

## 1 SESOTHO PUO YA LAPENG KEREITI YA 1

Moralo wa Semmuso wa ho ruta Kharikhulamo ya Naha e fetoletsweng

TATAISO YA HO SEBEDISA KHARIKHULAMO E FETOTSWENG BAKENG SA PUO MOKGAHLELONG O TLASE:

Ka kopo ela hloko tse latelang:

1. Kharikhulamo e fetotswe ho tshetleha feela dintlha tsa bokgoni
2. Bokgoni bo qhalakantswe ho latela nako eo ho fanweng ka yona. Bokgoni le tsebo di phetwa dibekeng tsohle e le hore ho se be moithuti ya sa fumantshwang monyetla ha a sa ye sekolong letsatsi le leng le leng.
3. Dikahare di phatlalatswa ka lehare ho kgaohanya dibeke
4. Ho tlameha hore ho be le kopano e matla dipakeng tsa dithuto tsohle.
5. Dihlooho tsohle tsa Puo di kopantswe, le mesebetsi ya letsatsi le letsatsi ha e ya tobana le nako empa di sebediswa lwetsatsi lohle.
6. Ho bala ho hloka tse latelang: **Nako ya tsepamiso ya Ho bala le Ho ngola (CAPS)**. Dikgopotso tsena di kenyelleditswe ka ha ho bonahala hona le kutlwisiso e batlang e fapane hanyane ya se bolelwang ke nako ya tsepamiso ya Ho bala le Ho ngola ho **CAPS**.
  - **Nako ya tsepamiso ya Ho bala le Ho ngola** ke nako e kopantsweng hantle (nako e ka etsang hore) moo ho bala ka kopanelo le ho ngola ka kopanelo ho etsahalang metsotsong e 15 ya pele. Kamora moo, empa hape e hokahane le bokgoni bo ithutilweng mohatong wa ho bala ka kopanelo/ ho ngola kopanelo, boemo ba mantswe le polelo bo entswe (mohl.medumo). Sena se nka metsotso e ka bang leshome. Kamora moo, Ho bala ka tataiso ya sehlopha ho etswe, ka baithuti ba hlophisitsweng ka sehlopha sa bokgoni ba ho bala. Ka nako ya tsepamiso ya Ho bala le Ho ngola, motheo o bewa bakeng sa ho tsamaisa bokgoni bo hloka halang bakeng sa ho bala ka bobedi, ho bala ka boikemelo le ho ngola ka boikemelo e hlahellang ho nako ya ho bala le ho ngola Nakong ya tsepamiso.
  - Bokgoni ba mantlha le tsebo e etswang dibakeng tse fapaneng di tshheheta sena mme ha di eme di le ding
7. **Ho bohlokwa ho bala karolo ya 2 ka ha sena se na le tlhahisoleseding ka mokgwa wa ho ruta**

**8. Moralo wa ho ruta wa selemo le selemo o tlameha ho kena dipakeng boemong ba sekolo ho amohela melawana ya sekolo mohl. Lenaneo la Medumo le ntse le sebediswa le tla etsa qeto ya hore na e tla ruta Medumo efe le hore na e tla rutwa dibekeng di fe**

9. Nako le nako ha mosebetsi wa sehlopha e etswa, ho tlameha hore ho latelwe ho arohangwa ha batho.

10. Matitjhere a dule a buisana le matitjhere a dikereiti tse fetileng (haeba ho kgonahala) e le hore ho se be le dikgeo tse etsahalang phethohong pakeng tsa dikereiti.

**Tekanyetso e thehilweng sekolong:**

- Tekanyetso e etsahala ho ya ho ile Mokgahlelong wa Motheo
- Tekanyetso e ka etsahala feela ka dikahare tse rutilweng.
- Karolo ya 4 e kgutsufaditsweng e lokela ho sebediswa bakeng sa tekanyetso tsohle.

## Moralo wa ho ruta wa selemo le selemo wa 2021- Kotara ya 3: THUTO: Sesotho Puo Ya Lapeng Kereiti ya 1

Kotara ya 3 matsatsi a 49	Beke 1	Beke 2	Beke 3	Beke 4	Beke 5	Beke 6	Beke 7	Beke 8	Beke 9	Beke 10
<b>Sehlooho sa CAPS</b>	<b>HO MAMELA LE HO BUA</b> Bonyane; metsotso e 45 ka beke (3x metsotso e 15) Moedi wa nako :hora e le 1 ka beke (4x metsotso e 15)									
<b>Dikgopolokutlwi siso tsa mantlha, Bokgoni le bohlokwa</b>	<ul style="list-style-type: none"> <li>• Mamela ntle le tshitiso, ho bontsha hlompho ho sebui.</li> <li>• Pheta dithothokiso le diraeme ka ho etsisa.</li> <li>• Mamela pale ka thahasello bakeng sa boithabiso le ho etsa ditshwantsho ho ngola mantswe a se makae ka tsona.</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ditaelo le ditsebiso le ho araba ka nepahalo</li> <li>• Mamela ntle le tshitiso a bontsha hlompho ho sebui.</li> <li>• Bua ka boiphihlelo ba hae jwalo ka ho pheta ditaba ka ho sebedisa tatellano e nepahetseng.</li> <li>• Pheta dithothokiso le diraeme ka ho etsisa.</li> <li>• Tatellano ya ditshwntsho tsa pale le ho nyalana mantswethaloso le ditshwantso.</li> <li>• Ho ba le seabo dipuisanong , tsa sehlophabotsa le ho araba dipotso.</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ditaelo le ditsebiso le ho araba ka nepahalo</li> <li>• Mamela ntle le tshitiso a bontsha hlompho ho sebui.</li> <li>• Bua ka boiphihlelo ba hae jwalo ka ho pheta ditaba ka ho sebedisa tatellano e nepahetseng</li> <li>• Pheta dithothokiso le diraeme ka ho etsisa.</li> <li>• Mamela pale ka thahasello, bakeng sa boithabiso le ho etsa ditshwantso ho ngola mantswe a se makae ka tsona.</li> <li>• Ho ba le seabo se itseng maamong a fapaneng le ho sebedisa puo e nepahetseng.</li> <li>• Utlwisisa le ho sebedisa puo e</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ditaelo le ditsebiso le ho araba ka nepahalo</li> <li>• Mamela ntle le tshitiso a bontsha hlompho ho sebui.</li> <li>• Bua ka boiphihlelo ba hae jwalo ka ho pheta ditaba ka ho sebedisa tatellano e nepahetseng</li> <li>• Pheta dithothokiso le diraeme ka ho etsisa.</li> <li>• Ho mamela diketsahalo tsa dipalo ka pethahalo mme a arabe dipotso tse bulehileng.</li> <li>• Sebedisa tlotlontswe e eketsehang ha a bua</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ditaelo le ditsebiso le ho araba ka nepahalo</li> <li>• Mamela ntle le tshitiso a bontsha hlompho ho sebui.</li> <li>• Bua ka boiphihlelo ba hae jwalo ka ho pheta ditaba ka ho sebedisa tatellano e nepahetsen</li> <li>• Pheta dithothokiso le diraeme ka ho etsisa.</li> <li>• Ho utlwisisa le ho sebedisa puo e nepahetseng ya dithuto tse fapaneng.</li> <li>• Ho ba le seabo se itseng maamong a</li> </ul>	<ul style="list-style-type: none"> <li>• Bua ka boiphihlelo ba hae jwalo ka ho pheta ditaba ka ho sebedisa tatellano e nepahetseng.</li> <li>• Mamela pale ka thahasello, bakeng sa boithabiso le ho etsa ditshwantso ho ngola mantswe a se makae ka tsona.</li> <li>• Ho mamela diketsahalo tsa dipalo ka pethahalo mme a arabe dipotso tse bulehileng.</li> </ul>				

			nepahetseng dithutong tse fapaneng	<ul style="list-style-type: none"> <li>Utlwisisa le ho sebedisa puo e nepahetseng dithutong tse fapaneng.</li> </ul>	fapaneng le ho sebedisa puo e nepahetseng. <ul style="list-style-type: none"> <li>Sebedisa tlotlontswe e eketsehang ha a bua</li> </ul>	
<b>Sehlooho sa CAPS</b>	<b>MEDUMO</b>					
	<ul style="list-style-type: none"> <li>Bonyane ba metsotso e 15x5 ka beke, Moedi wa metsotso e 15 ka beke. <b>Boeletsa medumo ya tlhaku e le nngwe Ruta medumo e tswakilweng e bopilweng ka ditlhaku tse pedi tsa didumammoho mantsweng</b></li> </ul>					
<b>Dikgopolokutlwi siso Tsa mantlha, Bokgoni le bohlokwa</b>	<ul style="list-style-type: none"> <li>Hlwaya dikamano pakeng tsa tlhaku le modumo ya lentswe le le leng</li> <li>Phapano dipakeng tsa medumo e utlwalang qalong le qetellong ya mantswa</li> <li>Bopa mantswa ka ho sebedisa medumo eo a ithutileng yona bonyane mantswa a maloko a mabedi</li> <li>Bopa le ho kgaola mantswa a bonolo a qala ka sedumammoho se le seng qalong ya lentswe (modumo o qalang) le</li> </ul>	<ul style="list-style-type: none"> <li>Hlwaya dikamano pakeng tsa tlhaku le modumo ya lentswe le le leng</li> <li>Hlophisa mantswa hore e be medumo ya lelapa le le leng</li> <li>Boeletsa leloko la lentswe ka ho sebedisa didumannotshi tse rutilweng(bala, rata, shapa, nama)</li> <li>Elellwa medumo e tswakilweng ka ditlhaku tse tharo mantsweng (mohl: tjhesa, tshela, kgwele)</li> <li>Bopa le ho qhaqholla mantswa a bonolo</li> </ul>	<ul style="list-style-type: none"> <li>Hlwaya dikamano pakeng tsa tlhaku le modumo ya lentswe le le leng</li> <li>Boeletsa leloko la lentswe ka ho sebedisa didumannotshi tse rutilweng(bala, rata, shapa, nama)</li> <li>Bopa le ho qhaqholla mantswa a bonolo a qalang ka tlhaku e le nngwe mme qetellong ya lentswe a raeme.</li> <li>Boeletsa leloko la lentswe ka ho sebedisa didumannotshi tse rutilweng(bala, rata, shapa, nama)</li> </ul>	<ul style="list-style-type: none"> <li>Hlwaya dikamano pakeng tsa tlhaku le modumo ya lentswe le le leng</li> <li>Elellwa medumo e tswakilweng ka ditlhaku tse tharo mantsweng (mohl: tjhesa, tshela, kgwele)</li> <li>Boeletsa leloko la lentswe ka ho sebedisa didumannotshi tse rutilweng (bala, rata, shapa, nama)</li> <li>Elellwa medumo e tswakilweng e bopilweng ka ditlhaku tse pedi tsadidumammoho mantsweng.(mohl:</li> </ul>	<ul style="list-style-type: none"> <li>Hlwaya dikamano pakeng tsa tlhaku le modumo ya lentswe le le leng</li> <li>Elellwa medumo e tswakilweng ka ditlhaku tse tharo mantsweng (mohl: tjhesa, tshela, kgwele)</li> <li>Boeletsa leloko la lentswe ka ho sebedisa didumannotshi tse rutilweng(bala, rata, shapa, nama)</li> <li>Elellwa medumo e tswakilweng e bopilweng ka ditlhaku tse pedi tsa didumammoho</li> </ul>	<ul style="list-style-type: none"> <li>POELETSO</li> <li>Hlwaya dikamano pakeng tsa tlhaku le modumo ya lentswe le le leng</li> <li>Boeletsa leloko la lentswe ka ho sebedisa didumannotshi tse rutilweng (bala, rata, shapa, nama)</li> <li>Bala mantswa a medumo dipolelong le ditemeng tse ding.</li> </ul>

	(tshwano ya modumo senokong)mohl.. ha-na, pa-na	a qalang ka tlhaku e le nngwe mme qetellong ya lentswe a raeme. <ul style="list-style-type: none"> <li>Bala mantswe a medumo dipolelong le ditemeng tse ding</li> </ul>	<ul style="list-style-type: none"> <li>Elellwa medumo e tswakilweng ka ditlhaku tse tharo mantsweng(mohl: tjhesa, tshela, kgwele)</li> <li>Hlophisa mantswe ho latela leloko le le leng(mohl... ela, epa, eta, ema, ala, aba, ana)</li> <li>Boeletsa leloko la lentswe ka ho sebedisa didumanotshi tse rutilweng (bala,rata, shapa, nama)</li> <li>Bala mantswe a medumo dipolelong le ditemeng tse ding.</li> </ul>	<b>kgala,Kgora, nyala, kgomo)</b> <ul style="list-style-type: none"> <li>Boeletsa leloko la lentswe ka ho sebedisa didumanotshi tse rutilweng (bala,rata, shapa, nama)</li> <li>Bala mantswe a medumo dipolelong le ditemeng tse ding.</li> </ul>	mantsweng. (mohl: <b>kgala,</b> <ul style="list-style-type: none"> <li>Ba Boeletsa leloko la lentswe ka ho sebedisa didumanotshi tse rutilweng (bala,rata, shapa, nama) la mantswe a medumo dipolelong le ditemeng tse ding.</li> </ul>	
<b>Sehlooho sa CAPS</b>	<b>HO BALA</b>					
	<ul style="list-style-type: none"> <li>Ho bohlokwa ho bala ntlha ya 8 tataisong e leqepheng la pele</li> <li>Ho bala ka kopanelo: Bonyane:3x metsotso e 15 ka beke: Moedi wa nako:5 x metsotso e 15 ka beke</li> <li>Ho bala ka tataiso ya sehlopha: 2 x metsotso e 15 ka letsatsi ( Dihlopha tse 2 ka letsatsi)</li> <li>Ho bala ka bongwe/ bobedi: 2 x ka beke</li> </ul>					
<b>Dikgoplokutlwisi so Tsa mantlha, Bokgoni le bohlokwa</b>	<b>Ho bala</b>	<ul style="list-style-type: none"> <li>Ho bala ka kopanelo dithuto tsa baithuti kaofela ha 2-3 ka beke metsotso e 15 ho sebediswa bonyane tema e 1 ka beke</li> </ul>				
	<b>Ka kopanelo</b>	<b>Ho bala ka kopanelo: Hlahisa dingolwa tse fapaneng, mohl: dipapadi tsa kalaneng, mefuta e fapaneng ya dithothokiso</b>				
	<ul style="list-style-type: none"> <li>Ho bala dibuka tse kgolo,Le ditema tse</li> </ul>	<ul style="list-style-type: none"> <li>Ho bala dibuka tse kgolo, le ditema tse</li> </ul>	<ul style="list-style-type: none"> <li>Ho bala dibuka tse kgolo,le ditema tse</li> </ul>	<ul style="list-style-type: none"> <li>Ho bala dibuka tse kgolo,le ditema</li> </ul>	<ul style="list-style-type: none"> <li>Ho bala dibuka tse kgolo, le ditema</li> </ul>	<ul style="list-style-type: none"> <li>Ho bala dibuka tse kgolo,le ditema tse</li> </ul>

	<p>ding tse hodisitsweng e le baithuti bohle hammoho le titjhere.</p> <ul style="list-style-type: none"> <li>• Araba dipotso tsa boemo ba monahano o phahameng tse thehilweng temeng, mohl., 'O nahana hore....? Hobaneng a ile a ...?</li> <li>• Buisana ka ho sebedisa ditlhaku tse kgolo le dikgutlo.</li> </ul>	<p>ding tse hodisitsweng e le baithuti bohle hammoho le titjhere.</p> <ul style="list-style-type: none"> <li>• Buisanang ka pale, a qolla dintlha tsa sehlooho temeng le baphetwa ba sehlooho,jj.</li> <li>• Sebedisa bokantle ba buka ho lepa seo pale e buang ka sona le pheletso</li> <li>• Buisana ka ho sebedisa ditlhaku tse kgolo le dikgutlo.</li> </ul>	<p>ding tse hodisitsweng e le baithuti bohle hammoho le titjhere.</p> <ul style="list-style-type: none"> <li>• Qolla ka tatellano ya diketsahalo le tikoloho ho tswa paleng</li> <li>• Hlokomela sesosa le ditlamorao tsa diketsahalo paleng, mohl., moshemane o wele baesekeleng <b>hobane</b> a ne a palame ka lebelo motheong wa thaba</li> <li>• Araba dipotso tsa boemo ba monahano o phahameng tse thehilweng temeng, mohl., O nahana hore...? Hobaneng a ile a...?</li> </ul>	<p>tse ding tse hodisitsweng e le baithuti bohle hammoho le titjhere.</p> <ul style="list-style-type: none"> <li>• Qolla ka tatellano ya diketsahalo le tikoloho ho tswa paleng</li> <li>• Hlokomela sesosa le ditlamorao tsa diketsahalo paleng, mohl., moshemane o wele baesekeleng <b>hobane</b> a ne a palame ka lebelo motheong wa thaba</li> <li>• Araba dipotso tsa boemo ba monahano o phahameng tse thehilweng temeng, mohl., O nahana hore...? Hobaneng a ile a...?</li> <li>• Fana ka maikutlo ka se badilweng</li> </ul>	<p>tse ding tse hodisitsweng e le baithuti bohle hammoho le titjhere.</p> <ul style="list-style-type: none"> <li>• Qolla ka tatellano ya diketsahalo le tikoloho ho tswa paleng</li> <li>• Araba dipotso tsa boemo ba monahano o phahameng tse thehilweng temeng,mohl., 'O nahana hore....? Hobaneng a ile a .....?</li> <li>• Fana ka maikutlo ka se badilweng.</li> <li>• Hlalosa tlhahisoleseding ho tswa diphousetareng,di tshwantshong le dipapetla tse bonolo(mohl. khalendara</li> </ul>	<p>ding tse hodisitsweng e le baithuti bohle hammoho le titjhere.</p> <ul style="list-style-type: none"> <li>• Sebedisa bokantle ba buka ho lepa seo pale e buang ka sona le pheletso</li> <li>• Hlalosa tlhahiso leseding ho tswa diphousetareng, ditshwantshong le dipapetla tse bonolo /mohl. khalendara.</li> </ul>
<p><b>Ho bala ka tataiso ya sehlopha</b></p>	<ul style="list-style-type: none"> <li>• Balla buka hodimo kamoo a ka kgonang ka tataiso ya titjhere le</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo kamoo a ka kgonang ka tataiso ya titjhere le</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo kamoo a ka kgonang ka tataiso ya titjhere le</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo kamoo a ka kgonang ka tataiso ya titjhere le</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo kamoo a ka kgonang ka tataiso ya titjhere le</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo kamoo a ka kgonang ka tataiso ya titjhere le</li> </ul>

	<p>sehlopha sohle k.h.r sehlopha se bala pale e tshwanang</p> <ul style="list-style-type: none"> <li>• Itekola ha a bala ho elellwa mantsewe le tekokutlwisiso.</li> </ul>	<p>sehlopha sohle k.h.r sehlopha se bala pale e tshwanang</p> <ul style="list-style-type: none"> <li>• Sebedisa medumo, tsa boemo, hlophollo ya sebopeho le mantsewe a bonwang ha a bala.</li> <li>• Itekola ha a bala ho elellwa mantsewe le tekokutlwisiso</li> <li>• Tswella pele ho bopa tlotlontswe e bonwang ho tswa lenaneong la ho bala ka tshohanyetso, dibuka tse hlophisitsweng le manane a mantsewe a hlahang kgafetsa.</li> </ul>	<p>sehlopha se bala pale e tshwanang</p> <ul style="list-style-type: none"> <li>• Sebedisa medumo, tsa boemo, hlophollo ya sebopeho le mantsewe a bonwang ha a bala.</li> <li>• Itekola ha a bala ho elellwa mantsewe le tekokutlwisiso.</li> <li>• Tswella pele ho bopa tlotlontswe e bonwang ho tswa lenaneong la ho bala ka tshohanyetso, dibuka tse hlophisitsweng le manane a mantsewe a hlahang kgafetsa.</li> </ul>	<p>sehlopha sohle k.h.r sehlopha se bala pale e tshwanang</p> <ul style="list-style-type: none"> <li>• Sebedisa medumo , tsa boemo, hlophollo ya sebopeho le mantsewe a bonwang ha a bala.</li> <li>• Itekola ha a bala ho elellwa mantsewe le tekokutlwisiso</li> <li>• Bala ka bokgeleke bo eketsehang le maikutlo.</li> <li>• Tswella pele ho bopa tlotlontswe e bonwang ho tswa lenaneong la ho bala ka tshohanyetso, dibuka tse hlophisitsweng le manane a mantsewe a hlahang kgafetsa</li> </ul>	<p>sehlopha sohle k.h.r sehlopha se bala pale e tshwanang</p> <ul style="list-style-type: none"> <li>• Sebedisa medumo, tsa boemo, hlophollo ya sebopeho le mantsewe a bonwang ha a bala.</li> <li>• Itekola ha a bala ho elellwa mantsewe le tekokutlwisiso.</li> <li>• Tswella pele ho bopa tlotlontswe e bonwang ho tswa lenaneong la ho bala ka tshohanyetso, dibuka tse hlophisitsweng le manane a mantsewe a hlahang kgafetsa.</li> </ul>	<p>k.h.r sehlopha se bala pale e tshwanang</p> <ul style="list-style-type: none"> <li>• Itekola ha a bala ho elellwa mantsewe le tekokutlwisiso</li> <li>• Bala ka bokgeleke bo eketsehang le maikutlo.</li> </ul>
<p><b>Ho bala ka Bonngwe/bobedi</b></p>	<ul style="list-style-type: none"> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo le dibuka tse sekgutlwaneng</li> </ul>	<ul style="list-style-type: none"> <li>• Balla hodimo a bala le motswalle</li> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka</li> </ul>	<ul style="list-style-type: none"> <li>• Bala mongolo wa hae le wa ba bang</li> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo</li> </ul>	<ul style="list-style-type: none"> <li>• Balla hodimo a bala le motswalle</li> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka</li> </ul>	<ul style="list-style-type: none"> <li>• Bala mongolo wa hae le wa ba bang</li> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka</li> </ul>	<ul style="list-style-type: none"> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo le dibuka tse sekgutlwaneng</li> </ul>

	sa ho bala ka phaposing.	kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing.	le dibuka tse sekgutlwaneng sa ho bala ka phaposing.	kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing.	kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing.	sa ho bala ka phaposing.
<b>Sehlooho sa CAPS</b>	<b>HO NGOLA: 3 x metsotso e 15 ka beke</b>					
<b>Dikgoplokwisi so Tsa mantlha, Bokgoni Le bohlokwa</b>	<ul style="list-style-type: none"> <li>• Sebedisa mesebetsi ya ho ngola ka kopanelo ho etsa mohlala wa tshebediso ya matshwao a puo, Thuta-puo le karolo ya Puo.</li> <li>• Sebedisa mesebetsi ya ho ngola ka kopanelo ho bontshahatsa tshebediso e nepahetseng ya matshwao a puo, thutapuo le mefuta e fapaneng ya dipolelo</li> <li>• Fana ka sebopeho sa ho ngola ho thusa baithuti ho ngola ditema tsa bona jwaloka lengolo</li> </ul>					
	<ul style="list-style-type: none"> <li>• Ngola mantswe ho bopa polelo ka ho sebedisa medumo eo a ithutileng yona le mantswe a atisang ho sebediswa</li> </ul>	<ul style="list-style-type: none"> <li>• Ngola mantswe ho bopa polelo ka ho sebedisa medumo eo a ithutileng yona le mantswe a atisang ho sebediswa</li> <li>• Ngola a bontsha polelo e kgutshwane ka sehlooho ho phehisa ho ngolweng ha buka sekgutlwaneng sa ho bala</li> <li>• Ipopela pokello ya mantswe le bukantswe/dikshena re ka ho sebedisa tlhaku e qalang ya lentswe jwalo ka kama, kola, katse</li> </ul>	<ul style="list-style-type: none"> <li>• Ngola molaetsa karete jwalo ka karete ya takaletso tsa ho kgothalletsa ho fola kapa tsa mahlohonolo.</li> <li>• Qala ho sebdisa ditlhaku tse kgolo le dikgutlo, le ditlhaku tse kgolo ho ngola mabitso a batho.</li> <li>• Ngola dipolelo tse pedi bonyane ka boiphihlelo ba hae kapa ho ngola ka kopanelo le ho sebediswa lekgathe lefetile.</li> <li>• Fana ka maikutlo mabapi le ho ngola pale ya sehlopha ka nako ya ho ngola ka kopanelo</li> </ul>	<ul style="list-style-type: none"> <li>• Ngola mantswe ho bopa polelo ka ho sebedisa medumo eo a ithutileng yona le mantswe a atisang ho sebediswa</li> <li>• Qala ho sebdisa ditlhaku tse kgolo le dikgutlo, le ditlhaku tse kgolo ho ngola mabitso a batho.</li> <li>• Ngola dipolelo tse pedi bonyane ka boiphihlelo ba hae kapa ho ngola ka kopanelo le ho sebediswa lekgathe lefetile.</li> <li>• Fana ka maikutlo mabapi le ho ngola pale ya</li> </ul>	<ul style="list-style-type: none"> <li>• Ngola dipolelo tse pedi bonyane ka boiphihlelo ba hae kapa ho ngola ka kopanelo le ho sebediswa lekgathe lefetile.</li> <li>• Ka ho fumana thuso ho sebedisa maemedi (nna, wena, yena, bona,jj.) ha a ngola ka nepo.</li> <li>• Fana ka maikutlo mabapi le ho ngola pale ya sehlopha ka nako ya ho ngola ka kopanelo</li> </ul>	<ul style="list-style-type: none"> <li>• Ngola molaetsa karete jwalo ka karete ya takaletso tsa ho kgothalletsa ho fola kapa tsa mahlohonolo.</li> <li>• Ka ho fumana thuso ho sebedisa maemedi (nna, wena, yena, bona,jj.) ha a ngola ka nepo.</li> <li>• Fana ka maikutlo mabapi le ho ngola pale ya sehlopha ka nako ya ho ngola ka kopanelo</li> </ul>



			<ul style="list-style-type: none"> <li>Ipopela pokello ya mantswe le bukantswe/dikshena re ka ho sebedisa tlhaku e qalang ya lentswe jwalo ka kama, kola, katse.</li> </ul>	<p>sehlopha ka nako ya ho ngola ka kopanelo</p> <ul style="list-style-type: none"> <li>Ipopela pokello ya mantswe le bukantswe/dikshenare ka ho sebedisa tlhaku e qalang ya lentswe jwalo ka kama, kola, katse.</li> </ul>	<ul style="list-style-type: none"> <li>Ngola a bontsha polelo e kgutshwane ka sehlooho ho phehisa ho ngolweng ha buka sekgutlwaneng sa ho bala</li> <li>Ipopela pokello ya mantswe le bukantswe/dikshenare ka ho sebedisa tlhaku e qalang ya lentswe jwalo ka kama, kola, katse.</li> </ul>	
<b>Sehlooho sa CAPS</b>	<p><b>MONGOLO</b>  <b>4 x 15 metsotso ka beke</b>  <b>Boeletsa ho bopa ditlhaku tse nyane ka nepo</b>  <b>Qala ho ruta tlhaku e kgolo le dipalo</b>  <b>Bontsha ho ngola o siya sebaka se nepahetseng ha o ngola tlhaku, lentswe le polelo</b></p>					
<b>Dikgopolokutlwi siso Tsa mantlha, Bokgoni le bohlokwa</b>	<ul style="list-style-type: none"> <li>Tshwara pensele/potloloto le kerayone ka nepahalo</li> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo le sebaka k.h.r ho qala le ho qetela sebakeng se</li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensele/potloloto le kerayone ka nepahalo</li> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo le sebaka k.h.r ho qala le ho qetela sebakeng se</li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensele/potloloto le kerayone ka nepahalo</li> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo le sebaka k.h.r ho qala le ho qetela sebakeng se nepahetseng ka thello/tlwaelo.</li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensele/potloloto le kerayone ka nepahalo</li> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo le sebaka k.h.r ho qala le ho qetela sebakeng se</li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensele/potloloto le kerayone ka nepahalo</li> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo le sebaka k.h.r ho qala le ho qetela sebakeng se</li> </ul>	<ul style="list-style-type: none"> <li>Bopa dipalo ka nepahalo.</li> <li>Kopitsa a ngola mantswe ka ho siya dibaka ka nepahalo.</li> <li>Kopitsa a ngola dipolelo tse kgutshwane ka nepahalo.</li> </ul>

	nepahetseng ka thello/tlwaelo.	nepahetseng ka thello/tlwaelo. <ul style="list-style-type: none"> <li>• Ho bopa ditlhaku tse kgolo tse sebediswang kgafetsa (mohl.,B,D,E,F,G,L, M,N,O,P,R,S) ka nepo.</li> <li>• Bopa dipalo ka nepahalo</li> <li>• Kopitsa a ngola mantswe ka ho siya dibaka ka nepahalo.</li> </ul>	<ul style="list-style-type: none"> <li>• Ho bopa ditlhaku tse kgolo tse sebediswang kgafetsa (mohl.,B,D,E,F,G,L,M,N ,O,P,R,S) ka nepo.</li> <li>• Bopa dipalo ka nepahalo</li> <li>• Kopitsa a ngola mantswe ka ho siya dibaka ka nepahalo.</li> <li>• Kopitsa a ngola mantswe ka ho siya dibaka ka nepahalo.</li> </ul>	nepahetseng ka thello/tlwaelo. <ul style="list-style-type: none"> <li>• Ho bopa ditlhaku tse kgolo tse sebediswang kgafetsa (mohl.,B,D,E,F,G,L, M,N,O,P,R,S) ka nepo.</li> <li>• Bopa dipalo ka nepahalo.</li> <li>• Kopitsa a ngola mantswe ka ho siya dibaka ka nepahalo.</li> <li>• Kopitsa le ngola dipolelo tse kgutshwane ka nepahalo</li> </ul>	nepahetseng ka thello/tlwaelo. <ul style="list-style-type: none"> <li>• Ho bopa ditlhaku tse kgolo tse sebediswang kgafetsa (mohl.,B,D,E,F,G,L, M,N,O,P,R,S) ka nepo.</li> <li>• Bopa dipalo ka nepahalo</li> <li>• Kopitsa a ngola mantswe ka ho siya dibaka ka nepahalo</li> <li>• Kopitsa le ngola dipolelo tse kgutshwane ka nepahalo</li> </ul>	
<b>Tsebo e hlokalang pele</b>	<b>Kotara ya 2 dikgopolokutlwisiso tsa mantlha, tsebo le bohlokwa</b>					
<b>Disebediswa (ntle le buka ya ho ithuta) ho ntlafatsa ho ithuta</b>	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara
<b>Tekanyetso ya ho ithuta</b>	Ho tswa karolong ya 4 e kgutsufaditsweng ya CAPS, maqephe 6-10		<ul style="list-style-type: none"> <li>• Mosebetsi e tlameha ho hlokomela le ho hlahlojwa nakong ya mosebetsi ya letsatsi le letsatsi ya dipuo.</li> </ul>			

		<ul style="list-style-type: none"> <li>• Bokgoni bo bong le bo bong ha bo a rerelwa ho ba mosebetsi wa tlhahlobo empa ho lokela ho netefatsa hore baithuti ba fuwa menyetla ya ho bontsha bokgoni ba bona ka molomo le ka mokhwa o sebetsang.</li> <li>• Teko e ka etsahala ha fela baithuti ba rutuwe mme ba bile le nako ya ho ikwetlisetsa thuto eo hantle ka nepo ba e utlwisisa.</li> <li>• Tekanyetso ya mesebetsi ya molomo e lokela ho hokanngwa le Bokgoni ba bophelo le Mmetse ha ho kgoneha.</li> <li>• Tekanyetso ke tshebetso e tswelang pele e rerilweng ya ho bolokella, ho rekota, ho toloka, ho sebedisa le ho tlaleha tlhahisoleseding ka tswelopele le katleho ya ngwana ho ntshetsa pele tsebo, bokgoni le boitshwaro.</li> <li>• Ho bohlokwa hape ho hlokomela hore mosebetsi o mong le o mong wa tekanyetso ha o wa lokela ho nkuwa e le ketsahalo kapa teko e le nngwe, empa e tlameha ho ikamahanya le metheo ya tekanyetso e tswelang pele ka dinako tsohle.</li> <li>• Mosebetsi wa Tekanyetso o bopilwe ka karolo tse ngata tse sebetsanang le dintlha tse fapaneng tsa Puo kereiting ya 1-3. Ho bohlokwa ho hlokomela hore molao wa- motheo wa kgokahanyo le kopanyo ya lenaneo la puo jwaloka ha ho bontshitswe nakong ya Tsepamiso ya ho bala le ho ngola '(maqephe 11-12,FP CAPS Puo ya Lapeng Karolo ya 2) e lokela ho tsebisa moralo wa mosebetsi wa tekanyetso ha ho kgonahala.</li> <li>• Bakeng sa ho rala Lenaneo le Tekanyetso</li> <li>• Mosebetsi wa Tekanyetso o lokela ho hlophiswa ka tsela eo ho nang le botsitso ba bokgoni bo hlahlojwang. Sena se tla thusa ho se hlahlobe bokgoni le dikgopolo tse tshwanang ha o nste o hlokomoloha tse ding.</li> <li>• Sebedisa kakaretso ya kereiti ya karolong ya 3 ya CAPS (dipuo tsohle) (ATP ena) e le tataiso ya ho netefatsa ditaba.</li> <li>• Dikahare di phetwa ka kotare jwalokaha ho bontshitswe karolong ya 3 e seng ka beke: mme kgetho ya dikahare le tsebo ha di a lokela ho siya sekgeo mahareng a dikotara tse nne.</li> </ul>
<b>TEKANYETSO E THEHILWENG SEKOLONG: Mohlala wa mosebetsi wa Tekanyetso</b>		<p><b>Ho mamela le ho bua</b></p> <ul style="list-style-type: none"> <li>• Mamela dintlha ka botlalo paleng le ho araba dipotso tse bulehileng.</li> </ul> <p><b>Medumo:</b></p> <ul style="list-style-type: none"> <li>• <b>TSE NGOLWANG:</b> Boeletsela leloko la lentsewe ka ho sebedisa didumanotshi tse rutilweng ( bala,rata, shapa, nama) (<b>Nako ya tsepamiso ya ho bala</b>).<b>Nako ya medumo e tsepamisitsweng</b></li> </ul>

		<ul style="list-style-type: none"> <li>• <b>TSA MOLOMO:</b> Ho bala ka tataiso ya sehlopha, Balla hodimo le ka kgutso ba bala dibuka tsa bona ka tataiso ya sehlopha le titjhere ke hore, sehlopha kaofela se bala pale e tshwanang e boemong ba sona, elellwa mantswa le kutlwisiso. (<b>Nako ya tsepamiso ya ho bala.</b>)</li> <li>• <b>TSA MOLOMO:-</b> Hlokomela sesosa le ditlamorao tsa diketsahalo paleng, mohl. Moshemane o wele baesekeleng hobane a ne a palame ka lebelo motheong wa thaba. -Sebedisa medumo, ditemoso tsa boemo, hlophollo ya sebopeho le mantswa a bonwang ha a bala. -Itsekola ha a bala ho elellwa mantswa le tekokutlwisiso. <b>Bokgoni ba Kutlwisiso:</b> Araba dipotso tsa boemo ba mohano o phahameng tse thehilweng temeng, mohl. 'O nahana hore....?'Hobaneng a ile a ....?)(<b>Nako ya tsepamiso ya ho bala) Ho ngola</b></li> <li>• Ngola dipolelo tse pedi bonyane ka boiphihlelo ba hae le ho ngola dipolelo ka nepo.</li> <li>• Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela bohobo le sebaka k.h.r ho qala le ho qetela sebakeng se nepahetseng ka thello/tlwaelo.</li> </ul>
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