



Rainbow  
WORKBOOKS

SESOTHO  
GRADE R – BOOK 1  
TERM 1  
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8th Edition



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Sehlopha sa **R**  
**BUKA YA I**

Lebitso:

Sehlopha:



basic education

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA





Mofumahadi Angie Motshetka,  
letona la Lafapha la Thuto ya  
Motheo



Mong Enver Sury,  
Motlatsi wa Letona la  
Thuto ya Motheo

Selemong sena sa Kamohelo sa (Sehlopha sa R) Dibuka tsa Mookodi tsa Mosebetsi ke karolo ya matsapa a Lefapha la Thuto ya Motheo ho thusa le ho tshehetsa mosebetsi wa ngwana wa Moafrika. Diphuputso di bontshitse hore selemong se seng le se seng bana ba fumana mesebetsi e ba phephetsang pele ho Sehlopha sa 1, ba sebetsa hantle dithutong tsa bona dilemeng tse latelang, dilemeng tsa poraemari le nakong ya dithuto tsa sekontari. Ke ka hoo ba tshwanelang ho rutwa haholwanyane ha ba le Sehlophen sa R.

Thutong ya Motheo kharikhulamo e lebeletse hore ngwana wa Sehlopha sa R a fumane monyetla wa ho ntshetsa pele ho bala, ho ngola le bokgoni ba ho sebetsa dipalo, ke hona mona moo ba hlokang ho tshehetswa haholo hore ba fumane motheo wa thuto hore ba tle ba fumane ho le bonolo ha ba fihla Sehlophen sa R 1 le ho fetela dihlophen tse ka hodimo.

Dibuka tsa Sehlopha sa R ka hoo maikemisetso a tsona ke ho thusa bana ho ntshetsa pele bokgoni bona le ho tseba dintlha tse ding tseo e leng motheo wa dithuto tsa bona. Ba na le menyetla e mengata eo ka yona bana ba ka ntshetsang le ho ikwetlisetsa bokgoni ba bona ho itokisetsa bakeng sa dikereiti tse latelang.

Pele bana ba ka ihuta ho bala ba tshwanelo ho tseba hore ba tshwara buka jwang le ho phetla maqephe, le ho tseba hore buka e sebediswa jwang. Ba tshwanelo ho utlwisa kamano e teng dipakeng tsa mantswe le ditshwantsho tse hare ho buka le ho hlokoma hore mantswe a ka bukeng a bopilwe ka medumo e itseng mme a na le moevelo. Ho sa le jwalo, pele bana ba ithuta ho ngola, ba tshwanelo ho ntshetsa pele bokgoni ba ho ngola le ho tshwara pene, ho bopa mantswe le dibopeho le ho tsamaisa pene meleng ho tereisa medumo. Bona ke bokgoni bo fumanwang ka hare ho dibuka tsena.

Re a tseba hore bana ha ba bale le ho utlwisa ka ho tshwana. Dibuka tsa Sehlopha sa R di thusa matitjhere le bana ho sebetsa ka mokgwa o ikgethang oo ngwana ka mong a ka sebetsang ka sekgahla sa hae haeba ho hlokeha hore a etse jwalo, le ha ho hlokahala hore titjhere a ka kgutlela morao ho thusa ngwana moo a sa utlwisisang hantle ho latela maemo a kutlwiso ya ngwana. Mesebetsi e tla thusa ngwana le titjhere ho bona moo ho nang le dikgwaello e le hore titjhere e tle e kgone ho thusa ho kwala dikgaello tseo pele ngwana a fetela dikereiting tse ka pele.

Dibuka tse kenyeltsang thuto ya ho tseba ho bala le ho ngola, thuto ya dipalo le bokgoni ho tsa bophelo tseo kaofela ha tsona ho nang le mokotaba e ka bang 20 e sebedisang mekgwa e fapaneng ya ho hohela maikutlo a mothuti. Re a tshepa hore baithuti ba tla thabela le ho ananelo ho sebedisa mesebetsi e fumanwang ka hare ho dibuka tsa mofuta ona ha ba ntse ba tswela pele ka dithuto tsa bona, le hore wena jwalo ka titjhere o tla natefela le bona ho sebediseng dibuka tsena.



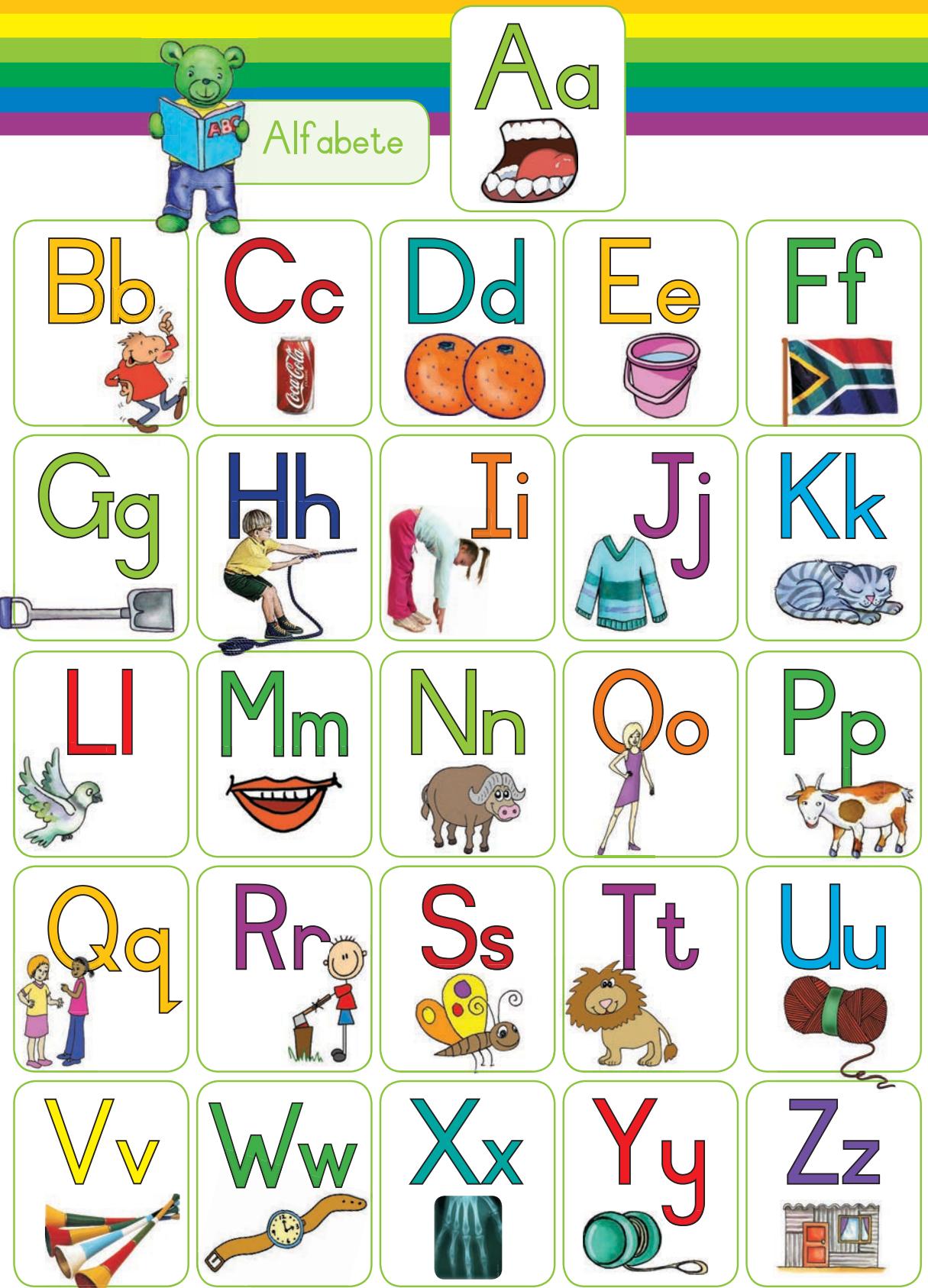
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# Kereiti ya R

## TSE KOPANENG

- Ho bala le ho ngola
- Dipalo
- Bokgoni ho tsa bophelo



ya SESOTHO

1	Ditaba tse amanang le nna .....	2
2	Ka tlelaseng .....	12
3	Mmele wa ka.....	22
4	Phela bophelo bo botle .....	32
5	Metswalle .....	42



Ditaelo tsa disehwa di  
qetellong ya buka.



### Ho titjhere:

Barutwana ba tshwanelo ho kwetlisa mosebetsi wa bona pele ba leka ho o  
etsa dibukeng tshebetso tsa bona. Mohlala:

- Ha barutwana ba tshwanelo ho etsa letshwao la sedikadikwe karabong  
e nepahetseng, ha ba qale pele ka ho tshwaya karabo e nepahetseng. Ba tshwanelo  
ho utlwla ho titjhere hore na e nepahetse e le ka nnete pele.
- Ha mosebetsi o batla hore barutwana ba thale ho hong, ha ba etse ka menwana  
pele ba nto ngola bukeng.



Ela hloko: Barutwana ba maemong a fapaneng a bokgoni. Ha o lemoha hore  
barutwana ba bang ba sa hloka thuso ho ikwetlisa bokgoni ba dithokutlo, barutwana ba ka  
ikwetlisetsa mesebetsi ya bona bukeng ya dihlakiso. Ba ka na monyetla wa ho sebedisa mela e bukeng  
ho fihlela ba itshepa ho ka ngola dibukeng tsa bona tsa tshebetso.

SESOTHO

Buka

I

kotara I



# Ditaba tse amanang le nna

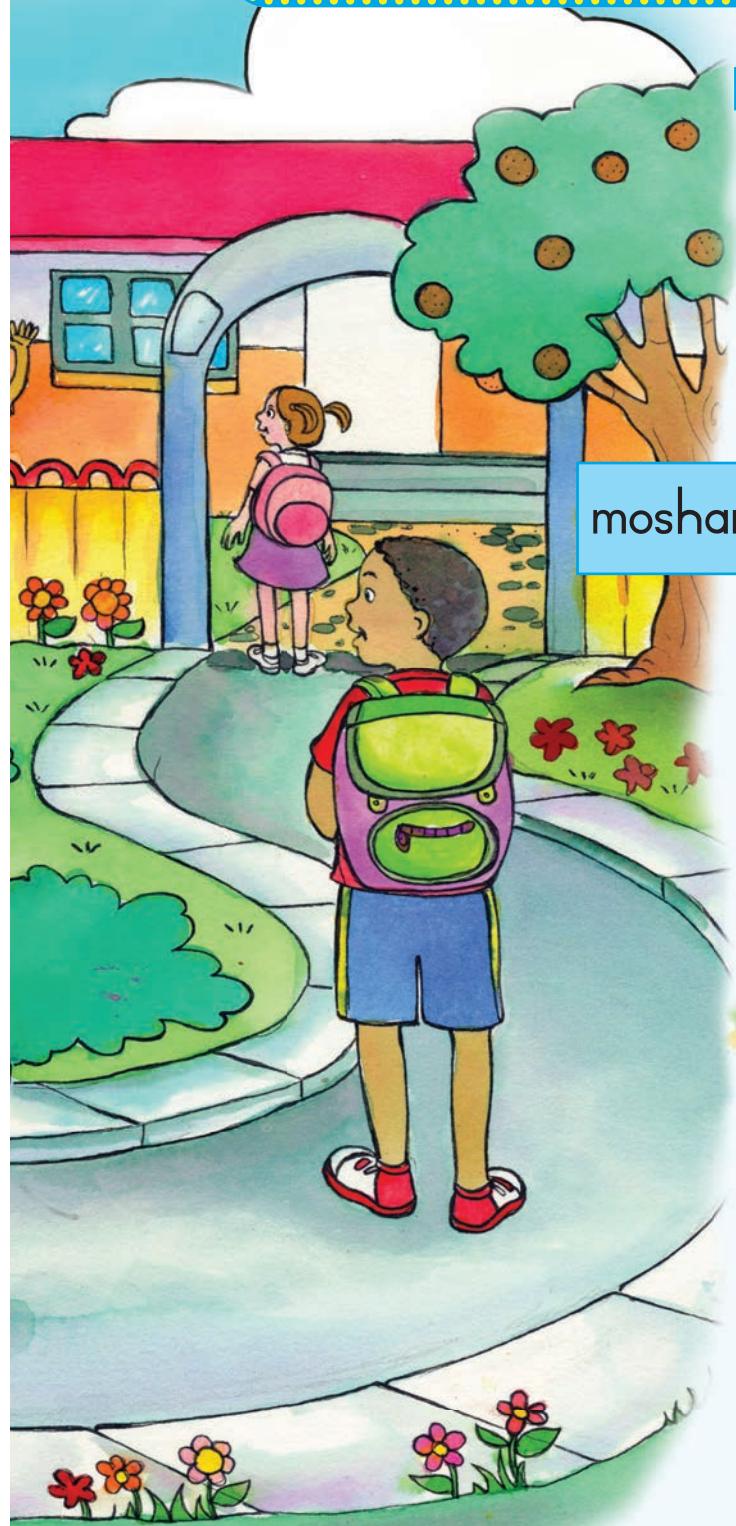


Ke ho kereiti ya R



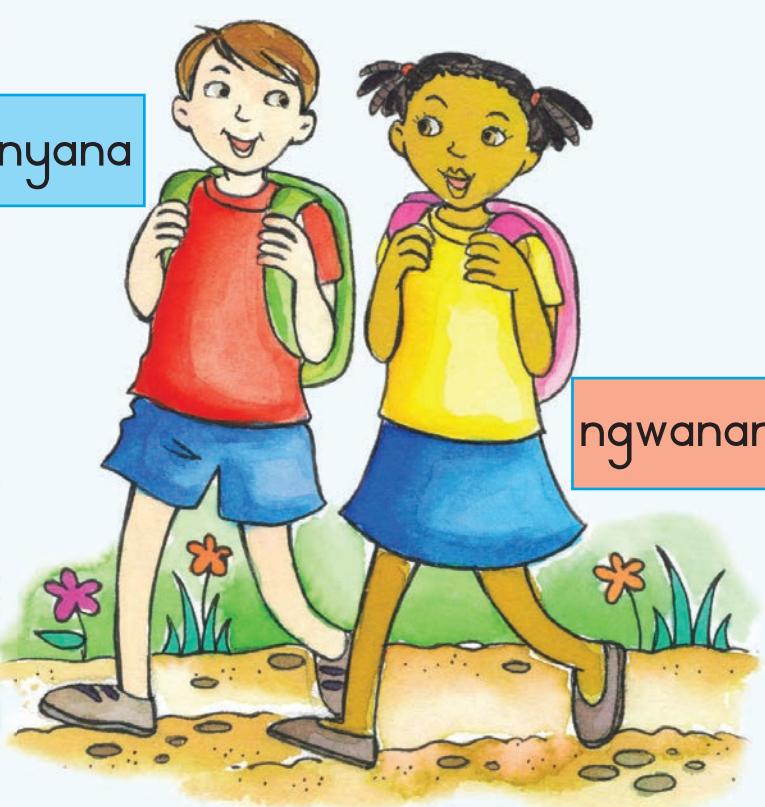


Lebisto la la ke:



Ke

moshanyana



ngwanana

Ke

ngwanana

TEACHER: Sign

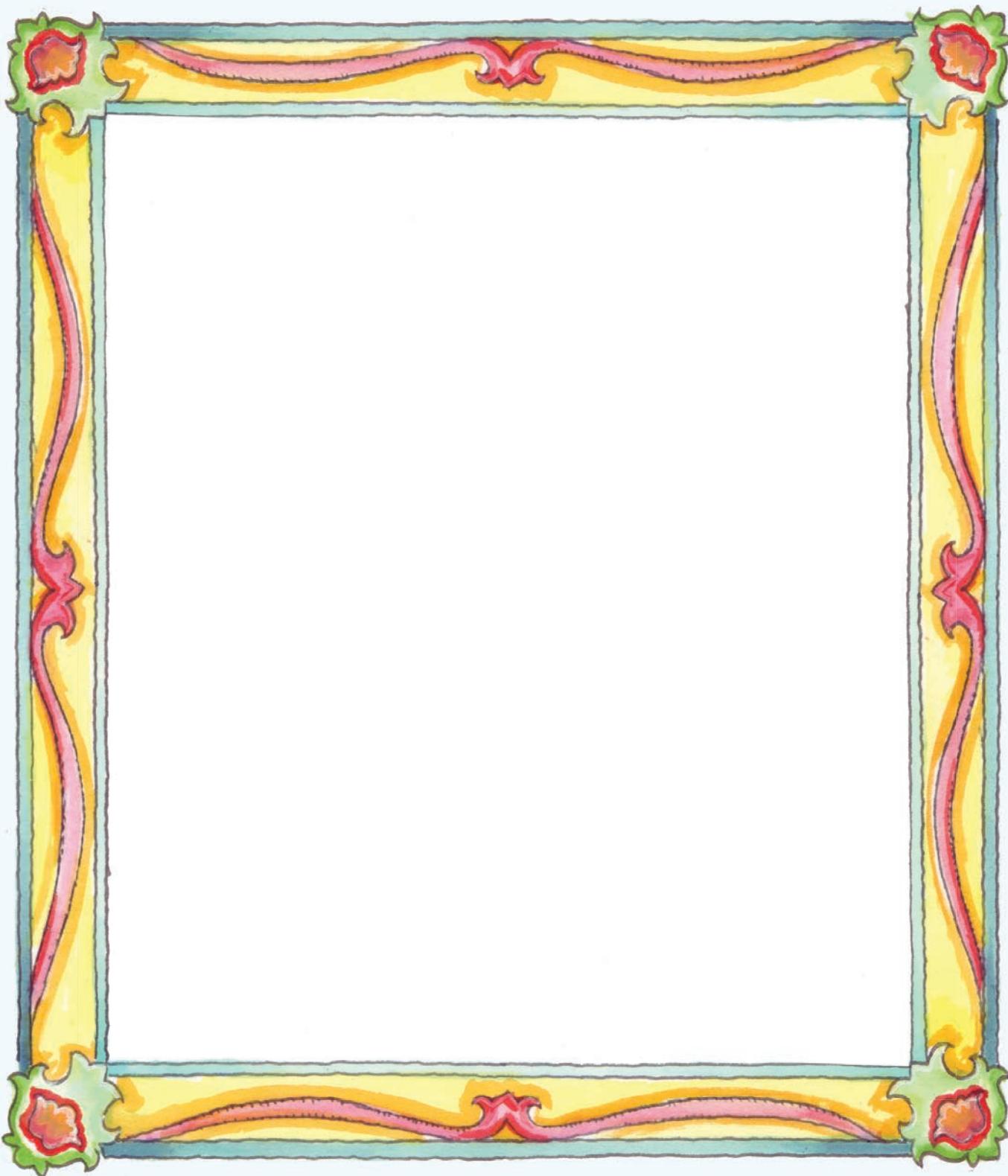
Date





Ha re etseng

Taka setshwantso sa hao.



1.2



Lebisto la la ke:



Ha re etseng

Khalara dinomoro tse nepahetseng tsa dikerese ho bontsha hore o dilemo di kae.



Ke dilemo tse

5

6

7

TEACHER: Sign

Date



Kotara I – Beke I-5

I.3



Ha re ngoleng

Manamisa ditikara dibakeng tse nepahetseng.  
Jwale tereisa mola ka monwana wa hao le ka pensele.

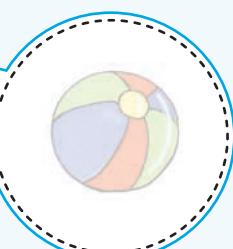
Manamisa  
ditikara  
dibakeng tse  
nepahetseng.



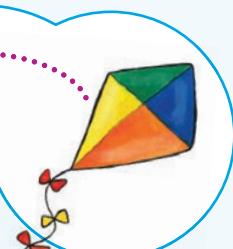
Thusa moshanyana ho fumana baesekelle ya hae.



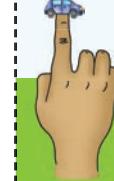
Thusa ngwanana ho fumana bolo ya hae.



Tereisa kgwele e khaetheng.

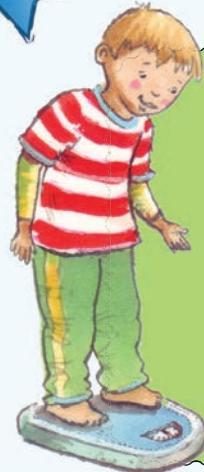


Kganna koloi ho ya sekolong le ho kgutlala hae hape.



Bakeng sa tlatsetso ya boikwetliso, laela bana ho  
tereisa mela ya bona makgetlo a mmalwa ba sebedisa  
mebala e fapaneng.

1.4



Ha re ngoleng

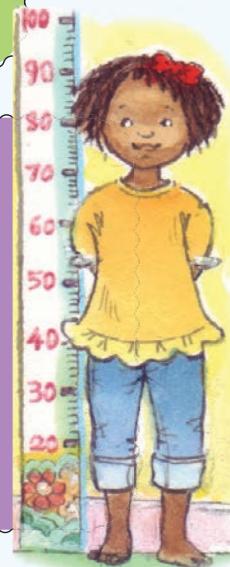
## Ke boima bo bokae

kg

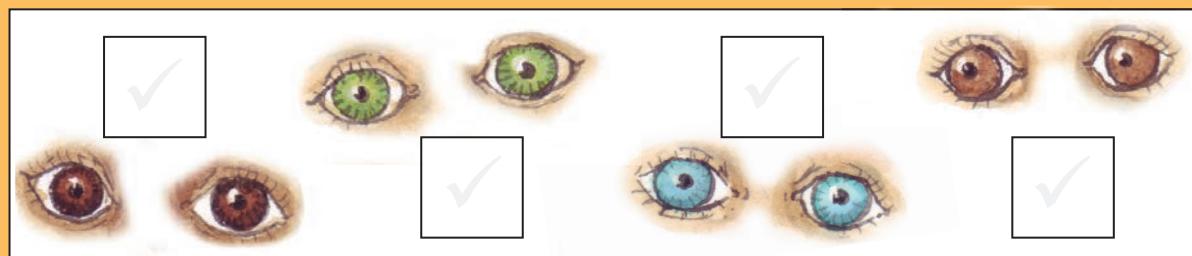


## Ke bolelele bo bokae

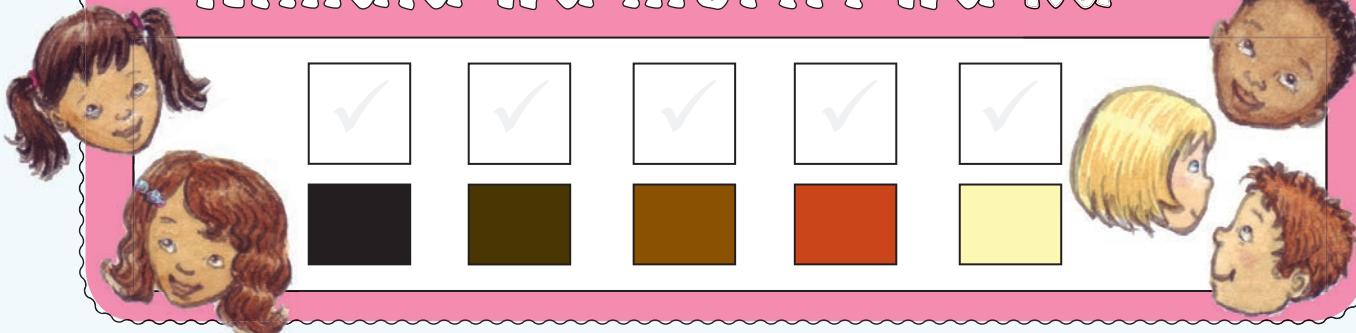
cm



## Mmala wa mahlo a ka



## Mmala wa moriri wa ka



TEACHER: Sign

Date

I.5



Ha re etseng

Maneha setikata sa naledi ho bontsha seo o ratang  
ho se etsa.

Maneha  
ditikara  
sebakeng se  
nepahetseng.

Ke rata ho:

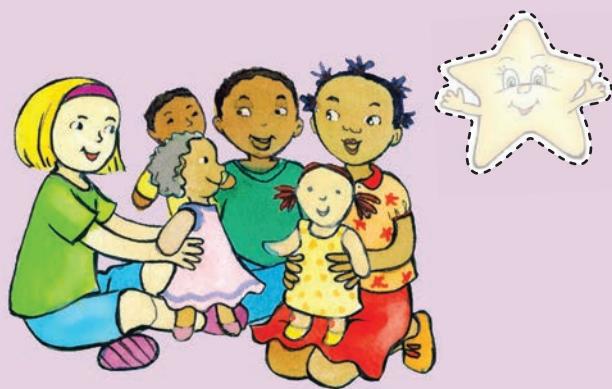
tantsha



bala pale



bapala le metswalle ya ka



bapala ka bolo



aha ka diboloko



bina



1.6



Ha re ngoleng

Taka setshwantsho sa ntho eo o ratang ho e etsa.



Lebisto la ka ke:

TEACHER: Sign

Date



Kotara I – Beke I-5

I.7

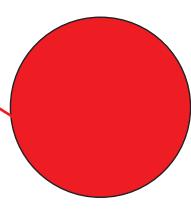
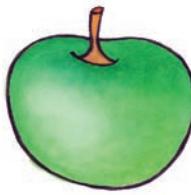
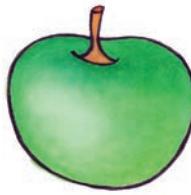
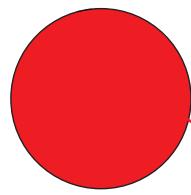


Lebisto la ka ke:



Ha re ngoleng

Bapisa ditshwantsho.



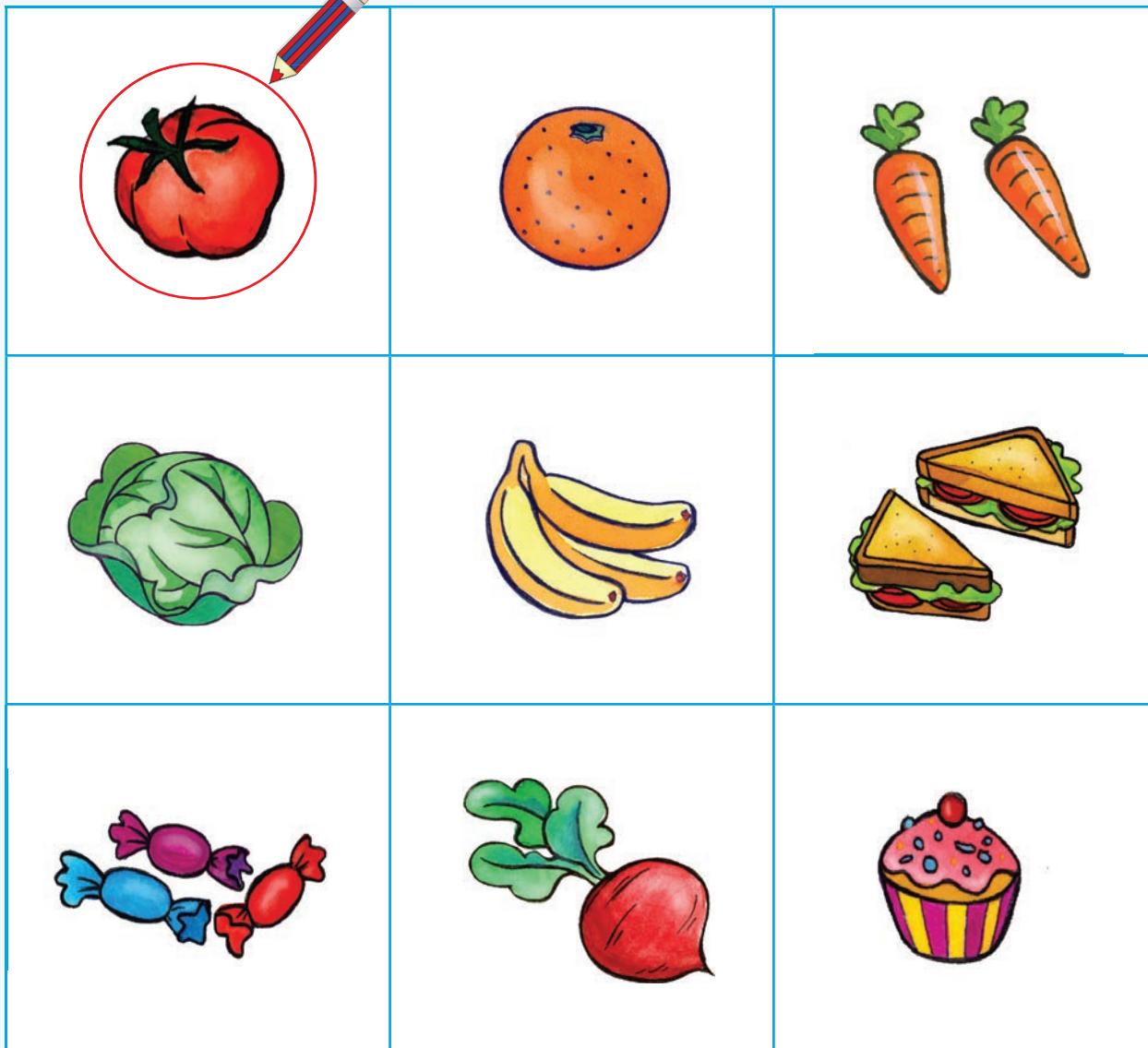
1.8



Ha re baleng

Tshwaya diboloko tse nang le ntho e le I.

Opa diatla tsa hao hanngwe nako le nako ha o bona ntho e le I.



Ithute ho ngola dipalo.



TEACHER: Sign

Date



2

# Ka tlelaseng



Ha re ngoleng



Sheba setshwantsho o bue ka seo  
bana ba se etsang.  
O rata ho etsang?

Maneha  
ditikara  
dibakeng tse  
nepahetseng.





Lebitso la ka ke:



TEACHER: Sign

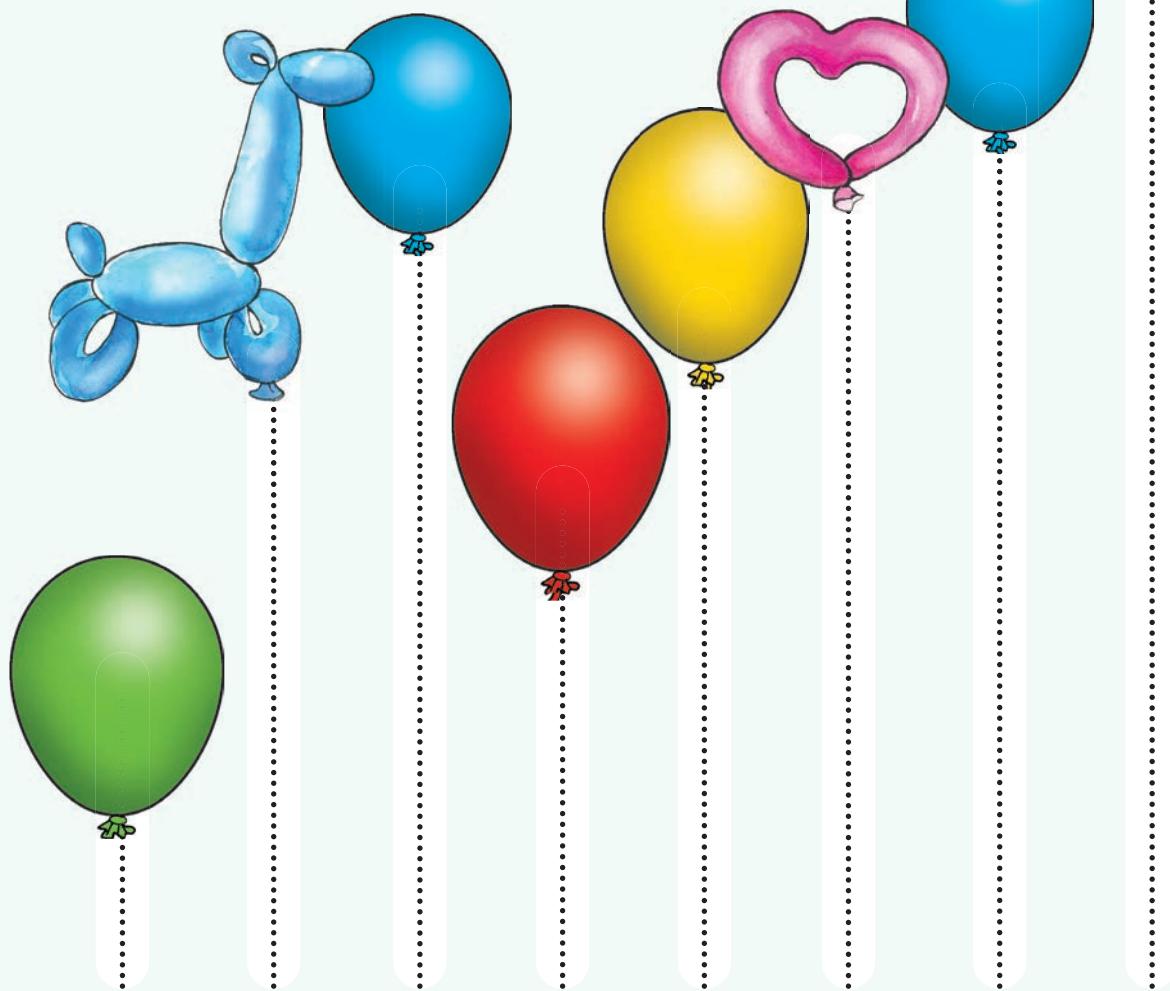
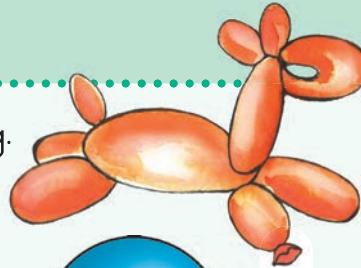
Date

2.I

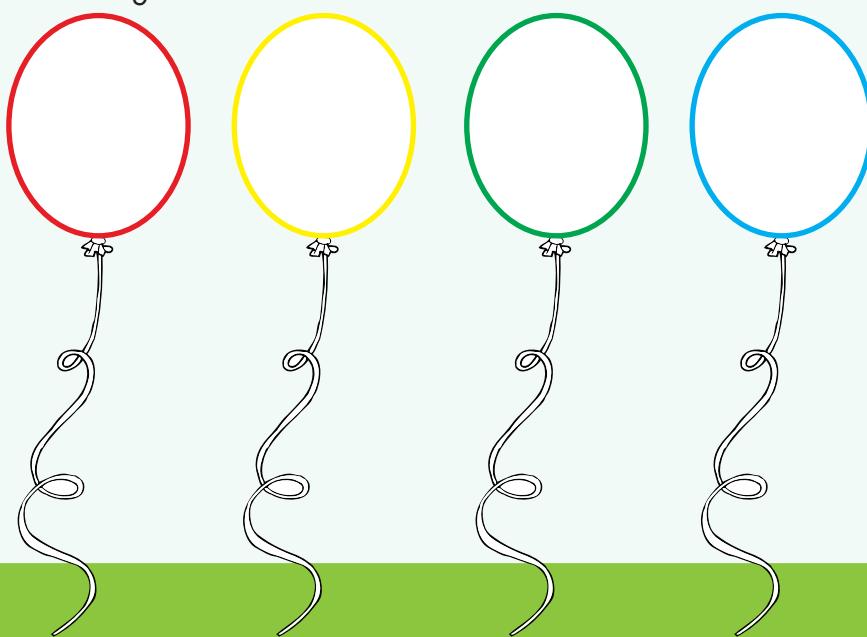


Ha re ngoleng

Etsa setshwantsho sa kgwele e balunung.  
Ke balunu efe e nang le kgwele e  
kgutshwanyane haholo?  
Ke balunu efe e nang le kgwele e telele  
haholo?



Kgabisa dibalunu ka mmala o mokgubedu o mosehla, o motala le o bolou.



2.2



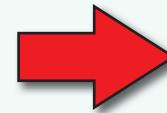
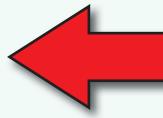
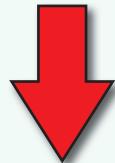
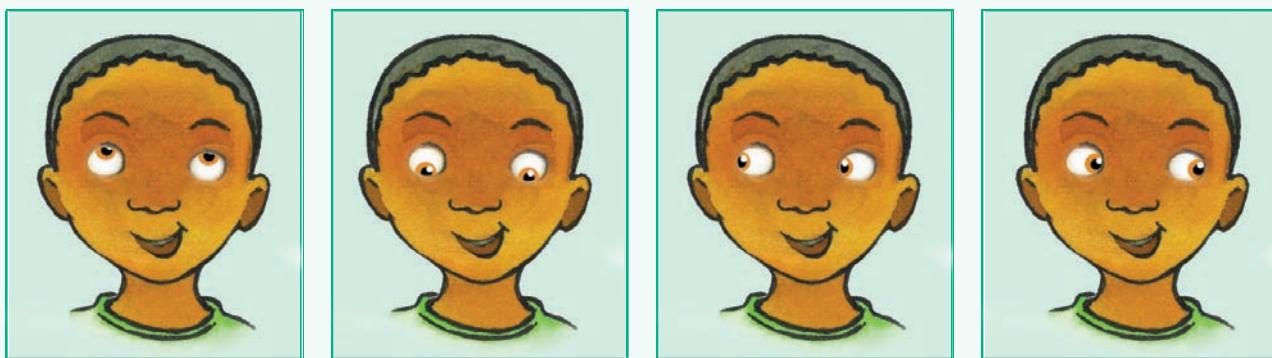
Ha re ngoleng

Fumana difahleho tse bontshang maikutlo a tshwanang le a setshwantsho sa pele.



Ha re etseng

Bana bana ba shebile eng? Ntle le ho sisinya hloho ya hao, tsamaisa mahlo a hao hore a shebe mahlakoreng ao moshemane a shebileng ho ona.



TEACHER: Sign

Date



2.3



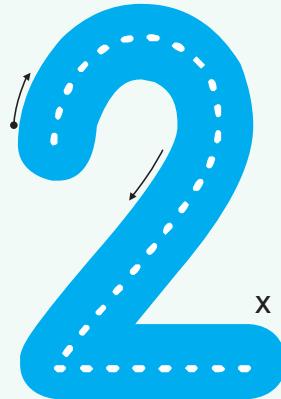
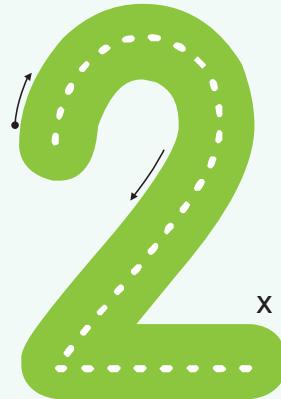
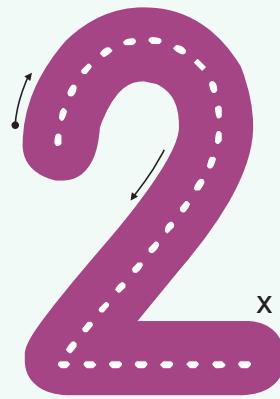
Ha re baleng

Etsetsa diboloko tse nang le dintho tse 2 didikadikwe.  
Opa diatla habedi nako eo o bonang dintho tse 2.

Kotara I – Beke I–5



Ithute ho ngola palo.

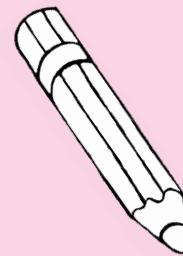
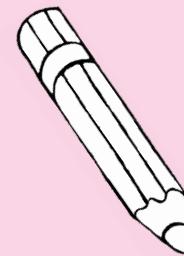
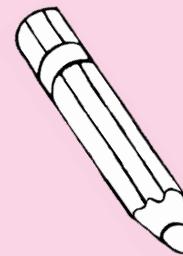
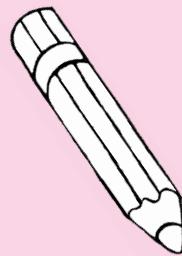
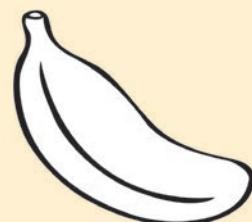
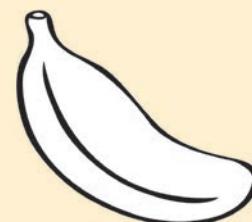
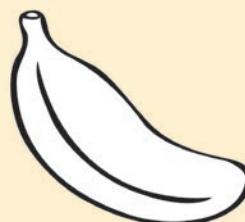
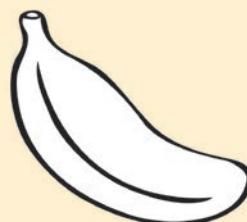
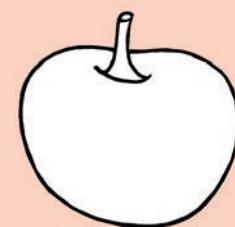
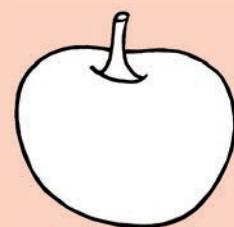
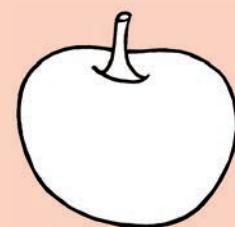
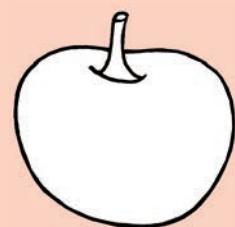


2.4



Ha re ngoleng

Kgabisa ditho tse pedi moleng ka mong ka mmala.



Lebitso la ka ke:

TEACHER: Sign

Date

2.5

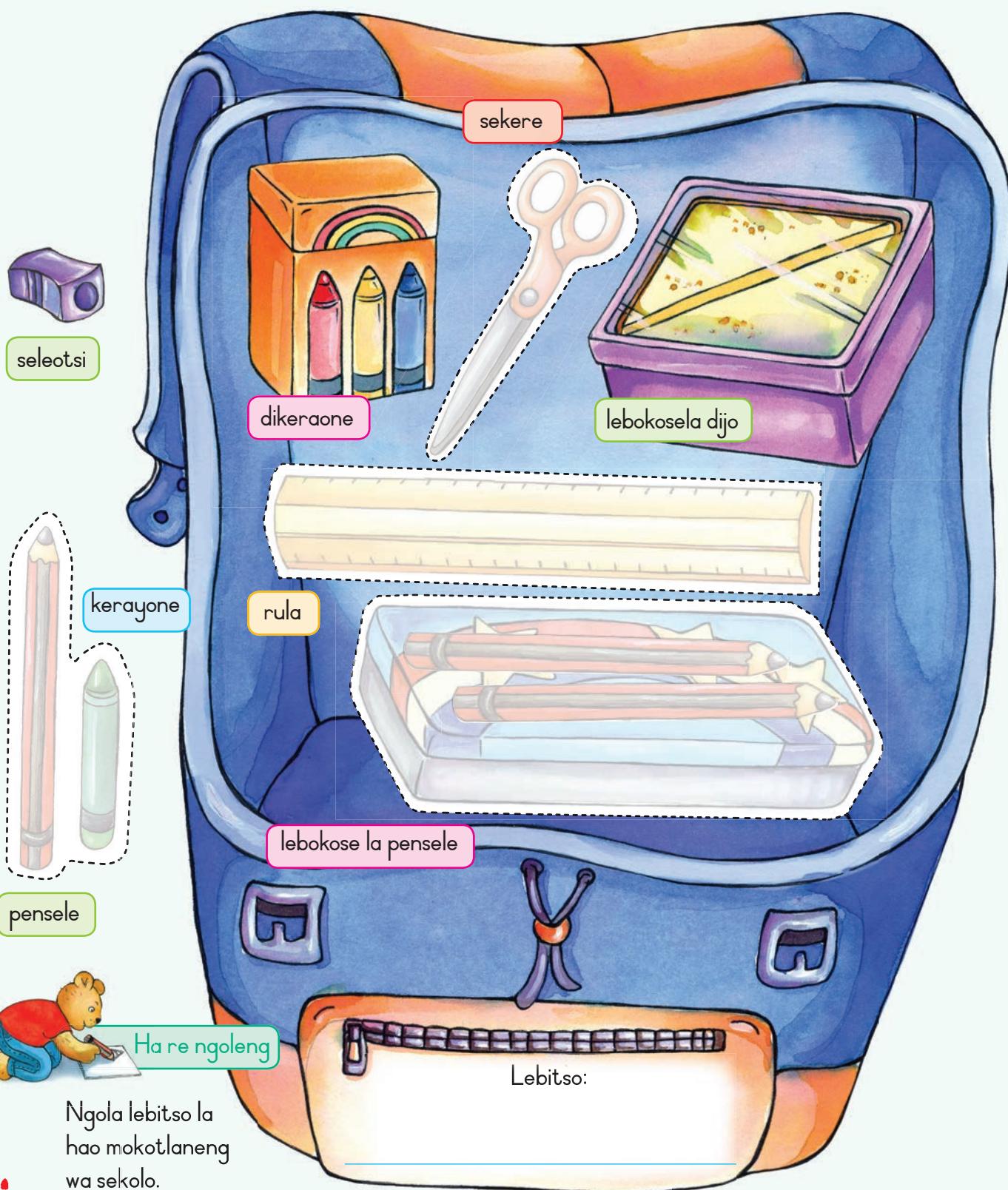


Ha re etseng

O kenya eng ka mokotlaneng wa hao wa sekolo?  
Manamisa ditikara ho paka mokotlala wa hao.



phumula



Ha re ngoleng

Ngola lebitso la  
hao mokotlaneng  
wa sekolo.



2.6

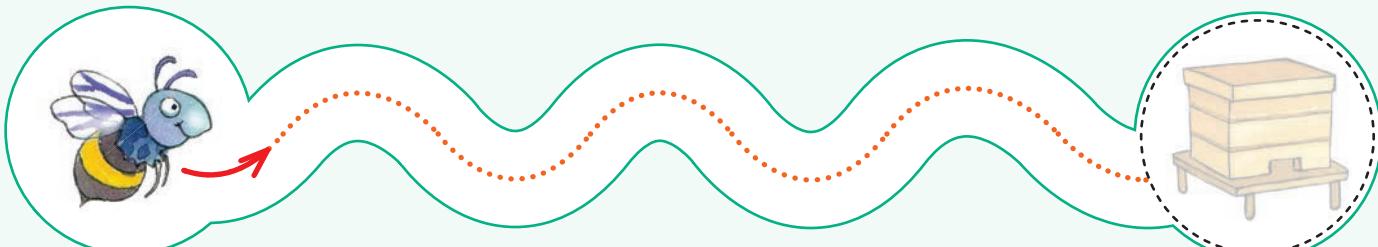


Ha re ngoleng

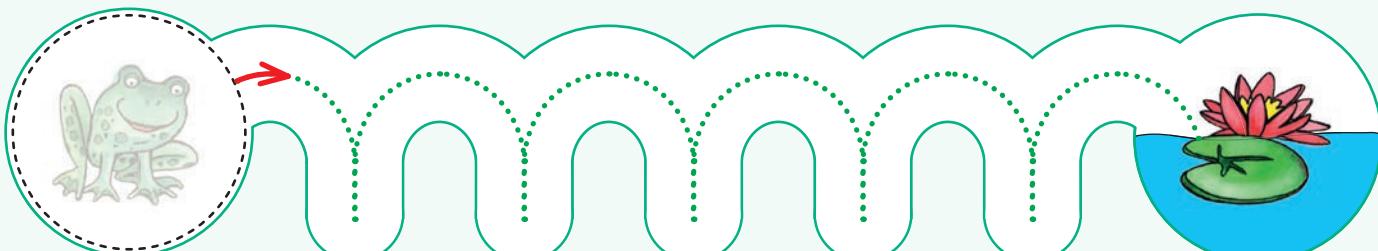
Manamisa ditikara dibakeng tse nepahetseng.  
Jwale, tereisa mola ka monwana wa hao le ka pensele.

Manamisa  
ditikara  
dibakeng tse  
nepahetseng.

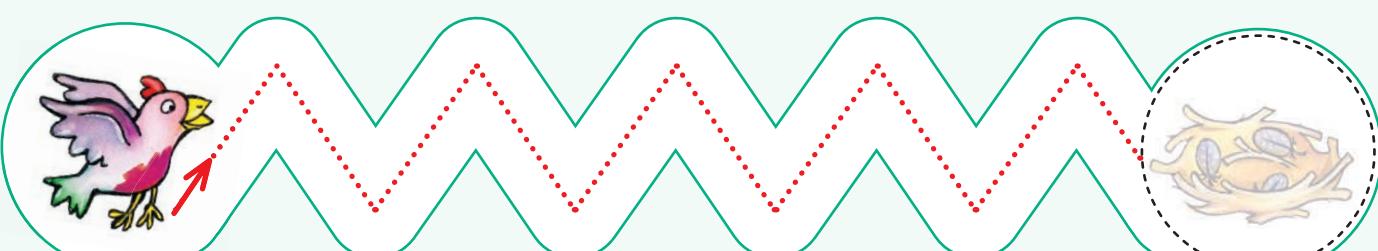
Thusa notshi ho fumana sehlaha.



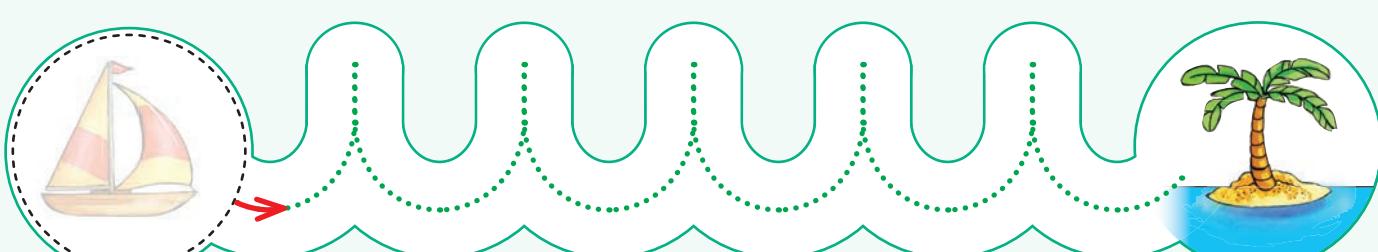
Thusa senqaqana ho fumana letamo.



Thusa nonyana ho fumana sehlaha.



Thusa seketswana ho fihla sehlekehlekeng.



Bakeng sa boikwetliso ba tlatsetso, laela baithuti ho  
tereisa mela ba sebedisa mebala e fapaneng.

TEACHER: Sign

Date



2.7



Ha re etseng

Manamisa setikara sa naledi ho bontsha seo o ratang  
ho se etsa sekolong

Manamisa  
ditikara  
dibakeng tse  
nepahetseng.

Ke rata ho:

penta



taka



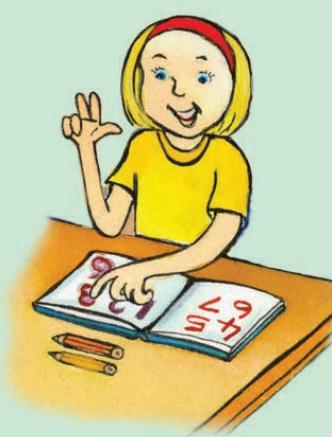
tsamaya le motswalle ho ya sekolong



bala pale



bala



seha ditshwantsho



2.8



Ha re ngoleng

Taka setshwantsho sa seo o ratang ho se etsa sekolong.

Handwriting practice area for the sentence "Taka setshwantsho sa seo o ratang ho se etsa sekolong."



Lebitso laka ke:

Handwriting practice area for the sentence "Lebitso laka ke:"

TEACHER: Sign

Date

3

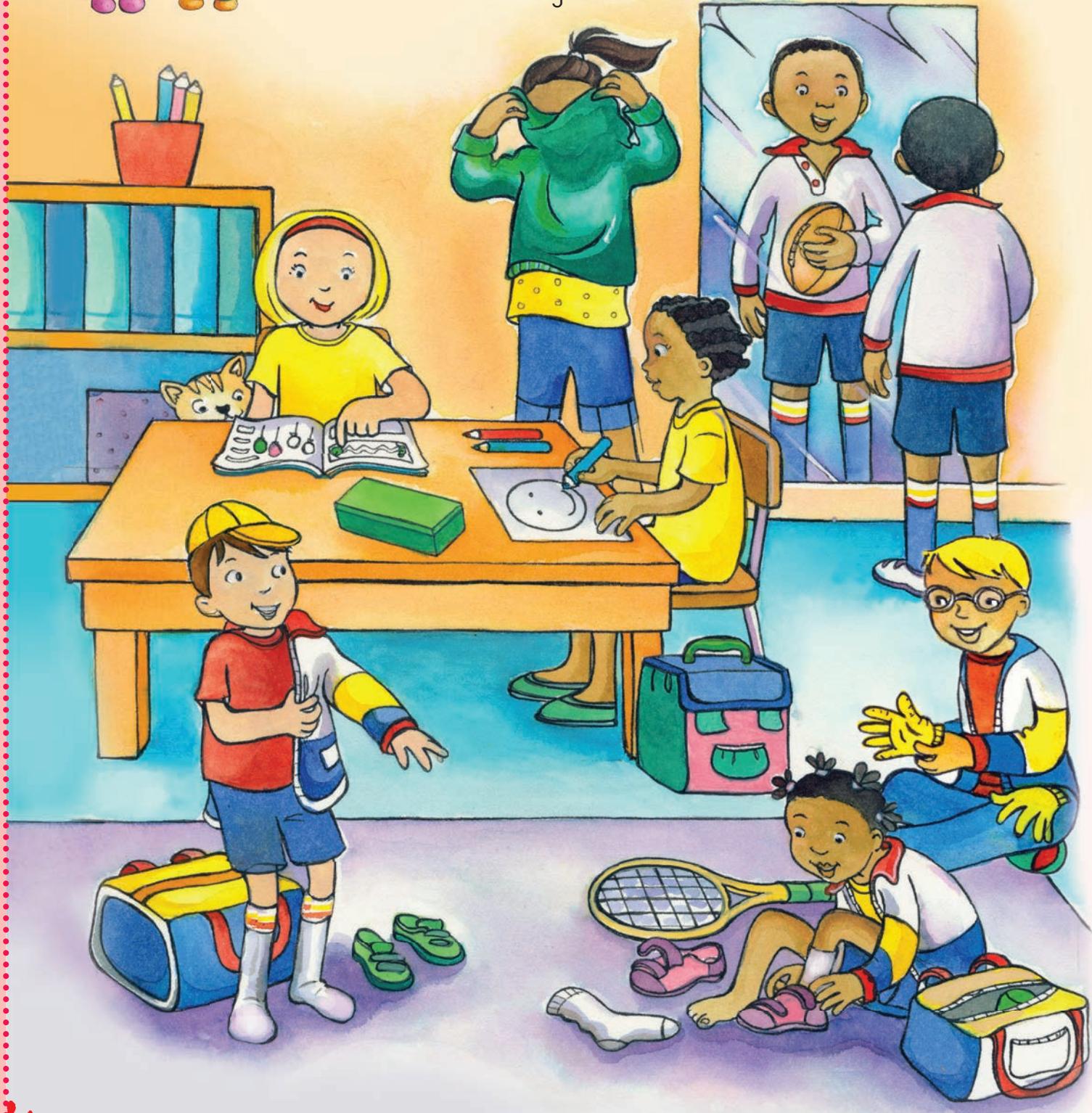


## Mmele wa ka

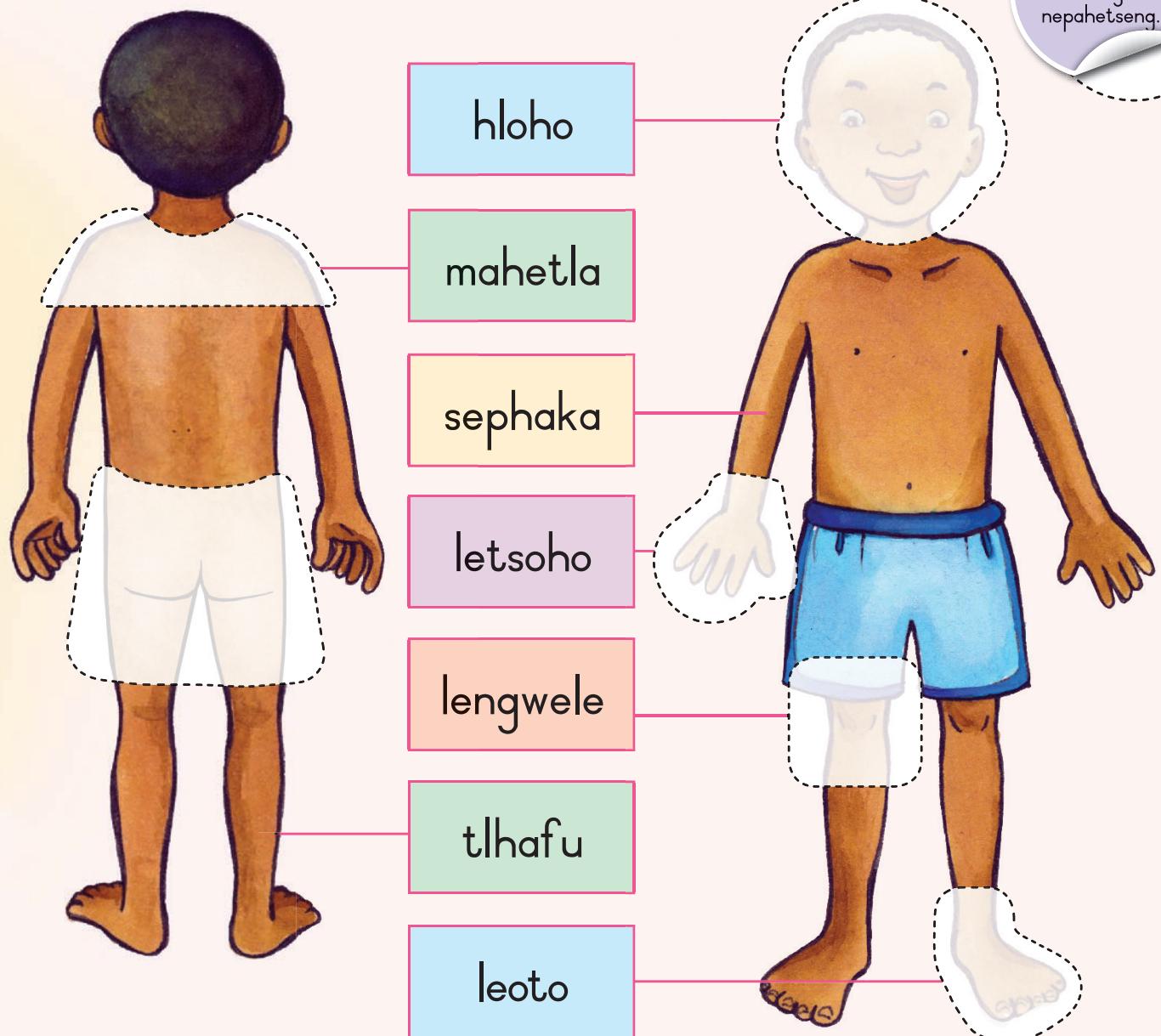


Ha re bueng

Sheba setshwantsho o bue ka seo  
bana ba se etsang.



Manamisa  
diitikara  
dibakeng tse  
nepahetseng.



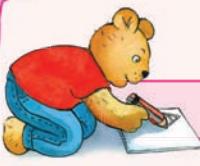
Supa hloho,mahetla,mangwele le menwana ya hao  
Jwale di supe setshwantshong.  
Ke ditho dife tsa mmele tse tsamayang ka bonngwe?  
Ke ditho dife tsa mmele tse tsamayang ka bobedi?

Lebitso la ka ke:

TEACHER: Sign

Date

3.I



Ha re ngoleng

Supa hloho, sephaka, ditlhafu le mmele ohle.  
Etsa setshwantsho sa hao.



7



Lebitso laka ke:

Ngola lebitso la hao mme o opele modumo.

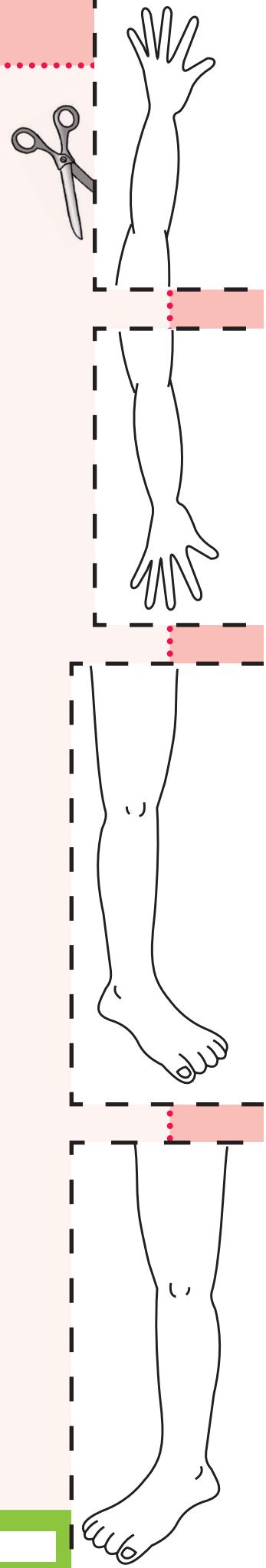


3.2

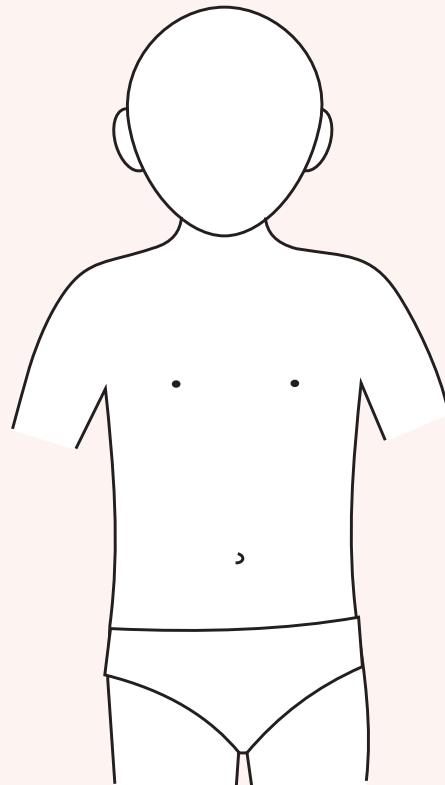


Ha re ngoleng

Seha le ho manamisa diphaka le ditlhafu ho qetela  
setshwantsho sena. Jwale tlotsha setshwantsho sa hao  
ka mebala.



Ha re bineng



Ntatemoholo o tswa kae  
kajeno?  
Ke tswaa sepetlele sa  
Mmanapo.  
O tshwerwe ke eng?  
Ke hloho, mahetla  
Sefuba le letheka  
Mangwele le menwana  
Mangwele le menwana



TEACHER: Sign

Date

3.3



Ha re etseng

Ema jwaleka moshanyana le ngwanana ditshwantshong tsena.  
Bontsha letsoho la hao le letona ebe o bontsha le letshehadi.  
Hata ka leoto le letona ebe o hata ka le letshehadi.



letsoho le  
letshehadi

moshanyana



letsoho le  
letona

morao



leoto le  
letshehadi



leoto le  
letona

3.4



Lebitso la ka ke:

ngwanana

pele



letsoho le  
letona



letsoho le  
letshehadi



leoto le  
letshehadi

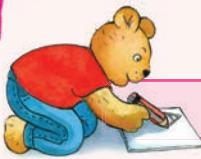


leoto le  
letona

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Date

3.5



Ha re ngoleng

Manamisa ditikara dibakeng tse nepahetseng.  
Jwale, tereisa mola ka monwana wa hao le ka pensele.

Manamisa  
ditikara  
dibakeng tse  
nepahetseng.



Thusa lesea ho fumana thedibere ya lona.



Thusa ntja ho fumana lesapo.



Thusa Ann ho fumana buka ya hae.



Thusa lesea ho kgasetsa ho mmalona.



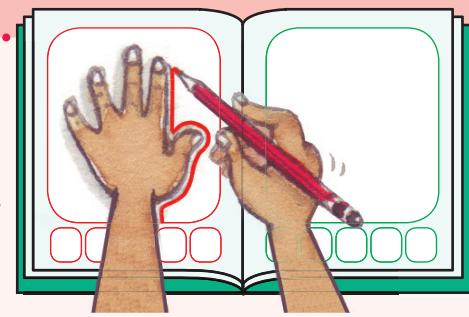
Bakeng sa boikwetiso ba tlatsetso, laela bana ho  
tereisa mela ya bona makgetlo a mmalwa ba  
sebedisa mebala e fapaneng.

3.6



Ha re ngoleng

Tereisa letsoho la hao le seng  
matla ebe o bala menwana ya hao.



Sebedisa setlotsamolomo kapa pente ho ngola menwana ya hao.

--	--	--	--	--



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Date

3.7



Ha re etseng

Etsa seo bana bana ba se etsang.

matsoho thekeng



tshwara mangwele



tshwara leoto le leng



tshwara lehetla le leng



fapanya  
diphaka  
tsa  
hao



tshwara mpa ya  
hao



tshwara nko ya  
hao



tshwara menwana  
ya hao



phahamisa  
diphaka  
tsa  
hao



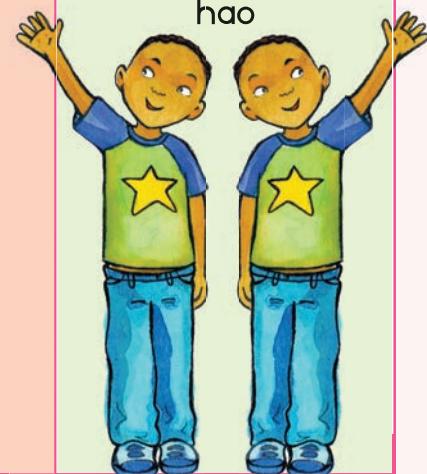
tshwara hloho ya  
hao



tshwara mahetla  
a hao



otlolla diphaka tsa  
hao



3.8

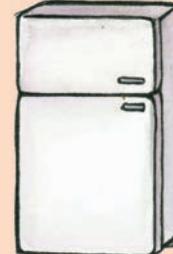
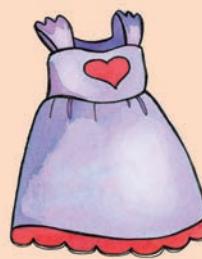
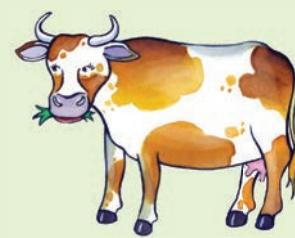
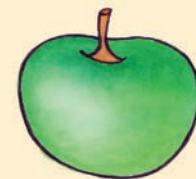
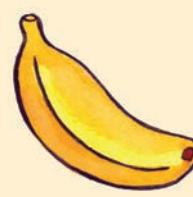
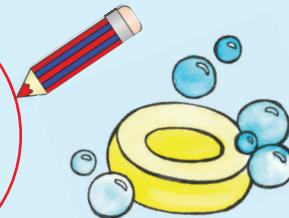


Lebitso laka ke:



Ha re ngoleng

Etsa sedikadikwe ho potoloha setshwantsho seo e leng mokgelo moleng ona. Bolella motswalle wa hao hore ke hobaneng ha setshwantsho sena e le mokgelo.



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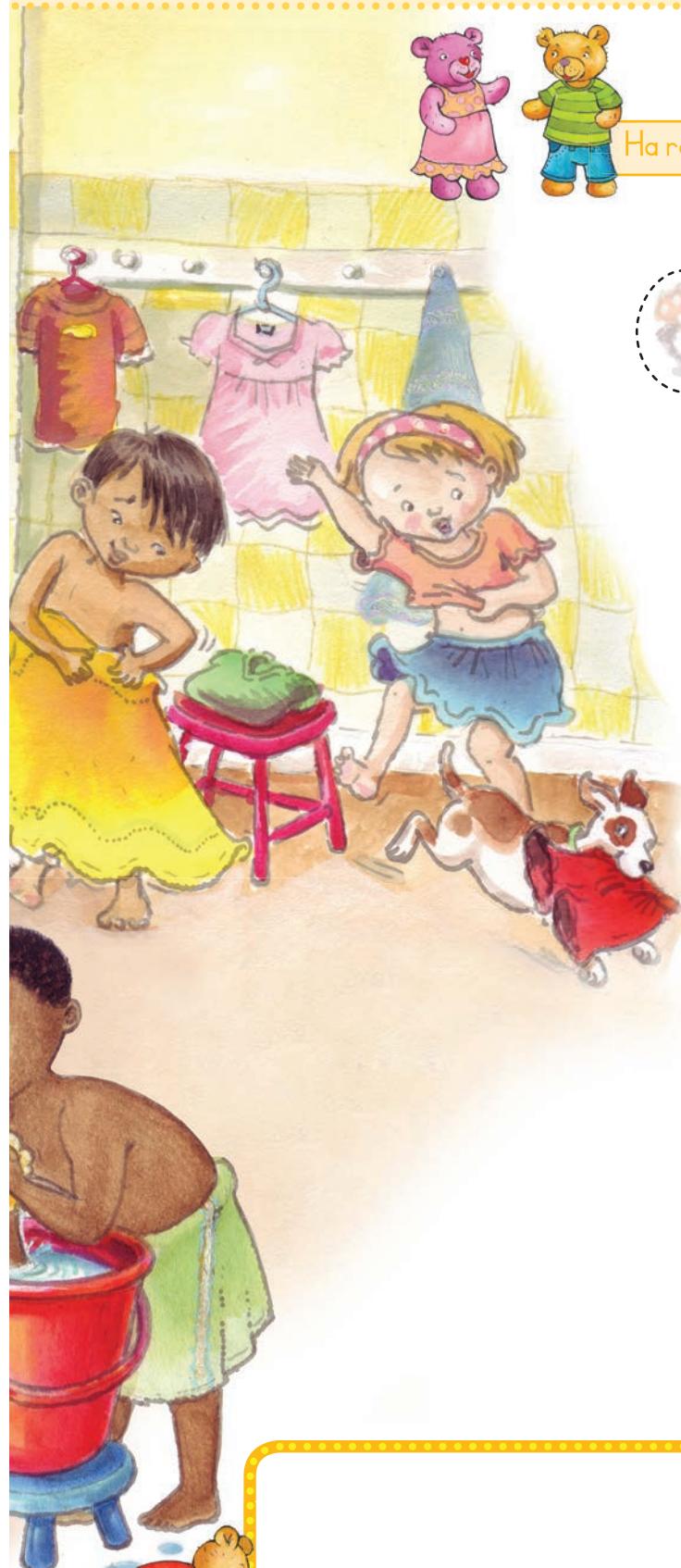
4

# Ho phela bophelo bo bottle



Manamisa  
ditikara  
dibakeng tse  
nepahetsenq.





Ha re bueng

Sheba setshwantsho ebe o bolela seo ngwana ka  
mong a se etsang ho hlweka.



Lebitso la ka ke:

TEACHER: Sign

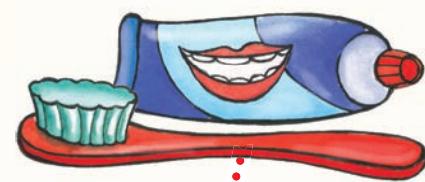
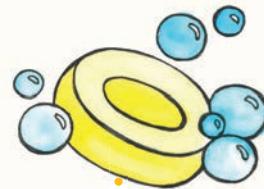
Date

4.I



Ha re ngoleng

Tereisa mola ho fumana hore bana bana  
ba etsang hore ba dule ba hlwekile.



4.2



Ha re ngoleng

Etsa setshwantsho se bontshang hore o etsa eng ho dula o hlwekile.



Lebitso la ka ke:

TEACHER: Sign

Date

4.3



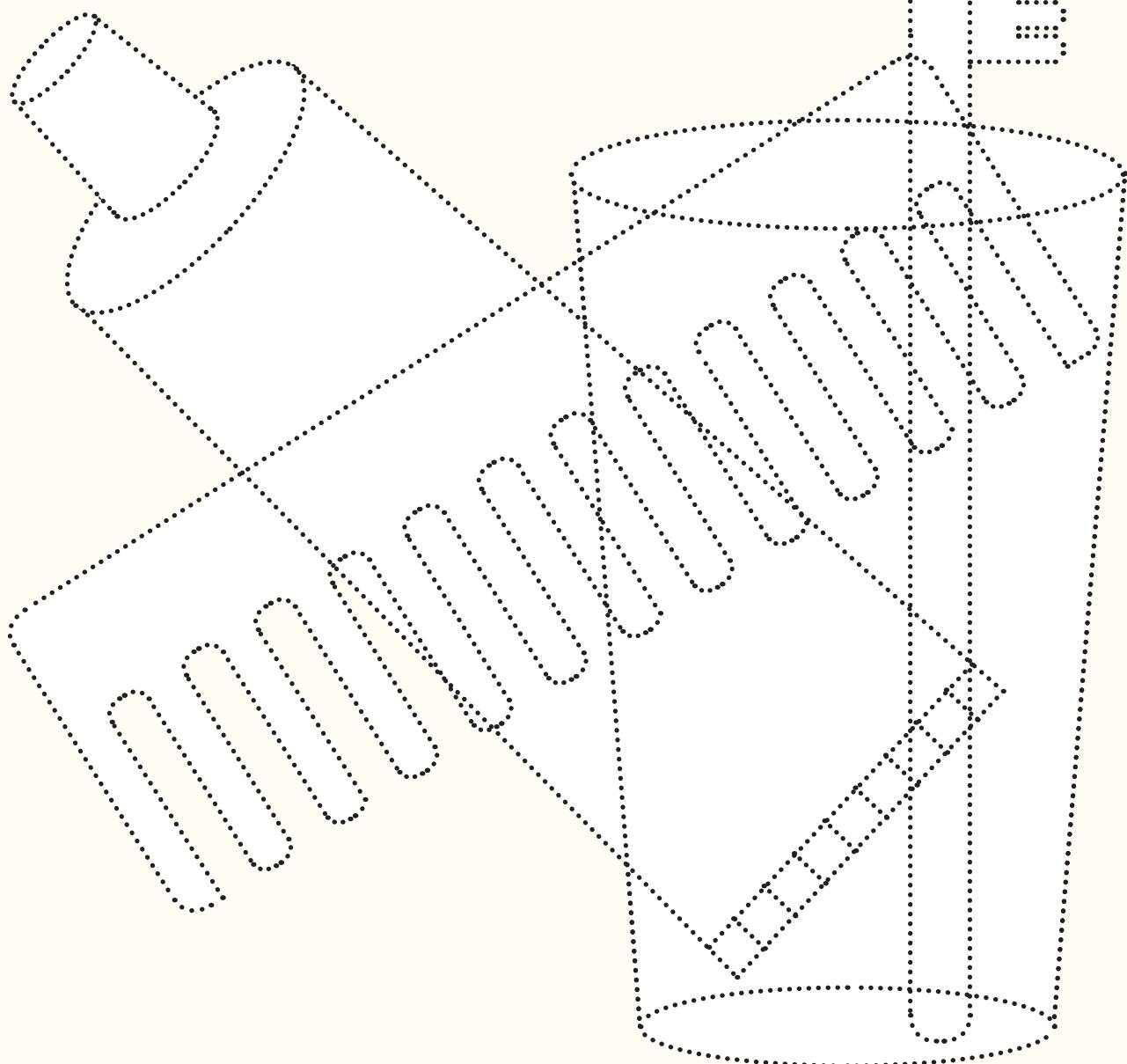
Lebitso la ka ke:



Ha re ngoleng

Na o ka fumana sesepa sa meno  
setshwantshong sena?

Se tlotse ka mmala. Tereisa mela mme o bale  
hore ho na le dintho tse kae tseo o di bonang.



4.4



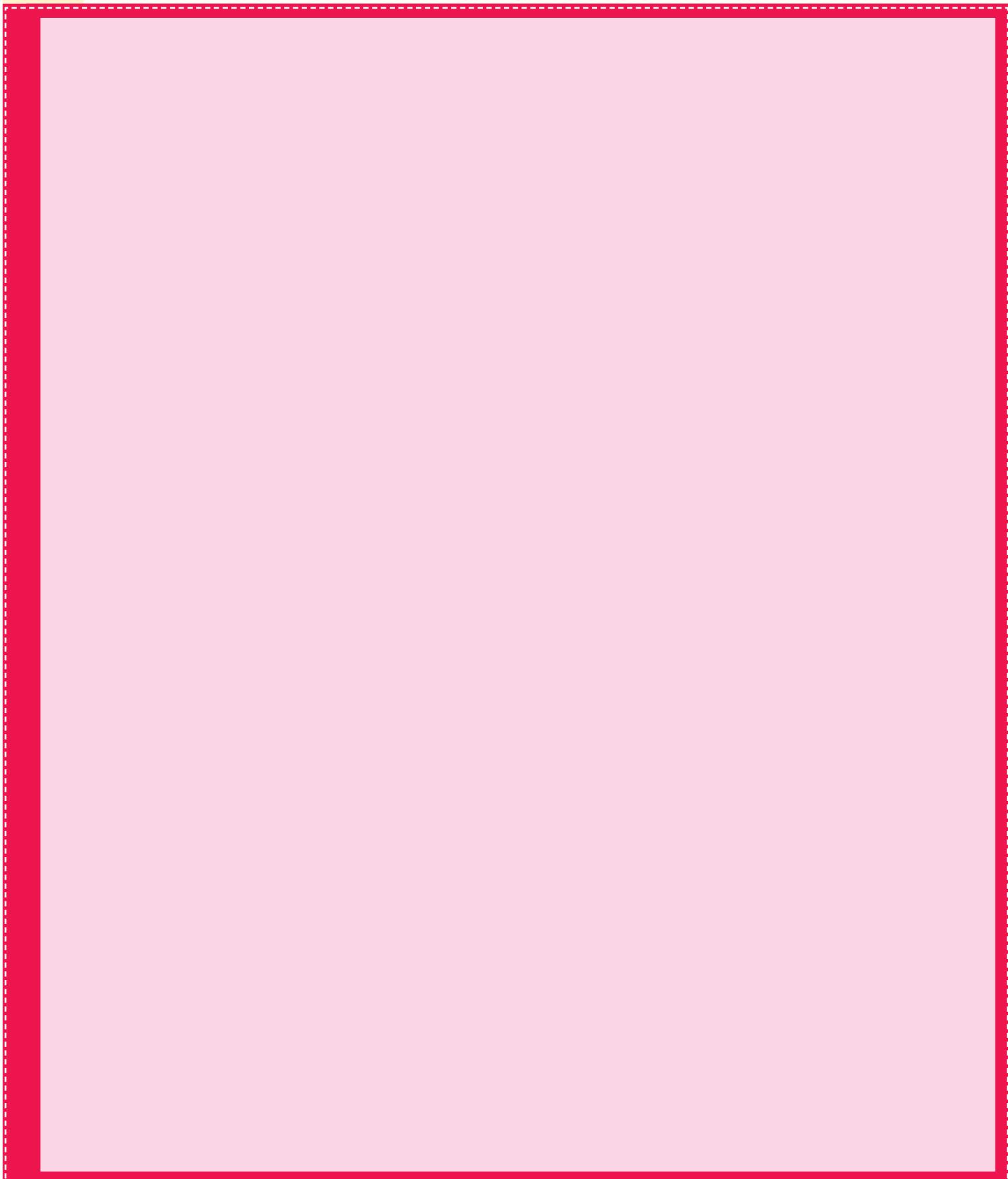
Ha re ngoleng

Qhaqholla marangrang ana mme o boele o a kopanye hape.





4.5

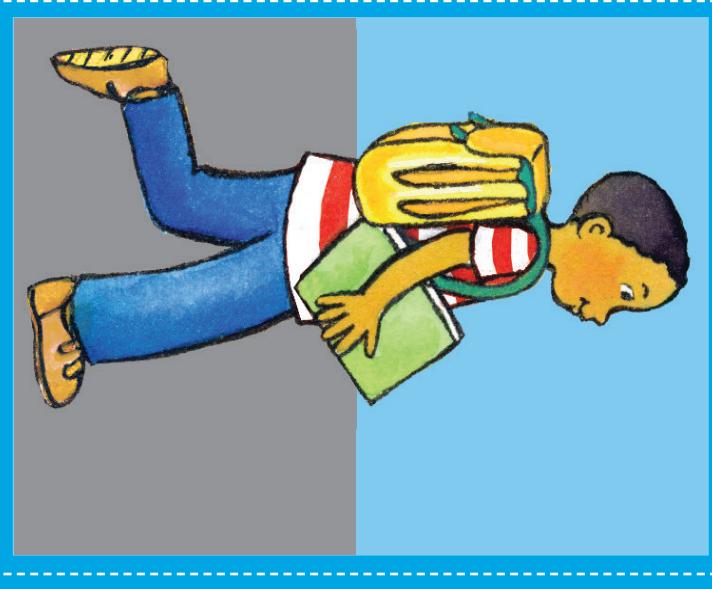


4.6



Ha re etseng

Seha ditshwantsho meleng e matheba ebe o di beha ka ho nepahala.



4.7



Lebitso la ka ke:



Ha re etseng

Latellisa dinomoro.

N

N

m

m

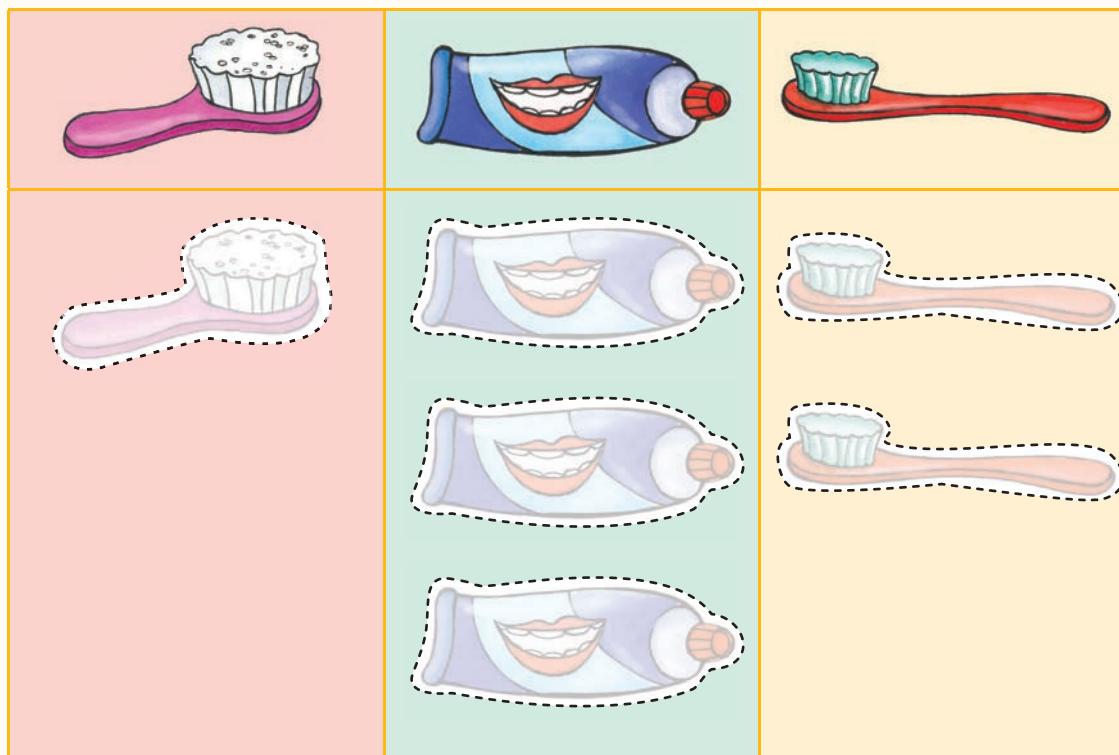
4.8



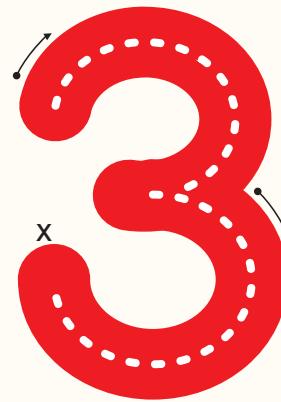
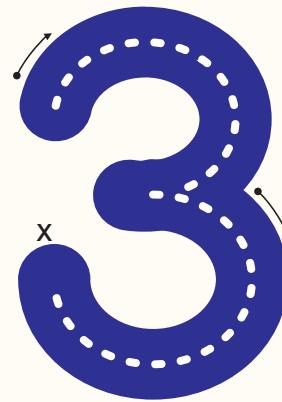
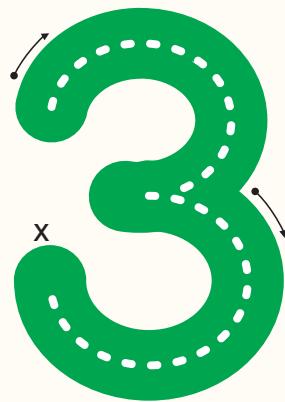
Ha re baleng

Manamisa ditikara dibakeng tse nepahehtseng.  
Bala hore ke dintho tse kae ka palo.

Maneha  
ditikara  
dibakeng tse  
nepahetseng.



Ithute ho ngola palo 3.

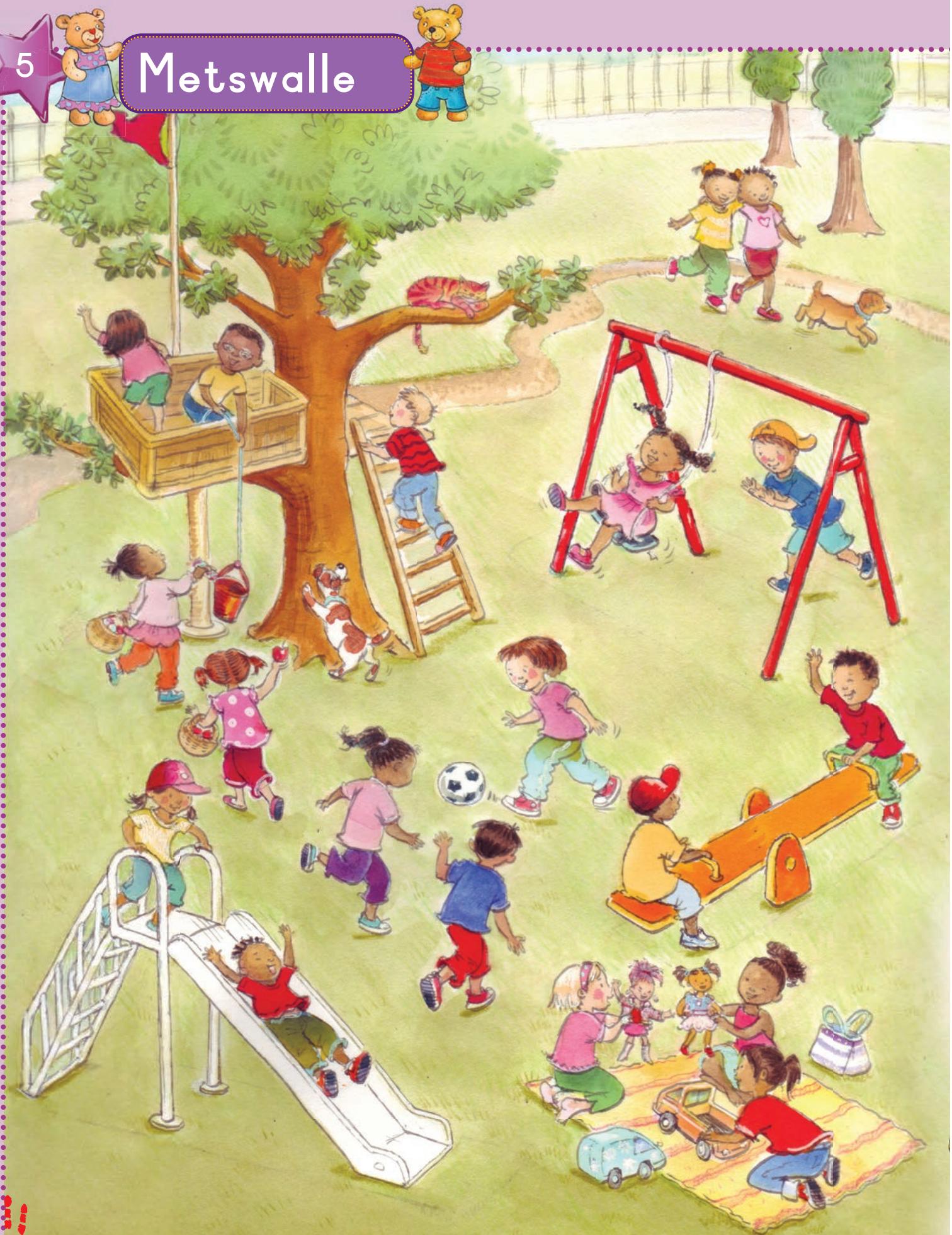


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Date

5

# Metswalle



Manamisa  
ditikara  
sebakeng se  
nepahetseng.



Na o na le motswelle wa sebele?  
Ke sefe se etsang motswalle wa bohlokwa?  
Na o na le motswelle wa sebele?

Ha re bueng



Lebisto la ka ke:

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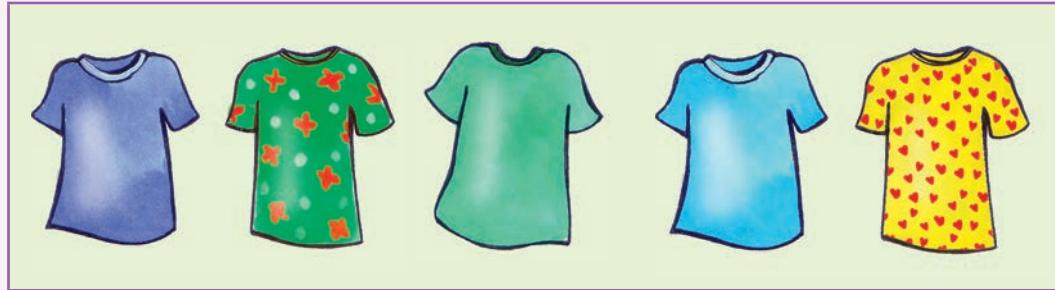
Date

5.I



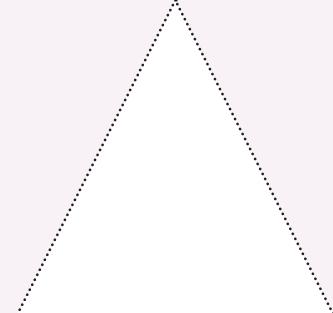
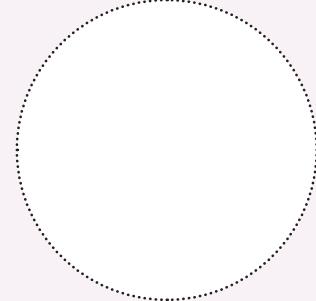
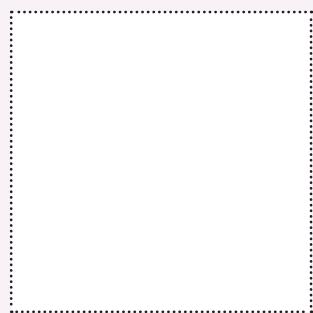
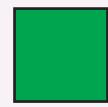
Ha re ngoleng

Etsa sedikadikwe ho potoloha setshwantsho se tshwanang le setshwantsho sa pele moleng o mong le o mong.



Ha re ngoleng

Tereisa dibopeho mme o di tlotse ka mmala jwalo ka ditshwantsho.



5.2



Ha re etseng

Etsa seo bana bana ba se etsang.

dula			qhoma	
matha			tantsha	
phethoha			tsamaya	

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Date

5.3



Ha re ngoleng

Tlotsa setshwantsho ka mmala.  
Ngololla mebala ho tswa  
setshwantshong se sennyane.

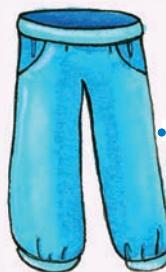
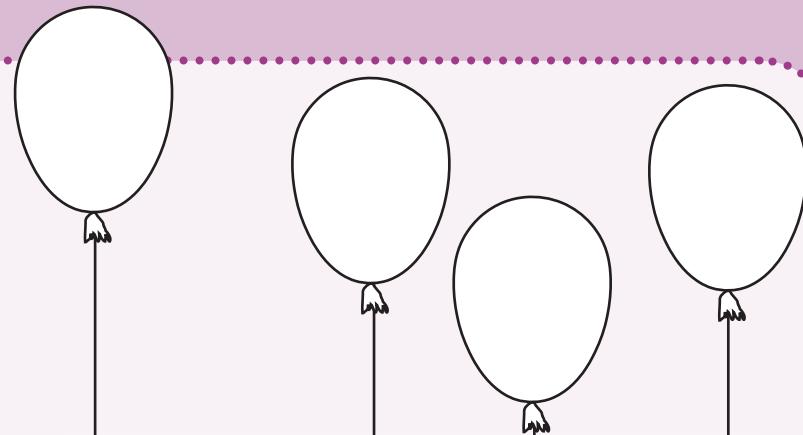


5.4



Ha re etseng

Tereisa mela ho fumana  
diaparo tseo ba di ratang,  
o nto tlotsa balunu ka  
mmala hore di tshwane.



Lebitso la ka ke:



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Date

5.5

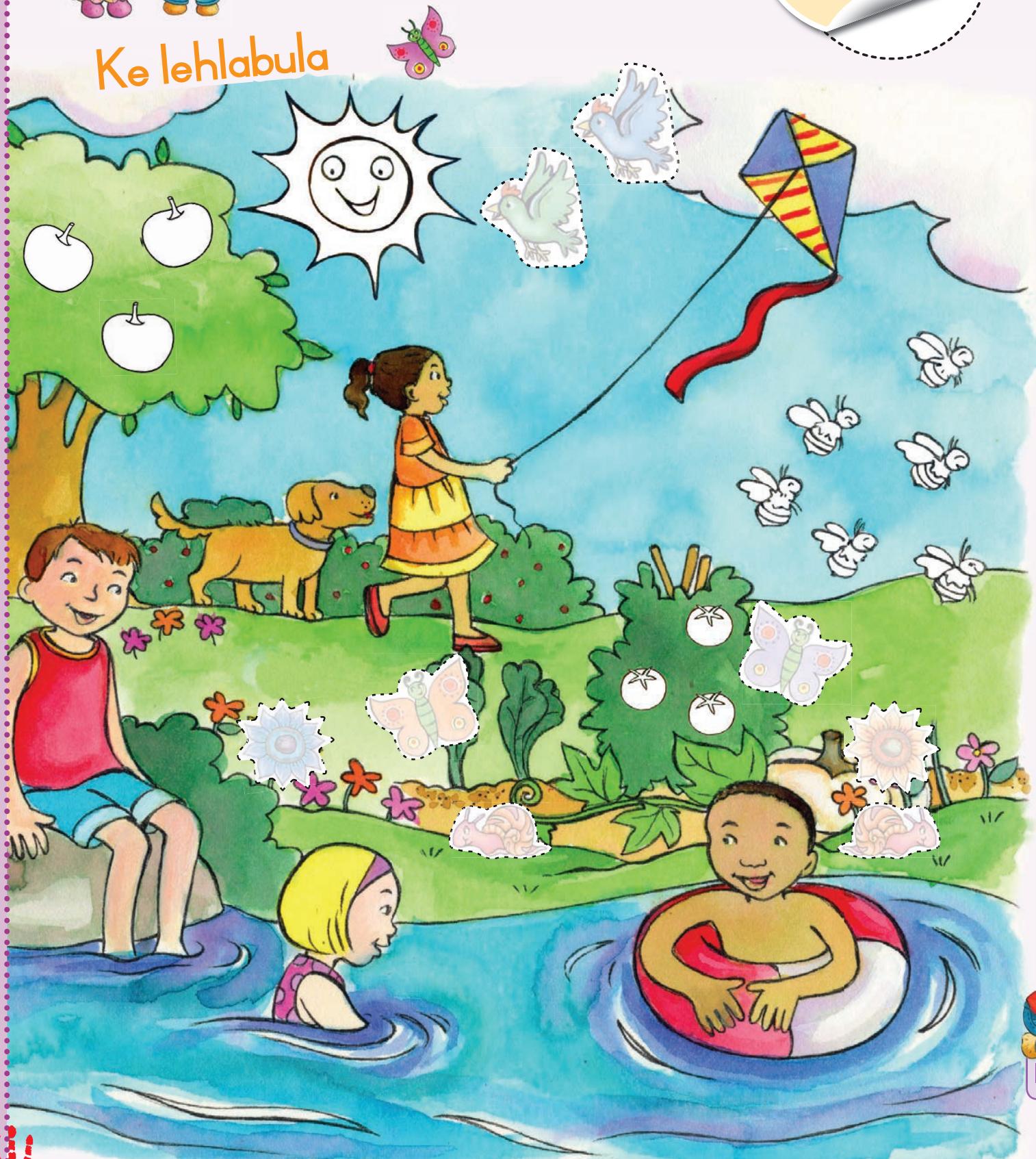


Ha re bueng

O rata ho etsang hlabula?  
O apara eng ha ho tjhesa?

Manamisa  
ditikara dibakeng tse  
nepahetseng.  
Kgabisa diapole tse 3,  
ditamatyi 3 le letsatsi ka  
mmala.

## Ke lehlabula



5.b



Ha re ngoleng

Etsetsa ditshwantsho sedikadikwe o bontshe seo o ratang ho se  
etsa lehlabula.



Ngola lebitso la hao o opele modumo.



Lebitso la ka ke:

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Date

5.7



Ha re etseng

tjhesa



Sheba ditshwantsho o bue kamoo boemo ba  
lehodimo bo fapaneng ka teng. Bua ka seo  
bana ba se etsang le seo ba se apereng.

Manamisa  
ditikara  
dibakeng tse  
nepahetseng.



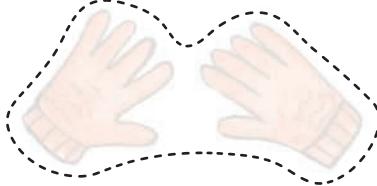
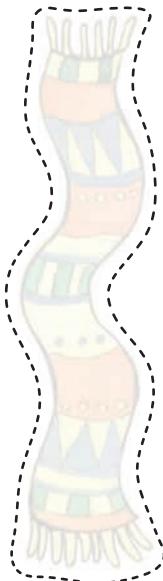
5.8



Ha re etseng

Etsetsa diaparo tse o di aparang ha ho tjhesa sedikadikwe  
kabo kgubedu, le tseo o di aparang ha ho bata ka bobolou.

bata



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Date

# Tse sehilweng



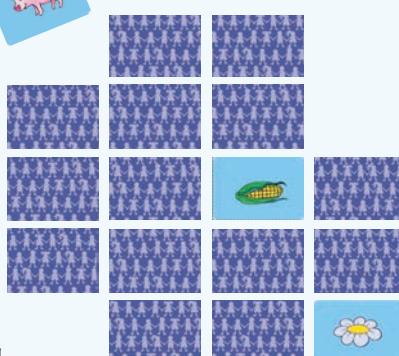
## Ditshwantsho tsa menwana:

Kgetha phoofolo e le I mme o ngole letere ya pele ya lebitso la hao. Jwale ngola diletere tse 4 tsa tsa mabitso a metswalla ya hao ka lehlakoreng le leng.



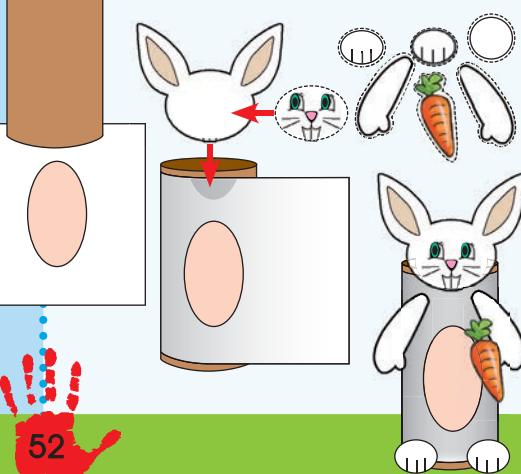
## Diphazele tsa dipalo:

Seha meleng ya matheba ho etsa dikarete tsa dipalo tse tshwanang. Jwale apisa ditshwantsho le dipalo tse nepahetseng, kapa o di bapise le matheba a nepahetseng. O ka na wa sebedisa dibopeho ho o thusa.



## Papadi ya boikgopotso:

Seha dikarete meleng e metsho ya matheba. Tjhofa dikarete mme o di behe tafoleng di shebile fatshe. Jwale phetla dikarete tse pedi ka nako e le nngwe. Haeba di tshwana o ka di behella ka thoko. Shebang hore ke mang ya ka qetang pele ho bokella dikarete. Sebedisa dikarete tsa hao tsa boikgopotso mme le bapale le motswalle wa hao.



## Phoofolo ya pampiri ya ntlwana:

Leka ho fumana pampiri ya ntlwana e fedileng. Seha dikgutloharo mme o di manamise kgutloharo e kgolo ho potoloha pampiri ya ntlwana ho kwahela tjhupujwa le seha dihloho mme o di manamise hodima pampiri. Sebedisa ditikara tsa diphoeffolo mme o manamise difahleho dihlohang ka moo o batlang. Manamisa matsoho, maoto, le mohatla phoofolong e nngwe le e nngwe. O ka nna wa boela wa etsa setshwantsho le ho iketsetsa phoofolo e nngwe ya hao.

Etsa dibuka tse matswedintswweke.  
Mena mela e thata mme o sehe moo ho  
nang le matheba.

# 3

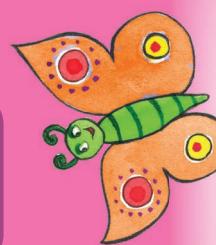


tharo



t|hapi

# 2



pedi



katse

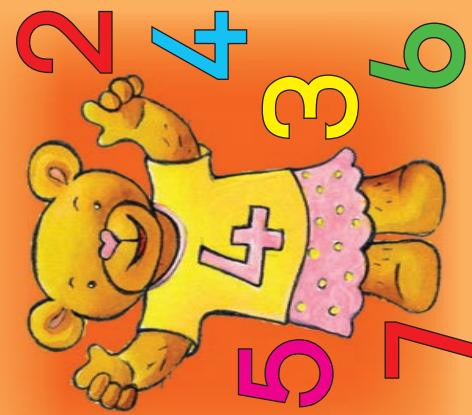


nngwe



ntja

# Dipalo



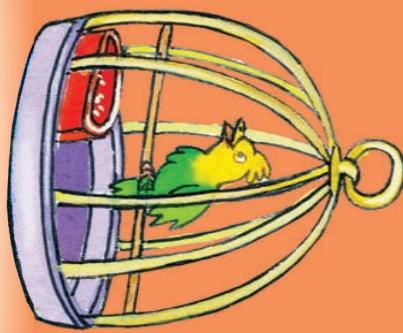
Diphootholo  
tsasetswalle



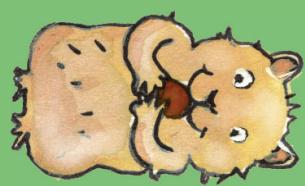
mokgodutswane



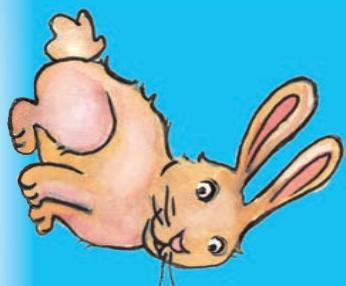
nonyana



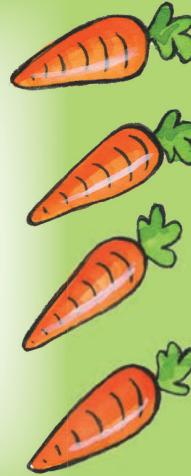
phoofotswana



pela



nne



f

hlano



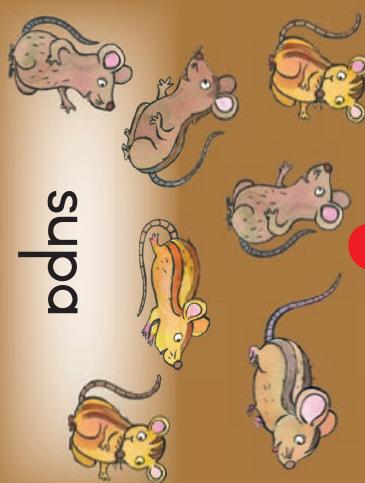
u

tshelala



o

supa



l

# DISEHWA TSA KA



Ha re etseng

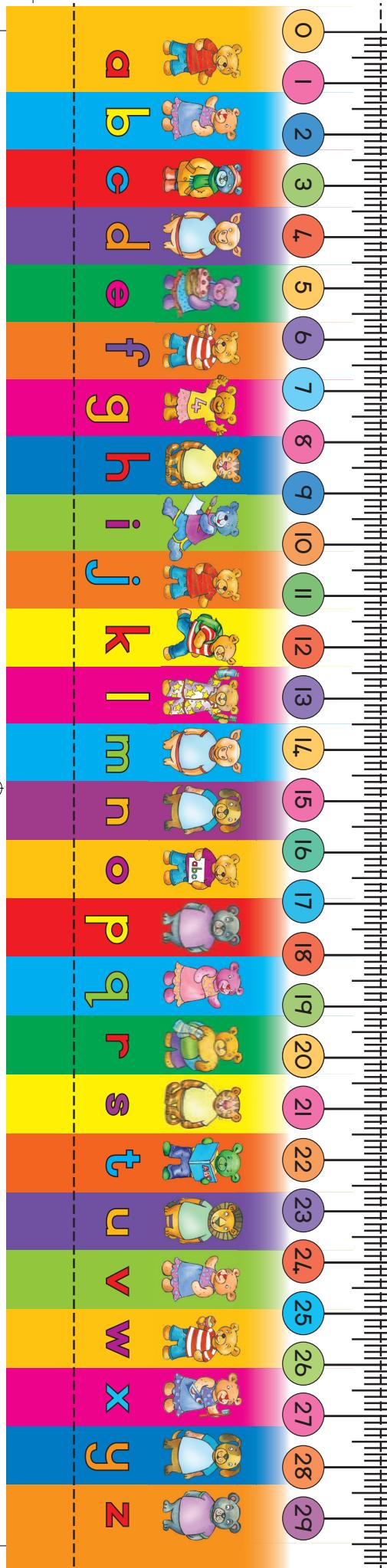
Seha leqephe moo ho nang le mola wa matheba mme o  
manamise leqephe khaf areng e ka morao ho etsa phokhotho.  
Boloka tseo o di sehileng ka mona hore di se ke tsa lahleha.

MANAMISA MONA

MANAMISA MONA

MANAMISA MONA

MANAMISA MONA





GLUE HERE

