang le mokgwa o o itekanetseng.

Mekgwa ya me ya go ja	Ee	Nnyaya
Go le gantsi ke ja ke bogetse thelebišene.	☺	☹
Ke rata maungo le merogo.	☺	☹
Ke rata dijo tse di mafura di tshwana le ditšhipisi.	☺	☹
Ga ke rate metsi, ke rata dinotsididi.	☺	☹
Ga ke je merogo.	☺	☹
Ke tšhotlha dijo tsa me sentle.	☺	☹
Ke ja sefitlholo sa me pele ke ya kwa sekolong.	☺	☹



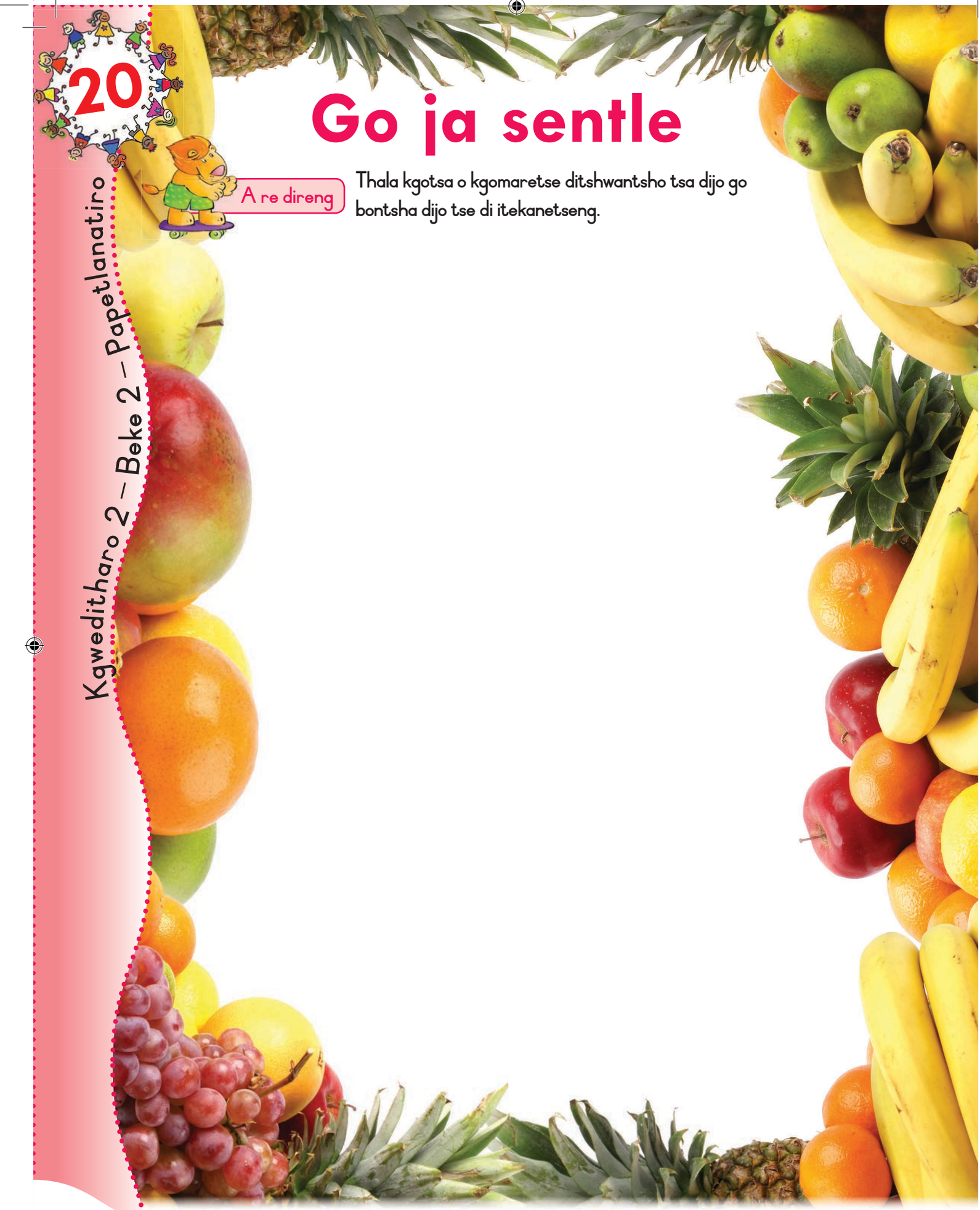
Bala gore o khalarile difatlhego tse di tshegang di le kae. _____

20

Go ja sentle

A re direng

Thala kgotsa o kgomaretse ditshwantsho tsa dijo go bontsha dijo tse di itekanetseng.



Letlha:.....

A re buiseng

Melawana ya go ja sentle



Tlhapa diatla tsa gago ka dinako tsotlhe pele o tshwara dijo.

O se ka wa tlogela dijo di sa khurumelwa.

O se ka wa ja dijo tse di bodileng kgotsa tsa bogologolo.

Dirisa matlapi a merogo go direla tshingwana motshotelo.

Ijalele merogo.

A re direng

Thala setshwantsho go bontsha mongwe wa melawana e.

Teacher:

Sign:

Date:

21

Ditshenekegi

A re bueng Bua ka ga dikarolo tse di farologaneng tsa mmele wa tshenekegi.

Ditshenekegi di na le dikarolo di le tharo tsa mmele: tlhogo, mmele o o kwa godimo le mmele o o kwa tlase.

Gape di na le maoto a marataro le dinakana tse pedi.



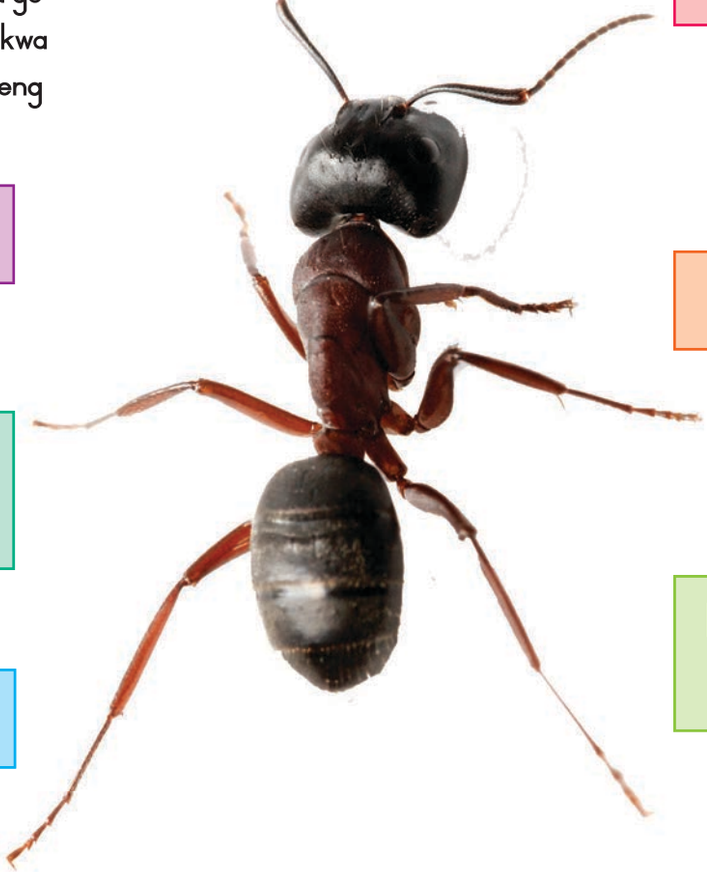
A re direng

Tsenya maina a dikarolo tsa tshenekegi. Thala mola go tswa mo leineng go ya kwa karolong e e nepagetseng ya tshenekegi.

Tlhogo

Mmele o o kwa godimo

Leoto



Lenakana

Leitlho

Mmele o o kwa tlase

A re ikatiseng Bobora jaaka notshe, fofa jaaka serurbele mme morago o tlole jaaka tsie. Jaanong o ipaakanyeditse motshameko wa kgwele ya dinao!

Letlha:.....

A re kwaleng

Thala mola go golaganya leina lengwe le lengwe le tshenekegi e e nepagetseng. Bua gore ke ditshenekegi dife tse di kotsi le gore ke dife tse di thusang.

















Notshe

Monang

Ntsi

Tshoswane

Tsie

Serurubele

Podilekgwana

Mmoto

A re kwaleng

Jaanong tlatsa mafoko a a tlogetsweng.



_____ e dira tswina.

_____ se talafatsa ditšheše.

_____ o phatlalatsa malaria.

_____ e phatlalatsa malwetse.

_____ e ja dijalo tsa borapolasa.

Teacher:

Sign:

Date:

22

Go gongwe ka ga ditshenekegi

A re bueng Lebelela ditshwantsho tse mme o bolelele tsala ya gago gore ke eng dinotshe di le mosola mo go rona.

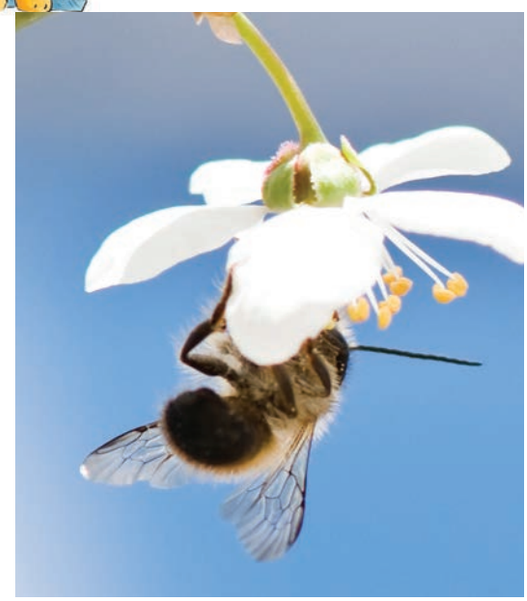


Dinotshe di phatlalatsa modula. Se se botlhokwa gore maungo a tlhoge.



Dinotshe di ntsha tswina.

A re kwaleng Kwala maina a tshenekegi nngwe le nngwe e e mo phatlheng e e filweng.



_____ e tsuntsunyetsa matute go tswa mo mabolomong.



_____ e na le maoto a kwa morago a a maatla go tlola.

Letlha:.....



_____ dirisa manakana a tsona go buisana.



_____

se phatlalatsa modula go tswa mo sejwalong go ya go se sengwe.



_____

e phatlalatsa megare.



A re direng

Dira gore tshenekegi e tsamaye.

- Sega ditshenekegi go tswa mo tsebeng ya tse di segilweng kwa morago ga buka.
- Di kgwagetse mo hangareng ya dibaki.

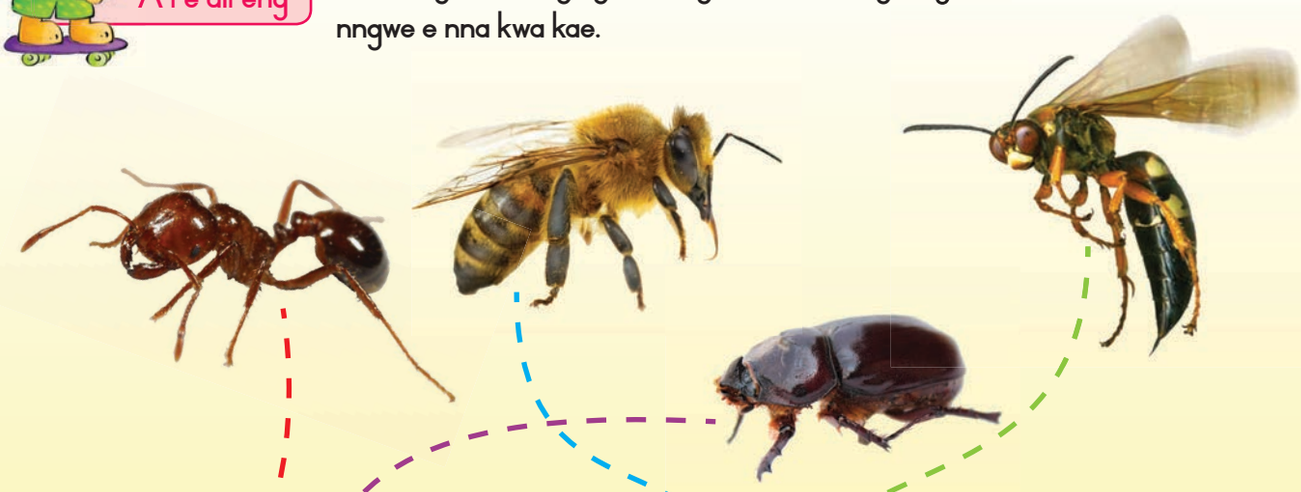


Teacher:
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Date:

23 Magae a ditshenekegi

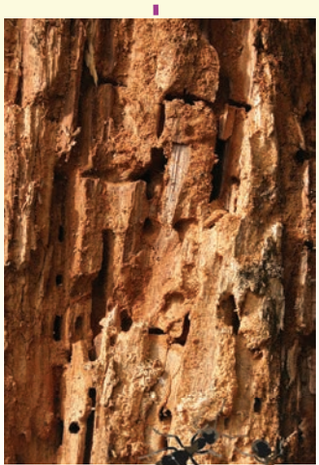
A re direng

Sala mogala morago go bona gore tshenekegi nngwe le nngwe e nna kwa kae.













Letlha:.....



A re direng

Tsamaya mo patlelong ya sekolo gore o tle o bone gore o ka bona mefuta e mekae ya ditshenekegi.





A re kwaleng



O bone ditshenekegi dife kwa ntle? Tlhopha e le nngwe mme o kwale leina la yona fa.

Tshenekegi e e ja dijo tsa mofuta mang?



A tshenekegi ya gago e tsamaya ka bonya kgotsa ka bonako?

A tshenekegi ya gago e mosola? Ke goreng o rialo?

Tshenekegi ya gago e kotsi ka mokgwa ofe? o ka dira eng fa e go gobatsa?



Boithabiso

Jaanong tlhama o bo o thale tshenekegi ya gago mme o e neye leina.



Bontsha boitlhamedi jwa gago

Itirele serurubele

A re direng

O tlaa tlhoka: Pampiri ya A4
Dikheraeyone tsa mafura
Sekere
Sekgomaretsi
Sephepafatsi sa diphaepe
Rolo e e fedileng pampiri ya pampiri ntlwanaboithusetso



Thala serurubele, mme o bontshe mmele wa yona o moleele, o mosesane le diphuka tse pedi. Kgabisa diphuka tsa serurubele sa gago ka dipaterone tsa mebala e e farologaneng. Netefatsa gore diphuka tsoopedi di a tshwana. Sega serurubele, o se ntshe. Kgomaretsa mmele wa serurubele mo rolong ya ntlwanaboithusetso. Jaanong dira diutlwi ka go dirisa sephepafatsi sa diphaephe se mennwe gabedi. Se kgomaretse mo tlhogong ya serurubele.



Letlha:.....



A re tsamayeng Leka go tshameka metshameko e.



Seteišene I:

Baseketebolo: Betsabetsa kgwele o ntse o taboga ka mokgwa wa manyokenyoke.



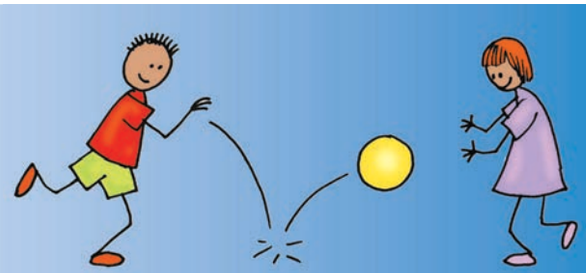
Seteišene 2:

Hoki: Dirisa thobane ya hoki go tsamaisetsa bolo kwa dinong.



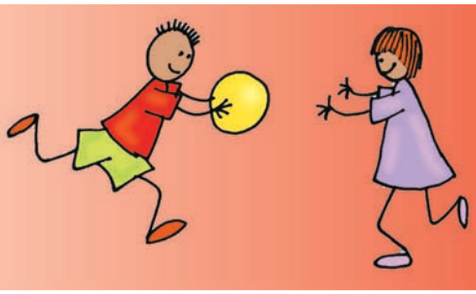
Seteišene 3:

Bolotloa: Beletsa kgwele kwa tsaleng ya gago o ntse o taboga.



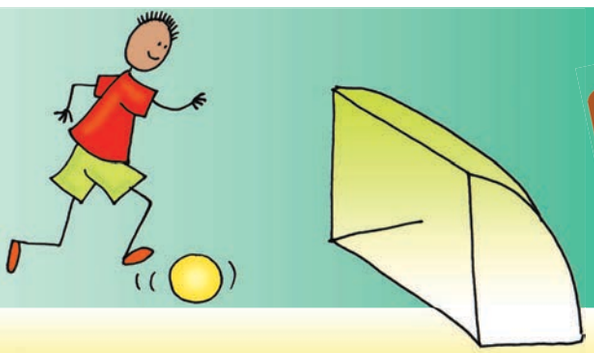
Seteišene 4:

Rakebi: Taboga ka kgwele mme o e fetise.



Seteišene 5:

Kgwele ya dinao: Tsamaisetsa kwgele kwa dinong.



Tshekotshelo

Tshekotshelo e bontsha dikgato tse di farologaneng tsa kgolo. Dikgato di sala tatelano e e rileng. Lebelela tshekotshelo ya segwagwa le serurubele mme le bue ka dikgato tse di farologaneng.

Tshekotshelo ya segwagwa



A re bueng

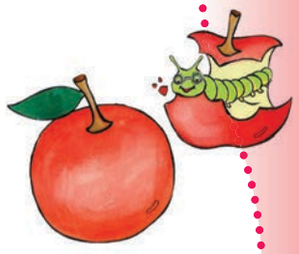
Lebelela ditshwantsho mme o bolelele tsala ya gago ka moo segwagwa se fetogang ka teng mo tshekotshelong ya sona.

1. Digwagwa tse pedi di a palamana gore di nontshe mae.
2. Segwagwa sa mosadi se beela mae.
3. Koduntwane e nnye ka dihuba tse kwa ntle le mogatla wa motsu.
4. Koduntwane e tlhoga maoto.
5. Mogatla o tlaa nyelela.
6. Segwagwa se segolo se se nang le makgwafo e bile se latlhegetswe ke dihuba.

Letlha:.....



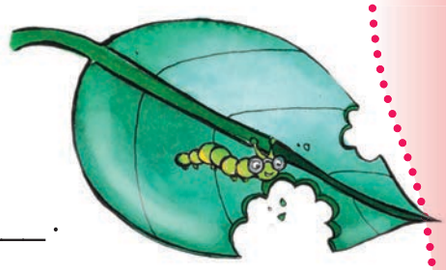
Jaanong lebelela tshekatshelo ya serurubele.
Tlatsa se se diragalang mo popegong nngwe le nngwe ya tshekatshelo. Re go thusitse ka dikgato di le pedi.



Tshekotshelo ya serurubele







1 Serurubele se beela mae.

2 _____.

3 _____.

4 _____.



5 Seboko se bopa sekantshi.

6 _____.





Teacher:
Sign:
Date:

Tshekotshelo

A re bueng

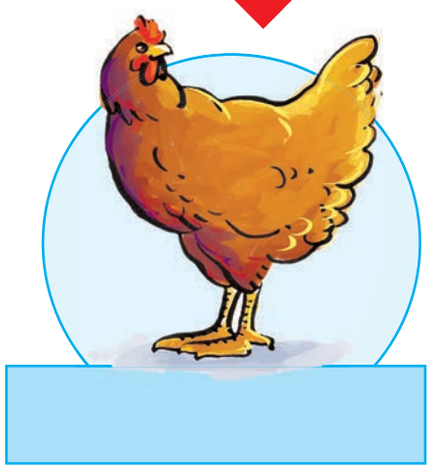
Lebelela ditshwantsho mme o bue le tsala ya gago ka ga tshekotshelo ya kgogo. Morago kwala se se diragalang mo kgatong nngwe le nngwe.

Tshekotshelo ya kgogo

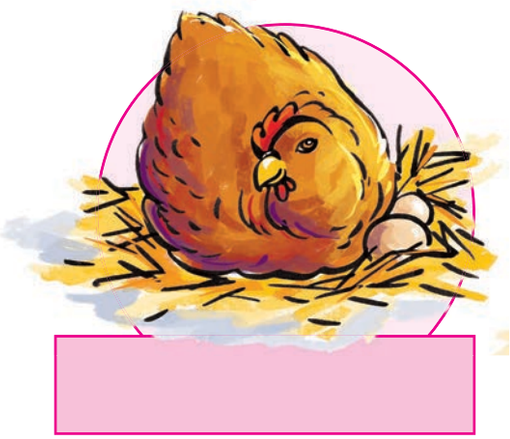
















Letlha:.....



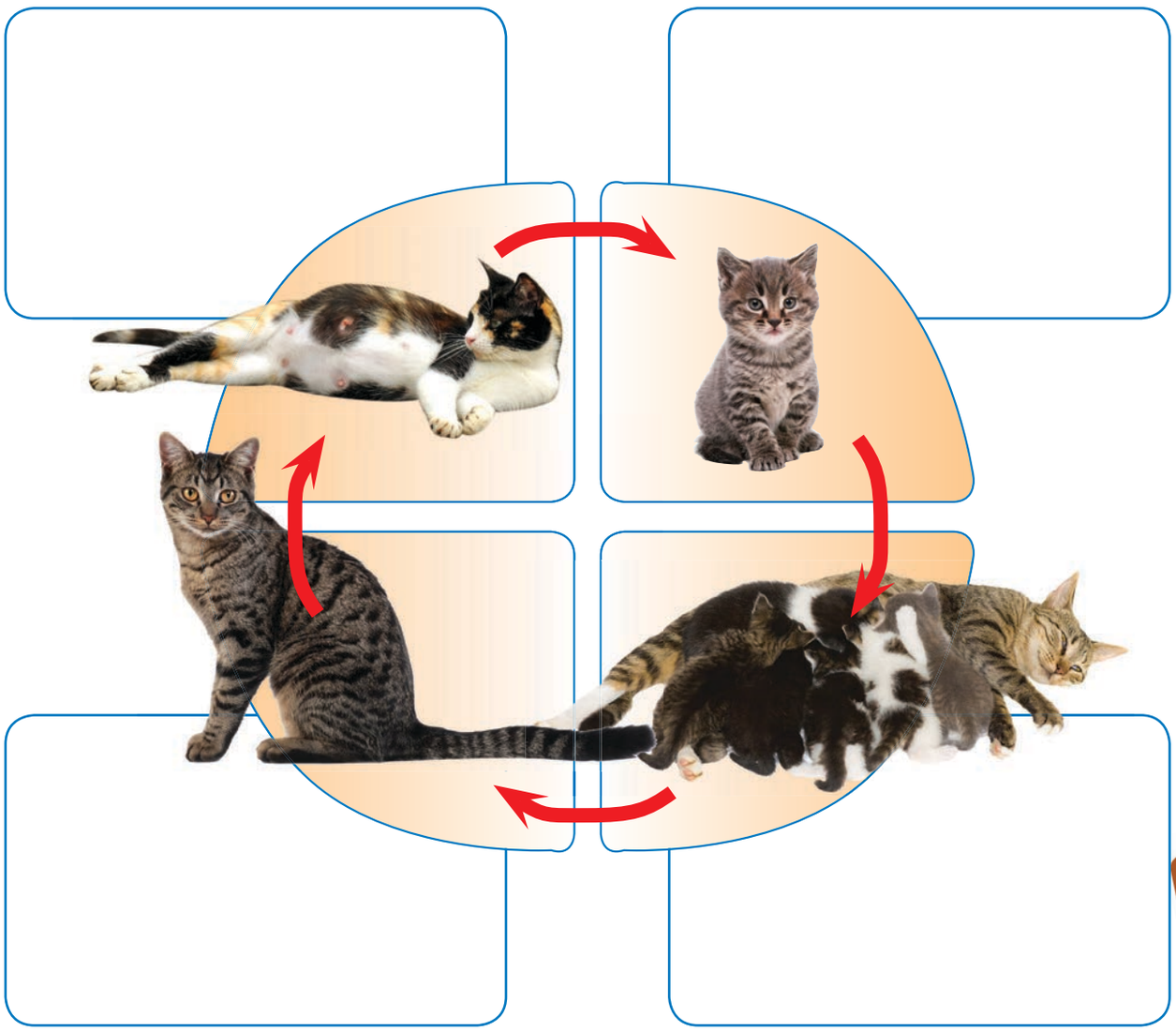
A re direng

Jaanong itlhamele tshekotshelo ya gago. Naya maina mo go sengwe le sengwe sa ditshwantsho tse di mo leotwaneng la kgang go bontsha tshekotshelo ya katse. Dirisa ditlhogo tse di fa tlase go go thusa.

Nomora dikgato go tswa go nngwe go fitlha go nne mme o di dirise mo leotwaneng la kgang ya gago.

	Katsana e tsetswe.		Katse e e godileng.
	Mmaagwe katse o imile dibeke di le robongwe.		Mmaagwe katse o anyisa dikatsana tsa gagwe.

Tshekotshelo ya katse





27

Seratwa sa me

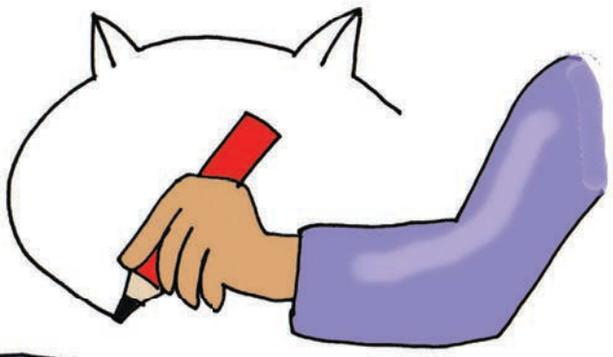


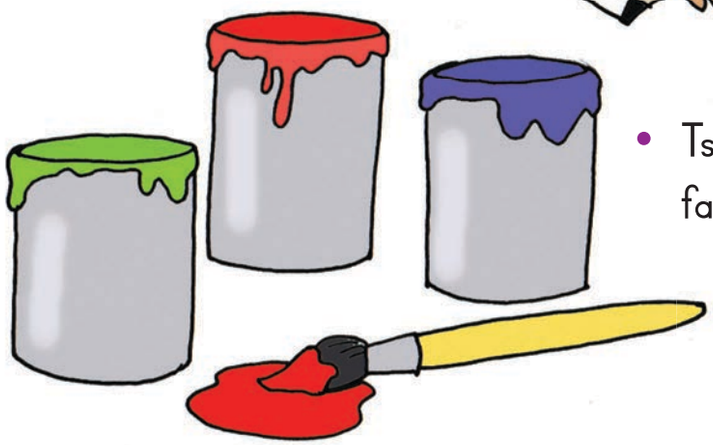
A re direng Dira mmaseke wa seratwa.



O tlaa tlhoka: pampiri ya A4
Phensele
Pente ya lerole le metsi
Matseta a ditsebe

- Thalela bokwantle jwa sefatlhego sa katse mo pampiring.

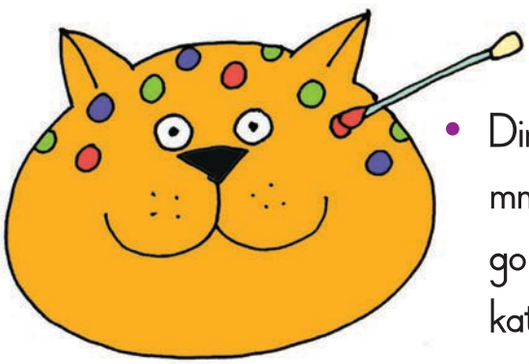




- Tswaka pente go dira mebala e e farologaneng e le meraro.



- Dirisa letseta la ditsebe mo mmaleng mongwe le mongwe.



- Dira maronthorontho a mmala a a farologaneng go kgabisa sefatlhego sa katse.



Letlha:.....



A re bueng

Bolelela tsala ya gago ka ga seotlwana sa gago
kgotsa seruiwa sa mongwe yo o mo itseng
Bua ka moo o ratang go e tlhokomela ka teng.





A re direng

Thala dilo di le nne tse o tshwanetseng go di dira go tlhokomela seotlwana sa gago. Morago o kwale setlhogo ka fa tlase ga sethalo sengwe le sengwe.



Go tlhokomela tikologo ya rona



A re bueng

Lebelela diphousetara tse mme o bue le tsala ya gago ka ga gore di re bolelela eng.



Lebelela seano sa tirisosešwa.

O bone seano se se tshwanang le se kwa kae?

Re diriseng sešwa tsweetswee!





A re ikatiseng

A o kgna go dira mmino o dirisa dihupu le diribone?



Letlha:.....

A re buiseng

Re ka thusa jang go tshola tikologo e le phepa?

Re tshwanetse go gakologelwa ditlhaka **FDD**:

Fokotsa: re tshwanetse go fokotsa go gasagasa matlakala.

Dirisa gantsinyana: re tshwanetse go dirisa dilo tse dintsi gantsinyana pele re ka di latlha.

Dirisa sešwa: re tshwanetse go batla mekgwa ya go dirisa pampiri, mabotlolo le dithini sešwa.



A re kwaleng

Kwala maina a dilwana tse di ka dirisiwang sešwa mo theiboleng e e fa tlase.
Re go simololetse lenaneo lengwe le lengwe.

Dirisa galase sešwa	Dirisa polasetiki sešwa	Dirisa pampiri sešwa	Dira kompose
Mabotlolo a bogologolo	Dikgetsana tsa polasetiki	Makwalodikgang	Matlapi a merogo

Teacher:
Sign:
Date:

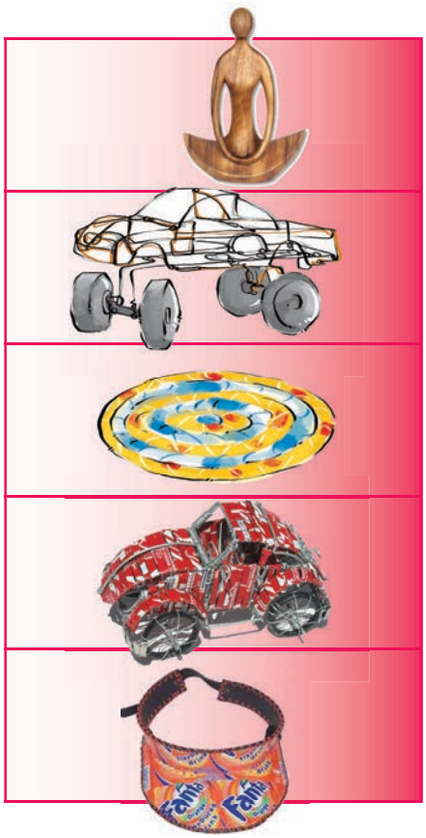
29

Tirisosešwa

A re kwaleng

Thala mola go tswa mo selwaneng sengwe le sengwe se se ka fa molemeng go ya kwa selwaneng se se ka fa mojeng go bontsha gore di ka dirisiwa sentle jang.





Jaanong bopa le go dira lenaneo la sengwe se o ka se dirang o dirisa dilo tse di dirisiwang gape.

Leina la selo
Se dirilwe go tswa mo

Thala setshwantsho sa sengwe sa gago.

Letlha:.....



A re kwaleng

Akanya ka ga dilo tse di ka dirang motshotelo o montle. Kwala lengwe le lengwe la mafoko a a fa tlase mo kholomong e e nepagetseng go feleletsa theibole. O ka nna wa akanya ka ga dilwana dingwe tsa gago mme o di rulaganye go ya ka dikholomo tse di nepagetseng.

dikgetsana tsa polasetiki

matlapi a merogo

dinala

meteme ya dinotsididi

dikgapetla tsa mae

Dilo tse di ka se boleng	Dilo tse di ka bolang



A re direng

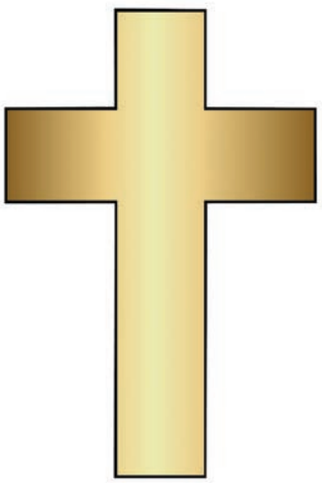
Dira phousetara ya go thibela go gasagasa matlakala. Thala setshwantsho mme o kwale molaetsa.



Malatsi a bodumedi le a mangwe a a kgethegileng

A re bueng

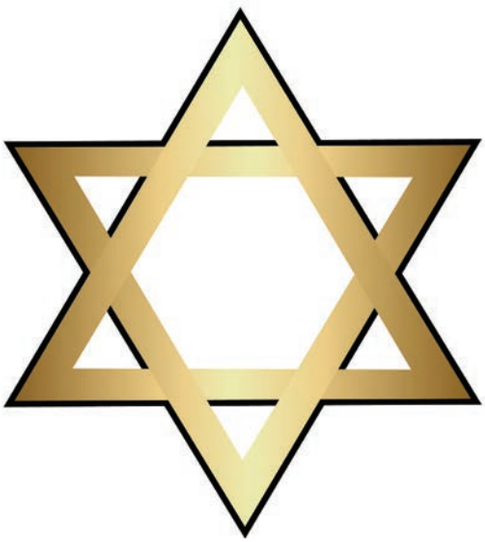
Bua le tsala ya gago ka ga gore ke ditumelo dife tse di dirisang disimbolo tse. Bua gore ke efe e e leng ya tumelo ya gago. Fa o sa bone simbolo ya gago, e thalele tsala ya gago.



Sefapaano ke simbolo ya Sekeresete.



Ngwedi o o lengete le naledi di bopa simbolo ya Iselamo.



Simbolo ya Sejuta ke Naledi ya ga Tafite. Kgosi Tafite e ne e le kgosi ya Baiseraele.



Simbolo ya Sehindu e kwadilwe ka puo ya Sesane ya Intia.

Letlha:.....

Mafelo a a farologaneng a kobamelo

31

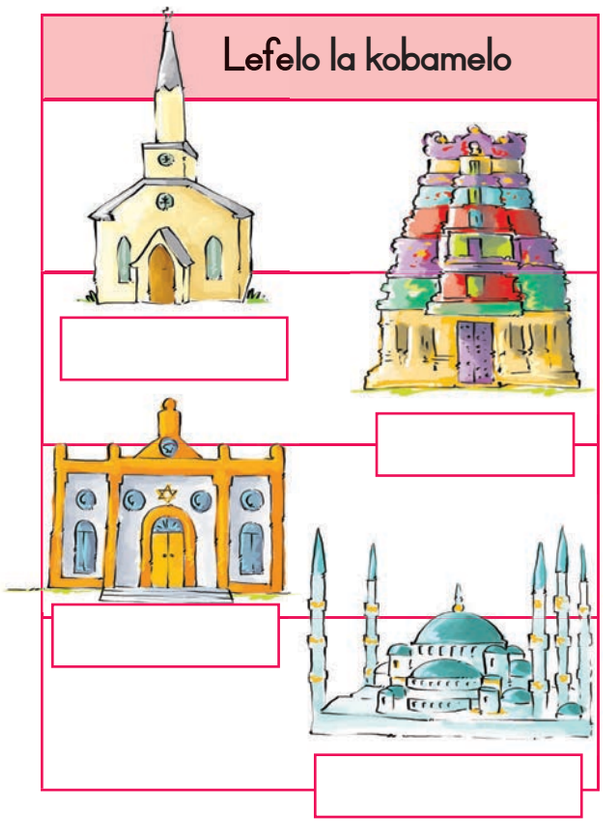


A re direng

Thala mola go golaganya tumelo nngwe le nngwe le lefelo la yona la kobamelo. Kwala leina la kago ka fa tlase ga setshwantsho sengwe le sengwe.

tempele	senagoge	mmoseke	kereke

Bodumedi
Iselamo
Sehindu
Bokeresete
Sejuta

Lefelo la kobamelo




A re direng

Botsa ditsala di le nne gore ke simbolo efe e e bontshang bodumedi jwa bona.

Leina la tsala	Disimbolo tsa bona

Teacher:
Sign:
Date:



SETIFIKEITI

Sa go digela Mophato 3

Bokgoni jwa Botshelo

se neelwa

_____

Tlatsa leina la gago

Letlha _____

Morutabana _____

Lenaanefoko la me



Lenaanefoko la me



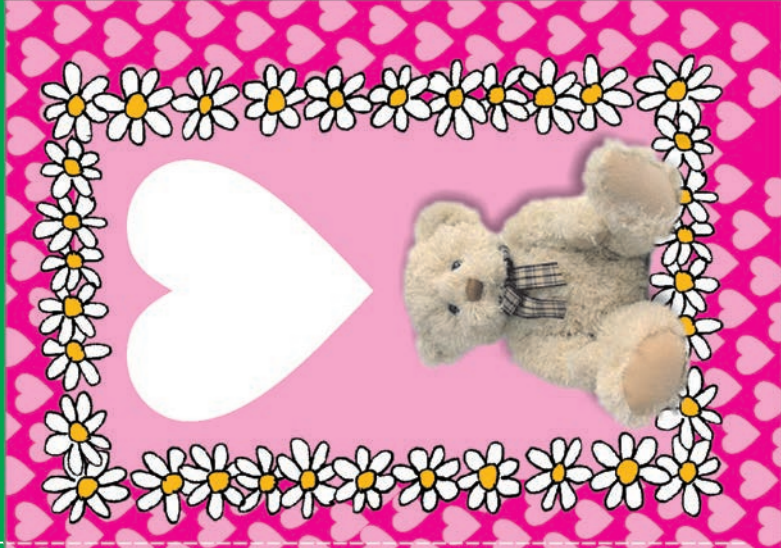


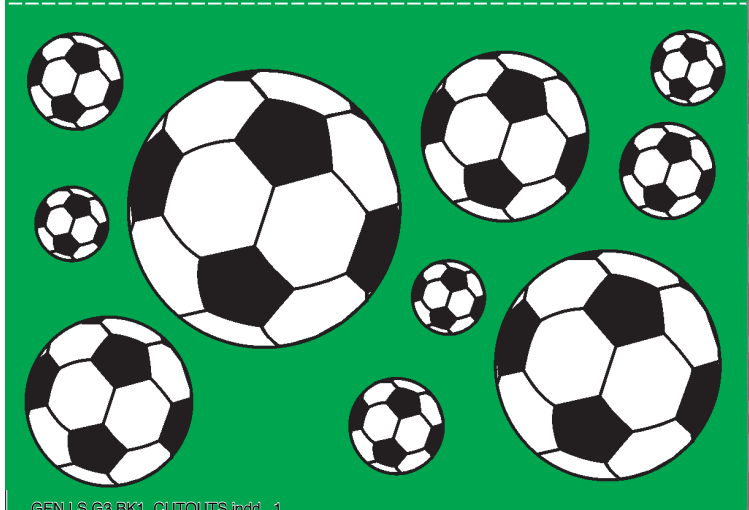

Get well soon





















P. 45

