

PUO TLALELETSO YA NTLHA MOPHATO WA 3

Leano le le thabolotseng la bosetshaba la go ruta

DIKAELO TSA GO DIRISA KHARIKHULAMO E E FETOLETSWENG YA DIPUO YA KGATO YA MOTHEO:**Kakopo ela tlhoko tse di latelang:**

1. Pegelo ya Pholisi le Kharikhulamo le Tlhatlhobo ya dikgweditharo 1 – 4 (2020) e kopantswe go nna tokomane e le nngwe.
2. Kharikhulamo e fetoletswe go tsibogela diteng tsa dikgopolole dikgopolole.
3. Dibeke tsa ntlha di dirisetswe go ruta medumo/ dikgopolole tse di sa fitlhelelwang ngwaga o o fitileng
4. Se se ka akaretsa medumopuo ya kgweditharo 4 e e sa rutiwang jaaka – oa, ei-, ai-, oo; aa ;-ela;- ega; -ana;- olola.
5. Barutwana ba tlaa bo ba le mo maemong a a farologaneng. Dikolo tsotlhe di tla be di sa tshwane. Fa sekolo se bona se se se botlhokwa, se sale morago Pegelo ya Pholisi ya Kharikhulamo le Tlhatlhobo go simolola ka diteng tsa Kgweditharo 1.
6. Dithitokgang/dithhogo le tlotlofoko ya Puo Tlaleletso Ya Ntlha ke dikai fela ga di pateletswe. Barutabana ba dirise dithitokgang tseo di leng maleba le seemo sa sekolo.
7. Tlhophya tlotlofoko go ya ka thitokgang.
8. Fa tiro ya setlhophya e feditswe, sekgalma magareng se tshwanetswe go tlhokomelwa

Dikaedi tsa tlhatlhobo: Tlhatlhobo ya motheo

- E tshwanetswe go rutiwa ka malatsi a 10 fa dikolol di se na go bulwa.
- Ditirwana tsa tlhatlhobo ya motheo di se ke tsa ikemela ka nosi fela di tsenelediwe mo nakong ya go ruta le go rutiwa.
- E diriwe mo go sa tlhomameng le ka go elatlhoko mo dinakong tse dints.
- Ditirwana tsa tlhatlhobo di ikaege ka diteng tsa MOPHATO e e fetileng.
- Maikaelelo a ditirwana ke go lemoga maemo a barutwana ba leng mo go ona le go kaela dikgato tsa go ruta le go rutiwa le go tsaya tshweetso go ya pele.

Tlhatlhobo ya mo sekolong:

- Tlhatlhobo ya Kgato ya motheo ke tlhatlhobotsweledi.
- Bontsi jwa nako e nne ya tlhatlhobo ya e e sa tlhomamang.
- O tlaa kaelwa ke dikaedi tsa tlhatlhobo ya mo sekolong. (O tlaa bona dirubiriki le manaane a tekolo mo kaeding e)
Dirubiriki ke tse di tshitshintshweng, ga di patelediwe.
- Tlhatlhobo e kgora fela go diragala mo diteng tse di rutilweng. Ditirwana tsa tlhatlhobo di lekanyediwe ka tshwanelo.

LENAANE LA NGWAGA LA GO RUTA LA NGWAGA 2021 – Kgweditharo 1: Puo Tlaleletso ya ntlha kgato ya motheo: Mophato wa 3

| Kgweditharo 1 Malatsi-45 | Beke ya 1 | Beke ya 2 | Beke ya 3 | Beke ya 4 | Beke ya 5 | Beke ya 6 | Beke ya 7 | Beke ya 8 | Beke ya 9 | Beke ya 10 |
|---------------------------------|--|--|--|---|--|--|-------------------|------------|------------|------------|
| Thitokgang | | | | Tshobokanyo ya Tlhatlhobo ya motheo | | | Botsalano ke eng? | | | |
| CAPS Setlhogo | | | | | GO REETSA LE GO BUA E dirwa ka Mosopulogo, Laboraro le Labotlhano | | | | | |
| Diteng, dikgono, dikgopololo | Ditumediso Morutabana o botsa barutwana bale 3 – 4 ka bongwe. a. Morutabana: Dumelang bana! A le tsogile sentle? b. Morutwana: Ke siame mma, a wena o tsogile sentle? | Ditumediso Morutabana o botsa barutwana bale 3 – 4 ka bongwe. a. Morutabana:Dumela, o ikutlwa jaang gompieno? b. Morutwana: Dumela Morutabana tsoga ke itumetse/ke tlhoafetse. | Ditumediso Morutabana o botsa barutwana bale 3 – 4 ka bongwe. a. Morutabana:Dumela kwa gae ke kae? b. Morutwana: Dumela Morutabana, nna ke nna kwa motseng wa Tlhabologo. | Ditumediso Morutabana o botsa barutwana bale 3 – 4 ka bongwe. a. Morutabana:Dumela Leina la gago ke mang? b. Dumela morutabana leina la me ke:..... c. Morutabana:ke itumelela go go itse. d. Morutwana:Keitumelela go go itse le nna! | Ditumediso Letla barutwana ba 2 go dumedisana. | Ditumediso 1.Morutabana o botsa barutwana bale 3 – 4 ka bongwe.bosa bo ntse jaang gompieno? b. Morutwana: Dumela morutabana,gompieno bosa bo..... c. Laela barutwana go lebana ba botsane matsogo. | Ditumediso | Ditumediso | Ditumediso | Ditumediso |

| Kgweditharo1 Malatsi-45 | Beke ya 1 | Beke ya 2 | Beke ya 3 | Beke ya 4 | Beke ya 5 | Beke ya 6 | Beke ya 7 | Beke ya 8 | Beke ya 9 | Beke ya 10 |
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| Pina/ Morumo | Maina, maina a rona ga a tshwane. Wena o mang? Barutwana ba laelwa go emeleta ka dinao go ikitsise mme a kae modumo wa ntlha wa leineng la gagwe, sekai: Katlego- Leina la me le simolola ka modumo "K' | Letshwao la tsiboso go botlhe sk 1-2-3 matlho otlhgo nna. 2. Laela barutwana go buisana. 3. Ba laele gore ga ba utlw a opa diatla o re" matlho otlhgo nna" ba didimale go reetsa ditaelo 4. Mme bone ba arabe ka gore"1-2 matlho otlhgo wena 5. Ba sisibale ba go tomoletse matlho. | Ruta letshwao la tsiboso le leswa Ga o nkutlwa opa diatla ganngwe(Opa diatla ganngwe) 2. Laela barutwana go buisana le yo a bapileng le ena. 3. Ga barutwana ba go utlwile fa o re" Ga o nkutlwa opa diatla ganngwe(ba tshwanetse go didimala. 4.Ga ba utlwile ba ka opa diatla ganngwe fela. 5. Dira seno makgetlo a mmalwa go fitlhelela barutwana bottle ba tsiboga. 6. Barutwana ba tshwanetse go sisibala ba ntse mo ditulong tsa bona matlho a bone a le go morutabana. | Dirirsa pina e e maleba e e tsamaisanang le thitokgang | Dirirsa pina e e maleba e e tsamaisanang le thitokgang | Dirirsa pina e e maleba e e tsamaisanang le thitokgang | Dirirsa pina e e maleba e e tsamaisanang le thitokgang | | | |

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| Potso ya letsatsi | Kgaoganya barutwana go ya ka ditlhophpha dile 6(e seng ka bokgoni). Ditlhophpha di neelwe maina e ka nna a mebala,maina a diphologolo,ma ungo. Potso ya letsatsi yona e diragatswa fela | Gakolola barutwana ka Potso ya bona ya letsatsi. O ka dirisa motshameko wa kgogedi go ditlhophpha sekai -Dinamune e mang ka dinao. -Magapu opang diatla gararo. -Diterebe tsikinyang mebele ya lona. | 1. Kwala potso e elatelang mo tlapakwalelong le kerafo ya teng. O rata mmala ofeng mo mebaleng ee kwadilweng? | 1.Kwala potso e elatelang mo tlapakwalelong le kerafo ya teng. O rata leungo lefe mo maungong a a kwadilweng? | 1. .Kwala potso e elatelang mo tlapakwalelong le kerafo ya teng. O rata mofuta ofe wa phologolo mo go tse di kwadilweng? | Tswelela ka go diragatsa Potso ya letsatsi ka dipotsa tsa go tshwana le "o rata eng thata ga ele merogo le maungo?" | Kwala potso e e amanang le thitokgang, dikarabo di se tseye lethakore lepe maikaelelo magolo ke gore barutwana ba tseye karolo ka puo mo phapusing. O ba botse potso ba arabe mme morago o botse barutwana bothle go boeletsa karabo e e neetsweng. | Kwala potso e e amanang le thitokgang, dikarabo di se tseye lethakore lepe maikaelelo magolo ke gore barutwana ba tseye karolo ka puo mo phapusing. | Tswelela ka go Kwala potso e e amanang le thitokgang, dikarabo di se tseye lethakore lepe maikaelelo magolo ke gore barutwana ba tseye karolo ka puo mo phapusing.sk ka tsatsi la gago la matsalo o ka rata thata go ja eng ? | Kwala potso e e amanang le thitokgang, dikarabo di se tseye lethakore lepe maikaelelo magolo ke gore barutwana ba tseye karolo gakologelwa ga gona karabo e fosagetseng. | | | | | | | | | | | |
| | | | <table border="1"> <tr> <td>Mmala wa namun e</td> <td>Botal a jwa tlhaga</td> <td>p u r</td> <td>apo le</td> <td>namu ne</td> <td>perek isi</td> </tr> <tr> <td>ka ts e</td> <td>Pud i</td> <td></td> <td>Diragatsa go bontsha l barutwana se ba e tshwanetseng go se dira</td> <td>leeba</td> <td></td> </tr> </table> | Mmala wa namun e | Botal a jwa tlhaga | p u r | apo le | namu ne | perek isi | ka ts e | Pud i | | Diragatsa go bontsha l barutwana se ba e tshwanetseng go se dira | leeba | | | | | | | |
| Mmala wa namun e | Botal a jwa tlhaga | p u r | apo le | namu ne | perek isi | | | | | | | | | | | | | | | | |
| ka ts e | Pud i | | Diragatsa go bontsha l barutwana se ba e tshwanetseng go se dira | leeba | | | | | | | | | | | | | | | | | |

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| <p>ka Mosupologo, Laboraro le Labotlhano.Kw ala potso mo letlapakwalelo ng e nne e karabo e seng ee kgotsa nnya ebe ele maleba le thitokgang. Barutwana ba itse setlhophha se ba leng mo go sona.</p> | <p>ga ba arab a potso ya 1. Diragatsa go bontsha 2. Diragatsa go letsatsi. barutwana se ba bontsha barutwana Tlhokomela sekgalatshwanetseng go se dira ga se ba tshwanetseng magareng, fa go kgonega ba arab a potso ya letsatsi. go se dira ga ba o ka laela setlhophha go Tlhokomela sekgalatshwanetseng magareng, fa go kgonega o ka letsatsi. ka dikanab ba ntse ba laela setlhophha go ema ka Tlhokomela dutse mo ditafoleng tsadinao ba neelana ka dikanab sekgalatshwanetseng magareng, bone.Motlhang ba ntse ba dutse mo fa go kgonega o ka molawana wa seelo ditafoleng tsa bone.Motlhang laela setlhophha go magareng se sa dirisiwa molawana wa seelo ema ka din a ba ke ka moo barutwana magareng se sa dirisiwa ke ka neelana ka dikanab baka letlelewang go moo barutwana baka ba ntse ba dutse mo kwala karabo tsa bone letlelewang go kwala karabo ditafoleng tsam o tsa bone mo bone.Motlhang tlapakwalelong.Kgang tlapakwalelong.Kgang kgolo molawana wa seelo kgolo ke go rotloetsa puo ke go rotloetsa puo go tswa go magareng se sa go tswa go barutwana . barutwana . dirisiwa ke ka moo barutwana baka Fa motutwana a sena go Fa motutwana a sena go letlelewang go neelana ka karabo ya neelana ka karabo ya gagwe kwala karabo tsa gagwe sk. Leungo le ke sk. Phologolo e ke e ratang ke bone moleratang ke namune"leeba ,botsa barutwana botlhe tlapakwalelong.Kga botsa barutwana botlhe gore a re ke phologolo efe e a ng kgolo ke go gore a re ke leungo lefe le e ratang? rotloetsa puo go a le ratang? tswa go barutwana .</p> <p>Fa motutwana a sena go neelana ka karabo ya gagwe sk. Mmala o ke o ratang ke o mohibidu" botsa barutwana botlhe gore a re ke mmala ofe o a o ratang?</p> | | <p>bebetsididi kgotsa kuku?</p> |
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| Tshitshinyo ya Tlotlofoko. Tlotlofoko e tla laolwa ke thitokgang e e tlhophilweng. Ruta mafoko a le 4 ka letsatsi go simolola ka beke ya 3 go feta. | Ruta barutwana lefoko : tshwana . a .Ba neele dibuka tsa go kwalela. b .Thala popego e e bonolo mo tlapakwalelong. c .Laela barutwana go thala popego ya go tshwana le ya gago mo dibukeng tsa bone. d .Boeletsa ga 4-5. | Ruta barutwana lefoko: farologana . a .Tsholetsa menwana go simolola ka 1-5. b .Tlhalosetsa barutwana go tsholetsa menwana go ya ka botona jwa one go bontsha pharologanyo ya ona. c .Boeletsa ga 4-5 | Tshwana kgotsa farologana . a .Kgobakanya dilo jaaka dibuka tse 2 tsa puiso, pensele,pene,raba b .Bontsha barutwana nngwe ya dilo tse pedi. c .Tlhalosetsa barutwana gore fa dilo di tshwana ba tsholetse menwaya ya bone e metona kwa godimo . Fa dilo di sa Tshwane ba lebise menwana ya bona e metona kwa tlase . | Ruta barutwana ka bontsi a .Thala mola mo magareng ga letlapakwalelo. b .Thala dikgolokwe tse nne(4)mo ntlheng e nngwe. c .Thala dikgolokwe tse pedi ka fa ntlheng e nngwe d .Botsa gore ke ntlha efe e e nang le dikgolokwe tse dintsi. e .Boeletska ka dinomore tse dingwe tsa barutwana. | Ruta barutwana ka bonnye . a .Laela barutwana bale bararo go ema ka fa molemeng . b . Lela a le mongwe go ema ka fa mojeng. c .Botsa barutwana gore ke bafe ba banny ka palo. d .Boeletska ka dinomore tse dingwe tsa barutwana. | Botsalano, botshepegi.go tshepagala,tshiamo,tsa la ya nnete, sephiri,tshepiso, seba, terega, tshereletso,tshosetsa,pelekale | Molemo, ditlhong, kopana,kgopol, pelo e ntle, boikobo,boitshwarel o | Tlhomamisa, maikaelelo, botlhokwa,mpho, tlhotlhwa, sekgele, boparego, | Lepele, lemorago, malebogo, Maitsholo, Tshwetso, maikae ikgatholosa, Ttlebo,gobaakanya,matlhag |
| Ditselana tsa go konosetsa kharikhulamo | | | | | | | | | |
| Letlha la go konosetsa | | | | | | | | | |

- Tswelala ka go nonofisa Puo(Go reetsa le Go bua)o tsweletse go dithithokgang/dikgang
- Neela ditaelo le go disala morago.
- Tlhaloganya le go tsibogela dipotso tse dibonolo.
- Tsaya karolo mo metlotlong.
Go buisa pokol go diragatsa ga mmogo le go opela
Go ka tshamaka metshameko ka tlotlofoko.

| Kgweditharo 1 malatsi 45 | Beke ya1 | Beke ya 2 | Beke ya 3 | Beke ya 4 | Beke ya 5 | Beke ya 6 | Beke ya 7 | Beke ya 8 | Beke ya 9 | Beke ya 10 |
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| CAPS Setlhogo | Puiso- Puisokaelo ka ditlhophpha Mosupologo,Labobedi, Laboraro, Labone, Labotlhano | | | | | | | | | |
| Diteng, dikgopololo, dikgono | Tlhatlhobo ya motheo: <ul style="list-style-type: none"> Puiso e e edileng e rotloetsa puiso ka kopanelo. Buisa kgang ka tlhatlhobo ya motheo o be o arabe dipotso. <p>Setlhophpha 1: Morutwana o kgona go buisa mafoko a a balwang kgotsa ga a kgone gothelele.</p> <p>Setlhophpha 2: Morutwana o itse mafoko a mmalwa a a itsegeng fela o tlhoka thuso ka go dumisa ditlhaka le go buisa mafoko.</p> <p>Setlhophpha 3: Morutwana o itse mafoko a mmalwa, o tlhoka thuso go kapudisa mafoko a mangwe.</p> <p>Setlhophpha 4: Morutwana o kgona go buisa mafoko a mantsi ga se gantsi a ka tlhoka thuso, ga eleteng ke e e potlana</p> <p>Setlhophpha 5: Morutwana o kgona go buisa mafoko le a a sa a itseng ka thelelo le bokao jo bo maleba.</p> | Biletsha barutwana ka bonngwe go tlhomamisa puiso le go ba kgaoganya go ya ka bokgoni. Kgaoganya phapusi ka ditlhophpha dile 5. Baakanya dibukana tsa puiso dile 3(1-magareng, 1- e e bonolo, 1- e e thata). | 1. Ruta ka mokgwa o o kgethegileng wa puisokaelo ka ditlhophpha. a. Tlhopa molebeledi go didimatsa barutwana. b. Tlhopa batlhokomedi ba dibuka tsa go buisa. c. Tlhalosa mokgwa wa go ya kwantle. 2. Kaela barutwana mokgwa wa go dirisa buka ya ditirwana. | Ka letsatsi reetsa setlhophpha se le senngwe, neela tiro go tswa go buka ya ditirwana ya puso kgotsa tiro go se o se rutileng. Tlhophpha tema e e maleba go ya ka setlhophpha. Pele boeletsa mafoko a dirlweng mo bekeng. First revise the sight words of the week. | Tlhophpha morutwana mongwe go go buisetsa, re sa lebale sekgala magareng ka ntlha ya pabalesego ya rona go bolwetse jobo gailang Ba ka buisa ka setlhophpha fela fa sebaka magareng se sa tlhole se obamelwa. | | | | | |
| Ditselana tsa go konosetsa kharikhulama | <ul style="list-style-type: none"> Buisetsa kwa godimo go tswa go buka ya gago mo puisokaelo ka setlhophpha le morutabana. Setlhophpha se buisa tema e e tshwanang le morutabana. Dirisa malepa a go buisa a puo ya ntlha(go dumisa mafoko). Buisa ka thelelo le ka bokao jo bo maleba.. Bontsha tiriso e e nepagetseng ya matshwao a puiso ga o buisetsa kwa godimo.. Tswelela go aga mafoko go tswa go puisokaelo ka ditlhophpha, puiso kopanelo le puiso ka nosi. | | | | | | | | | |
| Letlha la go fetsa | | | | | | | | | | |
| CAPS Setlhogo | PUISO – PUISOKOPANELO Labobedi le Labone | | | | | | | | | |
| Diteng, dikgopololo, dikgono | Tlhatlhobo ya motheo: Araba dipotso tse di bonolo go tswa go kgang e e badilweng. Ditirwana tsa tekatlhaloganyo | | | | | | Labobedi 1 Tshimologo ya Palo Labone-Palo ya ntlha | Labobedi– Palo ya bobedi Labone- Tshobokanyo | Labobedi- Tshimologo ya Palo Labone-Palo ya ntlha | Labobedi- Palo ya bobedi Labone- Palo ya bofelo |

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| Ditselana tsa go konosetsa kharikhulama | <ul style="list-style-type: none"> Reetsa dikgang khutshwe. Neelana ka tatelano ya ditiragalo kgotsa buisa go tswa go buka e kgolo. Araba dipotso go tswa mo tekathhaloganyo. Bolelela kwa pele. Bonatsa maikutlo ka kgang. Tlhalosa ka moo kgang e go amileng ka teng. Boeletsa go buisa Buisa mokwalo wa gago kgotsa wa barutwana ba bangwe. Buisa maboko le moribo e e tlwaelesegileng | | | | | | | | | |
| Letlha la go konosetsa | | | | | | | | | | |
| CAPS Setlhogo | MEDUMOPUO Mosupologo, Laboraro, Labotlhano | | | | | | | | | |
| Diteng, dikgopololo, dikgono | Tlhatlhobo ya motheo | Poeletso | Poeletso | Ditumammogo | Ditumammogo | Ditumammogo | Ditumammogo | Ditumammogo | Ditumammogo | Ditumammogo |
| | Tlhatlhobo ya motheo e e dirilweng kwa Mophatong wa 2: Ditumammogo; kapodiso ya mafoko a ma khutshwane; kamano ya modumo le tlhaka. | Ditumanosi tse dipataganeng: oo Mosupologo: Itsese medumo le mafoko Laboraro: Kgaoganyo ya mafoko. Labotlhano: Aga le go kapodiso mafoko | Ditumanosi tse dipataganeng: oa Mosupologo: Itsese medumo le mafoko Laboraro: Kgaoganyo ya mafoko. Labotlhano: Aga le go kapodisa mafoko | Ditumammogo tse di pataganeng: ng Mosupologo: Itsese medumo le mafoko Laboraro: Kgaoganyo ya mafoko. Labotlhano: Aga le go kapodisa mafoko | Ditumanosi tse dipataganeng: th Mosupologo: Itsese medumo le mafoko Laboraro: Kgaoganyo ya mafoko. Labotlhano: Aga le go kapodisa mafoko | Ditumanosi tse dipataganeng: tl Mosupologo: Itsese medumo le mafoko Laboraro: Kgaoganyo ya mafoko. Labotlhano: Aga le go kapodisa mafoko | Ditumanosi tse dipataganeng: kg Mosupologo: Itsese medumo le mafoko Laboraro: Kgaoganyo ya mafoko. Labotlhano: Aga le go kapodisa mafoko | Ditumanosi tse dipataganeng: ts Mosupologo: Itsese medumo le mafoko Laboraro: Kgaoganyo ya mafoko. Labotlhano: Aga le go kapodisa mafoko | Ditumanosi tse dipataganeng kwa tshimolong ya lefoko : th | Ditumammogo tse dipataganeng kwa kwanbofelong jwa lefoko: ng |
| Ditselana tsa go konosetsa kharikhulama | <ul style="list-style-type: none"> Supa kamano ya mdumopuo le tlhaka ya dithhaka tse di tsamayang di le nosi. Aga le go kapodisa mafoko a makutshwane (dithhaka di le 3-4) o dirisa medumo e e ithutilweng. Lemoga didumanosi tse di pataganeng. Lemoga didumanosi tse di pataganeng. | | | | | | | | | |
| Letlha la go konosetsa | | | | | | | | | | |

| CAPS Setlhogo | GO KWALA Labobedi le Labone | | | | | | | | |
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| Diteng, dikgopololo, dikgono | Tlhatlhobo ya Motheo: <ul style="list-style-type: none"> Ditirwana tsa tiriso ya puo: Ditirwana tsa tlhatlhobo e e sa tlhomamang. Go kwala: <ul style="list-style-type: none"> Kwala dipolelo tse di nang le bokao. Kwala temana ya dipolelo dile 3 | 1.Tlhalosetsa barutwana fa ba tlie go thala setshwantsho sa bone ba be ba kwala mela e mebedi ka bone. | 1. Ba kaele fa ba tlie go kwala ka ga letsatsi la bone la ntlha mo sekolong. 2. Barutwana batla kwala mela e le mebedi ka | 1. Tlhalosa fa barutwana ba tlie go thala setshwantsho sa phologolo e ba e ratang. 2. Barutwana batla kwala mela e le mebedi ka | 1. Tlhalosa fa barutwana ba tlie go thala setshwantsho sa legae la bone. 2. Barutwana batla kwala mela e le mebedi ka | Dikgang: Kwala temana ka go nna tsala e e siameng. Labobedi: Go nna tsala e e siameng go raya gore..... | Labobedi: Barutwana ba tlhotlha temana ya bone ya beke e e fetileng. | Labobedi: Kwala lenane la maikaelelo gago. Dilo tse ke ikaeletseng go di dira: 1. Ke ikaeletse go dira..... | Dikgang: Kwala temana ka seo o se ikaeletseng go sefithelela Labob Labon |

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| | <ul style="list-style-type: none"> Rulaganya tiro ka mokgwa o o bonolo Dirisa bonngwe le bontsi ga o kwala. Dirisa pakajaanong, pakatlang gammogo le pakaphiti ga o kwala Matshwao a puso. | 2.Dirisa popo ya setshwantsho sa gaga jaaka sekai mo tlapakwalelong. | Maikutlo a bone ka tsatsi la ntlha la bone. 3 Dirisa popo ya setshwantsho sa gago mo tlapakwalelong 4.Dirisa popo ka go kwala mela e mebedi ka fatlase ga setshwantsho sa gago. | Phologo ya bone. 3 Dirisa popo ya setshwantsho sa gaga sa phologolo mo tlapakwalelong 4. Dirisa popo ka go kwala mela e mebedi ka fatlase ga setshwantsho sa gago. | Dirisa popo ya setshwantsho sa gago sa legae mo tlapakwalelong. 4. Dirisa popo ka go kwala mela e mebedi ka fatlase ga setshwantsho sa gago. | Ke tsala e e siameng ka gonne... Labone Ke rata fa tsala ya me e.... Ke rata gape ga ditsala tsa me di..... Go nna tsala ee siameng go botlhokwa gonne..... Labone Barutwana ba kopolola temana ya bone le ditshwantsho go phasaladiwa | Ke dirisitae ditlhaka kgolo. Ke dirisitse matshwao a puiso (.!?) Ke buisitse mola wa me. | 2. Ke ikaeletse go... 3.Ke ikaeletse go ... Labone: Kwala temana ka nngwe ya maikaelelo a gago a Labobedi | Maika elelo fithelela am maikaelelo eke ame ka go... Go botlhokwa ka go nne... Ke tlie go...fa ke fithelela maikaelelo a me. |
|--|--|--|---|--|---|---|--|--|--|

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|---|---|--|--|--|--|---|--|---|--|
| Ditselana tsa go konosetsa kharikhulama | <ul style="list-style-type: none"> □ Dirisa dikgono tsa mokwalo o o rutilweng mo Puo ya Gae □ Kwala manaane a a raraaneng a a nang le ditlhogo. □ Kwala temana ya dipolelo di le 4-6 ka setlhogo se se tlwaelesegileng. □ Dirisa dikgato tsa go kwala(go dira ditlhanga tsa ntlha, go kwala, go tseleganya, go tlhagisa) □ Dirisa matshwao a puiso a a ruiweng mo Puo ya Gae. □ Peleta mafoko a a tlwaelegileng ka nepagalo le go leka go peleta mafoko a a sa tlwaelegang mo □ kisong ya medumopuo □ Aga sefalana sa mafoko le thanodi e eleng ya gagwe <p>Dirisa dithanodi tsa bana</p> | | | | | | | | |
| Letlha la go fetsa | | | | | | | | | |
| CAPS Setlhogo | TIRISO YA PUO LABOTLHANO | | | | | | | | |
| Diteng, dikgopololo, dikgono | | | | | | <ol style="list-style-type: none"> 1. Tlhaloganya le go dirisa marui. 2. Tlhalosa fa marui a dirisetswa go bontsha fa selo e le sa gago. 3. Tlhaloganya le go dirisa marui sk (Ke buka ya me.) | <p>Maemedi Tiriso leemedi.</p> <p>ya</p> | <p>Bontsi Mafoko a manngwe ga a na bontsi sk (metsi) fa a mangwe a na le bonts sk (namune- dinamune, Pitse- dipitse)</p> | Go tlhaloganya le tiriso ya Pakajaanong. |
| Ditselana tsa go konosetsa kharikhulama | <ul style="list-style-type: none"> • Tlhaloganya le go dirisa pakajaanong. • Tlhaloganya le go dirisa masupi, sk (le, tse, ba, a, se). • Tlhaloganya le go dirisa marui, sk (Ke buka ya me, Ke setlhako sa me) • Boeletsa thutapuo nngwe e e ithutilweng kwa ntle ga phaposiborutelo/kwa gae. | | | | | | | | |
| Letlha la go konosetsa | | | | | | | | | |

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|--|------------------------------------|---------------------------|---|---|--|---|
| Ditirwana tsa tleleletso | | | Thala setshwantsho sag ago le tsala o be o kwala ka sona. | Thala mpho e o ka e neelang tsala ya gago o be o kwale ka ga yona. | Thala selo se o oletsang o ka sefenya. | Thala o be o kwale ka se o kileng wa sefenya. |
| Kitso eo nang le yona | | | | Kitso ya thitokgang e ka tlisa mowa o o edileng. Dirisa dipotso go tlhotlhomisa kitso. | | |
| Didiriswa (kwantle le buka) go tokafatsa thuto | Ditirwana tsa tlhatlhobo ya motheo | Bongwefatso jwa ditirwana | | Buka e kgolo Karata ya mafoko Ditshwantsho Posetara Buka tsa puiso Pampiri tsa ditirwana tse di dirisiwang | | |
| Tlhatlhobo ya thuto (Tlhatlhobo e e sa tsepameng) | | | <ul style="list-style-type: none"> • Ditirwana tsa phapusi di tlhoka go tlhatlhobiwa mo tsamayong ya thuto mo dithutapuong. • Bokgoni bo tshwanetse go tlhatlhobiwa go letlelela barutwana go nna le monyetla wa go supetsa bokgoni jwa bone.. • Seno se ka diragadiwa e seng ka tlwaelo ka nako tsotlhe. | | | |
| Tlhatlhobo ya thuto SBA (Tlhatlhobo e e tsepameng) | | | <ul style="list-style-type: none"> • Ditirwana di ka diragatswa le go tlhatlhobiwa ka nako ya dithuto. • Ga se pateletso go tlhatlhoba dikgono se sebothokwa ke go naya morutwana nako ya go diragatsa dikgono ka puo kgotsa tiragatso. • Ruburiki, lenaane la dipotsolotso le tiro kwalo di ka dirisiwa. • Tlhatlhobo e dirwa fela fa dikgopolو di fitheletswe le barutwana ba kile ba neelwa ditirwana ka ga seo. | | | |

TLHATLHOBO

TLHATLHOBO YA MOTHEO 2021

Maitlhomo a tlhatlhobo ya motheo ke go go lemosa se barutwana basa seitseng gore ose gatelela mo kgweditharo eo.

PUO TLALELETSO YA NTLHA MOPHATO 3 KGWEDITHARO 1

| DIKGONO | GO REETSA LE GO BUA | | | MEDUMOPUO | | | PUISO | | | GO KWALA | | | DITSHWAELO (Fa go tlhokagala) | | |
|---|---|--|---|--|--------------------------------------|--|--|--|--|---|---|--|--|---|---|
| DIBEKE TSA GO DIRAGATSA: | 1-3 | 1-3 | 1-3 | 1-3 | 1-4 | 1-4 | 1-6 | 1-6 | 1-6 | 1-6 | 1-6 | 1-6 | | | |
| TAETSI: <u>Morago ga temogo</u> Tiragatso tsa barutwana □ O kgonne ▲ kgotsofatsa ● botoka X o paletswe | Tswela ka go aga puo (Go reetsa le go bua) Tlotti ofoko o dirisa thitokgang e tlhophilweng. | Reetsa o be o nnela tatelano ya ditiragalo | Bontsha go tlhaloganya tlotti ofoko ka go supa dillo mo phapusing | Aga le go kapodisa matfoko a makhuswane. | Lemoga ditumanosi tse di pataganeng. | Lemoga ditumanosi tse di pataganeng kwa bofelong | Dirisa ditogamaano tsa puiso tse o di ithutileng mo Puong ya gae | Puiso ka thelelo e oketssegilieng le go ithalosa sentle. | Supa go tlhaloganya matshwao a puiso fa o buisetsta kwa godimo | Araba dipotsa tsa bokao jo bo tseneletseng tsa kgang. | Rulaganya mela ka tatelano ya ona o be o a kwala mo bukeng. | Kwala temana ya dipolelo di le 4-6 ka setlhogo se se twaelesegilieng | Dirisa matshwao a puiso a o a ithutileng ko Puo ya gae | Kwala dipolelo tse di nang le bokao o dirisa marui ka nepagalo. | Kwala dipolelo tse di nang le bokao o dirisa pakajaanong ka nepagalo. |
| Maina a Barutwana | | | | | | | | | | | | | | | |
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LENAANE LA TLHATLHOBO

| Dikarolo | Ke dikgono dife tse di tlhatlhobiwang | Mokgwa wa Tlhatlhobo | Didiriswa tsa Tlhatlhobo | Maduo (Tsitsinyo) | Letlha la pheletso ya tiro | Letlha la konesetso ya tiro |
|---|---|-----------------------------|-----------------------------------|---|----------------------------|-----------------------------|
| Go reetsa le go bua | <ul style="list-style-type: none"> Go bontsha tlhaloganyo ya tlotlofoko ka go supa dilwana mo phaphusing kgotsa ka go supa gotswa mo setshwantshong o oraba dipotso go tswa go morutabana. Go arabalipotsa tse dibonolo go tswa go kgankhutswe. | Kelotlhoko/tiragatso le puo | Ruburiki | 7 | Bofelo jwa beke ya 9 | |
| | Tlhatlhobo ya motheo | | Lenaane la dipotsolotso | n/a | | |
| • Molaetsa go morutabana: Tlhatlhobo e dirwa fela fa dikgopolodi fitlheletswe le barutwana ba kile ba neelwa ditirwana ka ga seo. Ka beke y abo 9 barutwana ba tshwanetse go bob a tlhatlhobilwe ka dikgono tse pedi. Mo go SASAMS re tsenya fela maduo a Go reetsa le go bua. | | | | | | |
| Medumopuo | Ditumammogo tse di pataganeng | Kelotlhoko/tiragatso le puo | Ruburiki | 8 | Bofelo jwa beke ya 9 | |
| | Tlhatlhobo ya motheo | | Lenaane la dipotsolotso | n/a | | |
| Molaetsa wa morutabana: Tlhatlhobo e dirwa fela fa dikgopolodi fitlheletswe le barutwana ba kile ba neelwa ditirwana ka ga seo. Dikgono tsa medumopuo di elwa tlhoko le go tlhatlhobiwa mo tsamaong ya dithuto. Beke ya 9 ke ya go abela barutwana maduo go ya ka checklist le ruburiki. Mo SASAMS re tsenya fele maduo ale 1 eleng a Medumopuo. | | | | | | |
| Puiso Puo | <ul style="list-style-type: none"> Arabalipotsa tse dibonolo go tswa go kgankhutswe Tlhatlhobo ya motheo | Kelotlhoko/ le puo | Ruburiki/ Lenaane la dipotsolotso | 5 | Bofelo jwa beke ya 9 | |
| Molaetsa wa morutabana: Tlhatlhobo e dirwa fela fa dikgopolodi fitlheletswe le barutwana ba kile ba neelwa ditirwana ka ga seo mo thutong ya letsatsi .Barutwana ba elwa tlhoko le go tlhatlhobiwa mo dikgonong tsa Puiso mo dithutong tsa letsatsi. Ka beke 9 maduo a barutwana go ya ka ruburiki a diragadiwa.Mo SASAMS re tsenya fela maduo ale 1 eleng a go reetsa le go bua. | | | | | | |
| Go kwala | <ul style="list-style-type: none"> Kwala temana ya mela ele 4-6. Tlhatlhobo ya motheo | Go kwala | Buka ya ditirwana | 12 (go laolwa ke ruburiki e e dirisitswe) | Bofelo jwa beke ya 9 | |
| Molaetsa wa morutabana: Dikgono tsa go kwala di elwa tlhoko ka nako ya puioso ka kopanelo. Ka beke ya 9 o tshwanetse wa be o feditse tlhatlhobo ya barutwana. Ga gona tlhatlhobo le fa ele go rekota maduo go SASAMS. | | | | | | |
| PALOGOTLHE YA MADUO: Maduo a tsenngwa mo SASAMS a fetoletswe go seelo sa 1-7. | | | | | | |

TLHATLHOBO YA THUTO: TLHATLHOBO YA SBA**PUO TLALELETSO YA NTLHA MOPHATO 3 KGWEDITHARO 1**

| DIKGONO | GO REETSA LE GO BUA | | | MEDUMOPUO | PUISO | GO KWALA | DITSHWAELO (Fa go tlhogagala) |
|---|---------------------|---|----|-----------|-------|----------|-------------------------------|
| BEKE | 7-8 | | | 7-8 | 7-8 | 7-8 | |
| KELO / DIRISA RUBURIKI E LATELANG | | | | | | | |
| LETLHA | | | | | | | |
| MADUO | 7 | 7 | 14 | 8 | 5 | 12 | |
| | | | | | | | |
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DIRUBURIKI TSE O KA DI DIRISANG:

| GO REETSA LE GO BUA | | | | |
|--|---|--|---|---|
| MAIKAELELO | 1 .Go bontsha tlhaloganyo ya tloltlofoko ka go supa dilwana mo phaphusing kgotsa ka go supa gotswa mo setshwantshong o oraba dipotso go tswa go morutabana. 2. Go araba dipotsa tse dibonolo go tswa go kgankhutswe. | | | |
| NAKO YA TIRAGATSO | 1. Beke 7 kgotsa 8 ga barutwana ba tlwaetse eibile ba setse ba kwala. 2. Beke 7 kgotsa 8 Tiro ya molomol: Potsa ya letsatsi. | | | |
| TIRWANA 1 MADUO | Maemo 1 1-2 | Maemo 2 3-4 | Maemo 3 5-6 | Maemo 4 7 |
| Netefatsa fa barutwana ba le mo seeming se se siameng go fe feleletsa tirwana ya go kwala. Morago biletsha barutwana ka bonngwe ka bonngwe kwa go wena. Dirisa setshwantsho go tswa go kgang ya beke ya Buka kgolo, kgotsa bukana ya tiro ya DBE. Santha laela morutwana go supa dilwana di le 2 tse o tlaa di bitsang ka maina. | Morutwana o kgona go supa e nngwe ya dilwana tse morutabana a di supileng. Morutwana o paletswe ke go neelana ka dilwana tse morutabana a di supileng. | Morutwana o kgonne go supa dilwana tsotlhe tse morutabana a di kaileng. Motutwana ga a kgona goneelana ka maina a dilwana tse morutabana a disupileng. | Morutwana o kgonne go supa dilwana tsotlhe ka nepagalo. Morutwana o kgonne go supa selwana se le nosi fela go tswa gotse di supileng ke morutabana. | Morutwana o kgonne go supa dilwana tsotlhe ka nepagalo. Morutwana o kgonne go neelana ka maina a dilwana tsotlhe ka nepagalo. |
| TIRWANA 2 MADUO | Maemo 1 1-2 | Maemo 2 3-4 | Maemo 3 5-6 | Maemo 4 7 |
| Buisa kgangkhutswe mme morago o ka botsa barutwana dipotso ka ga yona. | Morutwana ga a kgone go araba dipotso kwa ntle le thuso go tswa go morutabana. | Morutwana o araba dingwe tsa dipotso ka thuso ya morutabana. | Morutwana o araba dipotso ka bokgabane. | Morutwana o araba dipotso tsotlhe ka bokgabane. |
| TLHAKANYO YA MADUO | | | | |
| <ul style="list-style-type: none"> • Tlhakanya maduo a morutwana go tswa go 7 go ditirwana tse pedi, go kereya palogothe ya 12. • Aroganya palogothe ka 2 go kereya bolekanyetsi jwa 1-7 jwa mo raporotong. | | | | |

MEDUMOPUO

| MAIKAELELO | Goitse le go bopa mafoko. | | | |
|--|--|--|---|--|
| TIRAGATSO | Fetsa tiro eno ka beke ya 8-9.Dira seno ka nako e e beetsweng medumopuo. | | | |
| TIRWANA | <ul style="list-style-type: none"> • Barutwana ba direla tiro ya bone mo dibukanang tsa go kwalela • Baletle go kwala dinomore go tswa 1-10 • Ba reetse ka kelotlhoko mme ba arabe go ya ka dinomore. <p>DIRISA MAFOKO A MAKHUTSWANE(Dithlaka di le 3-4)</p> <ol style="list-style-type: none"> 1. Kwala tlhaka ya ntla ya modumo wa lefoko supa 2. Kwala tlhaka ya ntla ya modumo wa lefoko leta 3. Kwala tlhaka ya ntla ya modumo wa lefoko ruta 4. Kwala tlhaka ya bofelo ya modumo wa lefoko kala 5. Kwala tlhaka ya bofelo ya modumo wa lefoko podi 6. Tlhakanya medumo go aga lefoko th-la 7. Tlhakanya medumo go aga lefoko kg-la 8. Tlhakanya medumo go aga lefoko tsa-la 9. Tlhakanya medumo go aga lefoko ti-la | | | |
| RUBIRIKI | 1. | 2 | 3 | 4 |
| Lemoga ditumanosi tse di pataganeng. | Morutwana ga a kgone go lemoga kamano ya modumo wa tlhaka ya dithlaka tse di tsamayang di le nosi. | Morutwana o kgona go lemoga modumo wa tlhaka e e simololana lefoko. | Morutwana o kgona go lemoga modumo wa tlhaka le bofelo jwa lefokp tse di tsamayang di le nosi | Morutwana o kgona go lemoga modumo wa tlhaka ya dithlaka tse di tsamayang di le nosi |
| Lemoga ditumanosi tse di pataganeng kwa bofelong jwa lefoko. | Morutwana ga a kgone go lemoga ditumanosi tse di pataganeng. | Morutwana o leka go lemoga ditumanosi tse di pataganeng ka thuso ya morutabana | Morutwana o kgona go lemoga ditumanosi tse di pataganeng | Morutwana o kgona go lemoga ditumanosi tse di pataganeng kwa bofelong jwa lefoko |

PUISO

| | |
|------------------|---|
| MAITLHOMO | Puiso ya kgang ya barutwana ga mmogo le morutabana, e latelwa ke motlotlo ka ga yona. |
| TIRAGATSO | Dira seno go simolola ka beke ya 7-9 |

| | | | | | |
|----------|---|--|---|---|---|
| TIRWANA | <p>Dira seno ka nako ya Puo ka ditlhophpha, o sena go neelana barutwana tirwana gore go se nne le modumo. Biletsa setlhophpha sa letsatsi kwa pele, mme o ba tlhalosetse fa o tlie go bua ka kgang go tswa go buka e kgolo ya beke e e fetileng. Bagakolole ka kgang ka go ba supetsa dinepe tsa sona le go ba botsa dipotso Botsa dipotso jaaka:</p> <ol style="list-style-type: none"> 1. Leina la setlhogo ke mang? 2. Lebaka ke eng gore setlhogo e be ele seo? 3. Badiragatsi ke bo mang? 4. O rata modiragatsi ofe? Goreng? 5. Ke modiragatsi ofe yo o sa morateng? Lebaka ke eng? 6. Bothata ke eng? 7. O ithutile eng go tswa go kgang e e boisitsweng? <p>Reetsa barutwana ka kelothhoko mme ba neelwe sebaka sa go ka araba.</p> | | | | |
| RUBURIKI | 1. | 2 | 3 | 4 | 5 |
| | Morutwana ga a tlhaloganye kgang. O tlhoka thuso ya morutabana go ka tshwaela ka kgang. | Morutwana o leka go tshwaela ka kgang. O sokola go dirisa tlotlofoko e e maleba. | Morutwana o kgona go tshwaela sengwe le go dirisa tlotlofoko e e maleba ka kgang. | Morutwana o tshwaela ka kgang le go dirisa tlotlofoko ka nepagalo | Morutwana o kgona go araba dipotso tsotlhe malebana le kgang. Morutwana o tshwaela ka kgang le go dirisa tlotlofoko ka nepagalo |

| GO KWALA RUBURIKI | | | | | |
|-------------------|--|--|---|---|--|
| MAITLHOMO | Morutwana o dirisa letlhomeso la kgang go feleletsa temana ka mela e le 4-6. | | | | |
| Tiragatso | Seno se diriwa go tloga ka beke ya 7 -9 | | | | |
| Tirwana | Dira jaaka gale Phutha dibuka tsa kwalelo fa barutwana ba feditse go kwala. | | | | |
| RUBURIKI | 1 | 2 | 3 | 4 | |
| DITENG | Tshwaelo ya morutwana ga e tsamaisane le setlhogo gotlhelele. Morutwana o boeletsa mola ga ntsi. | Morutwana o araba sentle go ya ka setlhogo.O tswelela ka go neelana ka dintlha tse di maleba. Morutwana o boeletsa mola. | Morutwana o araba sentle ka bokgabane go ya ka setlhogo.O tswelela ka go neelana ka dintlha tse di maleba | Morutwana o araba sentle ka bokgabane go ya ka setlhogo.O tswelela ka go neelana ka dintlha tse di maleba a dirisa tlotlofoko e e maleba. | |

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|------------------------|--|---|---|---|
| THULAGANYO | Temana e na le dintlha tsa tshimologo, bogare le bokhutlo jwa kgang.Dintlhakgolo ga di bonagale le go lomagana. | Temana e na le dintlha tsa tshimologo, bogare le bokhutlo jwa kgang.Dintlhakgolo ga di kgotsofatse go lomagane sentle. | Dintlha tsa tshimologo, bogare le bokhutlo jwa kgang di maleba..Dintlhakgolo di a kgotsofatse le go lomagana sentle | Dintlha tsa tshimologo, bogare le bokhutlo jwa kgang di maleba.Dintlhakgolo di a kgotsofatse le go lomagana sentle |
| PAAKANYO YA PUO | Morutwana o na le tlolofoko .Ga a dirisi garama e e ntswa e ae rutilweng.Morutwana o leka go baaknya le go siamisa thuta puo, piletsha,tiriso ya ditlhaka tse dikgolo mme go setse diphoso tse dintse. | Morutwana o dirisa mafoko a maswa a a rutilweng le go leka go dirisa thutapuo e a erutilweng.Morutwana o baakanya diphoso morutwana o o baakanya piletso le matshwao a puiso le tiro ya bona, mme go dula go na le diphoso. | Morutwana o dirisa mafoko a maswa le thutapuo sentle. Morutwana o baakanya diphoso tsa tiro ya gagwe ya thutapuo le matshwao a puiso. | Morutwana o dirisa mafoko a mantsi a maswa le thuta puole matshwao a puiso.Morutwana o kgona go baakanya diphoso tsa gagwe tsa thutapuo le matswhwao a puiso kwa ntle le bothata. |

THADISO YA MEDUMOPUO YA KGATO YA MOTHEO

| | MOPHATO 1 | | MOPHATO 2 | | MOPHATO 3 | |
|--------|----------------------------|----------------------------|---|---------------------------------|-------------------------------|--|
| | THITOKGANG | MEDUMOPUO | THITOKGANG | MEDUMOPUO | THITOKGANG | MEDUMOPUO |
| K1 B1 | GO ITLWAETSA | | LENAANE LA TSHOBOKANYO LE TLHATLHOBO YA MOTHEO Mafoko j, w, r, -ala, -ana | Keteko ya malatsi a botsalo. | Botsala ke eng? | LENAANE LA TSHOBOKANYO LE TLHATLHOBO YA MOTHEO Poeletso ya oo ee ii tl th kg ts ng |
| K1 B2 | | | | | | |
| K1 B3 | Re ya sekolong | Medumo ya mo tikologong | | | | |
| K1 B4 | Medumo ya mo tikologong | | | | | |
| K1 B5 | Ba lelapa la me | Medumo ya mo tikologong | | | | |
| K1 B6 | a | | | | | |
| K1 B7 | Re tshamekela kwa ntle. | s | | | | |
| K1 B8 | t | | | | | |
| K1 B9 | p | | | | | |
| K1 B10 | Re na le maikutlo | Poeletso | | | | |
| K2 B1 | Ditsala | i | Go thusa ditsala tsa rona | Poeletso: e i -ala | Re bana ba motho | oo |
| K2 B2 | | n | | Poeletso: o/u / ela | | |
| K2 B3 | | m | | r | | |
| K2 B4 | | h | | s | | |
| K2 B5 | Diphologolo | o | Rotlhe re na le maikutlo! | Ditumanosi tse di pataganeng | Ikatiso e a lolamisa! | ee |
| K2 B6 | | b | | Ditumanosi tse di pataganeng | | |
| K2 B7 | | f | | Go dira diphoso | | |
| K2 B8 | Metshameko | k | | -ng | Balelapa ba a tlhokomelana | oa |
| K2 B9 | | e | | -ile | | |
| K2 B10 | | Poeletso | | Poeletso | | |
| K2 B11 | | | | Poeletso | | |
| K3 B1 | Dipalangwa | -ng | Ditso | kg | Kutlwelobothoko | aa |
| K3 B2 | | g | | th- | | |
| K3 B3 | | d | | ts | | |
| K3 B4 | | u | | tl | | |
| | Go dira mmogo | | Loago | | Botshepegi | ee |
| | | | | | | |
| | | | | | | uu |

| | | | | | | | |
|--------|--|---------|--|-----------------|-----------------------------|----------------|--|
| K3 B5 | Diaparo | r | Kgopololo ya boitlhamedi | Mafoko a losika | Tharabololo ya mathata | | |
| K3 B6 | | f | | -ile, , -ela | | | |
| K3 B7 | Go buisa go monate | l | Go ja dijo tseo di siametseng mebele ya rona | ph | Go ithuta dilo tse dintshwa | tlh | |
| K3 B8 | | Bontsi | | tw | | | |
| K3 B9 | Go tshwara mebele ya rona e itekanetse ebile e babalesegile. | Bontsi | Go tshwenyega le go boifa | sw | Boitshupo | Ts/th | |
| K3 B10 | | Poletso | | jw | | Tlh/ kgw | |
| K3 B11 | | | Poletso | | | | |
| K4 B1 | Tharabololo ya bothata | j | Tharabololo ya mathata | | Maatla a thuto | oa/ | |
| K4 B2 | | s | | kg | | ai | |
| K4 B3 | Re a gola e bile re a fetoga | p | Bagaka ba rona. | th | Go iketla le sosologa | ei | |
| K4 B4 | | m | | ts | | tlh | |
| K4 B5 | Ditiragalo tsa rona tse di fetileng | k | Kgeriso le ditebego | tl | Kutlobotlhoko | tsh | |
| K4 B6 | | Poletso | | ph | | | |
| K4 B7 | Monate wa Bonetetshi | Bontsi | Tiriso ya thekenoloji | Poletso | Ditiragalo | Poletso | |
| K4 B8 | | Bontsi | | Tlhatlhobo | | -ela/-ega/-isa | |
| K4 B9 | Ipaakanyetso ya 20200 | Poletso | | Poletso | | megatlana | |
| K4 B10 | | Poletso | | Poletso | | Poletso | |

2021 THADISO KA GA DIKGONO TSA PUO TSE DI TSHWANETSENG GO RUTWA MO PUOTLALELETSO YA NTLHA MO MOPHATO 3 –KGWEDITHARO 2

| Term 2 52 days | Beke ya ntlha | Beke ya bobedi | Beke ya boraro | Beke ya bone | Beke ya botlhano | Beke ya borataro | Beke ya bosupa | Beke ya borobedi | Beke ya borobongwe | Beke ya bolesome | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Setlhogo se se tshitshints weng | Nna le ba lapa la me | Nna le bonnake | Go ikatisa go oketsa kitso | Go ikatisa go oketsa kitso | Balosika ba a tlhokomelana | Balosika ba a tlhokomelana | Go bogisa | Go bogisa | Re bakwadi | Re bakwadi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CAPS Setlhogo | Go reetsa le go bua Tiro ya Mosupologo,Laboraro le Labotlhano | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diteng,Dikgo polo le dikgono | Tumediso | Tumediso | Tumediso | Tumediso | Tumediso | Tumediso | Tumediso | Tumediso | Tumediso | Tumediso | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| These are all my siblings Let's meet all five! | Hold up your fingers, count them | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Two little brother s | Hold up both of your pointer fingers | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I've got two brothers, They dance and they jive! | Wiggle your index and middle fingers | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| This is my sister She helps and she plays. | Wiggle ring finger | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| And this is the baby, He's growing every day. | Wiggle your small pinkie finger | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| And who is this one? He's standing all alone! | Wiggle thumb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Our silly brother Jack, Who's always on the phone! | Make a phone with your thumb and small pinkie | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ride, ride, ride your bike | Move your hands around in a circular motion | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sitting on a wall. | try and tried to whistle but I couldn't make a sound. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| One named Peter, | Hold your left pointer finger out in front of you | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| You will go so fast! | Hold your right pointer finger out in front of you | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| One named Paul. | Wear your helmet, pedal over your head | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Run away, Peter | Put your left pointer finger behind your back | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Run away Paul! | Put your right pointer finger behind your back | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Come back Peter! | Bring your left pointer finger back in front of you | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Come back Paul! | Bring your right pointer finger | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ride, ride, ride your bike | Move your hands around in a circular motion | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sitting on a wall. | try and tried to whistle but I couldn't make a sound. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| One named Peter, | Hold your left pointer finger out in front of you | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| You will go so fast! | Hold your right pointer finger out in front of you | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| One named Paul. | Wear your helmet, pedal over your head | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Run away, Peter | Put your left pointer finger behind your back | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Run away Paul! | Put your right pointer finger behind your back | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Come back Peter! | Bring your left pointer finger back in front of you | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Come back Paul! | Bring your right pointer finger | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I blew and blew but nothing! I stomped my foot on the ground. | Stomp your foot on the ground | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I blew and blew but nothing! I stomped my foot on the ground. | Stomp your foot on the ground | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I am kind to the people I know, | Smile at your friend | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Finally, a sound came out! I laughed and shouted YAY! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I care for others whereve r I go! | Give your friend a hug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| I blew and blew but nothing! I stomped my foot on the ground. | Stomp your foot on the ground | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| When I'm caring in little ways, | Pinch your two fingers together | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| But I felt so determine d, I practised night and day! | Raise your fist in the air | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lyrics | Actions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| I help make the world a kinder place! | Shout YAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Term 2 52 days | Beke ya ntlha | Beke ya bobedi | Beke ya boraro | Beke ya bone | Beke ya botlhano | Beke ya borataro | Beke ya bosupa | Beke ya borobedi | Beke ya borobongwe | Beke ya bolesome | | | | | | |
|--|--|--|--|---|---|--|--|---|--|---|--|--|--|---|--|--|
| Potso ya letsatsi | <table border="1"> <tr> <td></td> <td>finger</td> </tr> <tr> <td></td> <td>back in front of you</td> </tr> </table> <p>Adapt your question according to the theme and the vocabulary taught for the week.</p> | | finger | | back in front of you | <table border="1"> <tr> <td></td> <td>back in front of you</td> </tr> </table> <p>Adapt your question according to the theme and the vocabulary taught for the week.</p> | | back in front of you | | | | | | <p>Always care for others, always care for others. And be nice, please. Be nice, please</p> <p>Adapt your question according to the theme and the vocabulary taught for the week.</p> | | |
| | finger | | | | | | | | | | | | | | | |
| | back in front of you | | | | | | | | | | | | | | | |
| | back in front of you | | | | | | | | | | | | | | | |
| Tlotlofoko e e tshtshintswe ng e tla itshetlega ka mafoko a a dirisiwang kgapetsakgap etsa (Ruta mafoko a le mane ka letsatsi) | Ba lelapa, kgaitasdi, Ausi, mofuta, mogolo, monnye , ogolwane, magareng, only, mathateng, go senya, go utlwisa botlhoko, go utlwa botlhoko | kutlobotlhoko, go ngangisana, ngangisano go goleetsa, , go fufegela, , go tlhakana tlhogo, botsalano, go tshwana, pharologano, go tshwana, go itshwara | dikgato, ditshalelo, go ineela, ikatisa, itshepa, go tswelela, go sa falole ,go tlontlolola, | , go tsibosa, , go kopa,ruta , mmobodi, bonolo, , Go nanabela, tshwara, goa | Go kgathalela, toast, toaster, go sokologa, , go tshwaanetse, nako nngwe, tlhokomela, ppoaye, tshola, diragatsa | Go utlwisa botlhoko, go go lathisa motho tsela, go tsepama, kgopilwe, gatsela, gatsetse, lemoga, ntlwana boapelo, sololetse, dijana, diaparo tse di leswe, thuso | , go bogisa, kgala, setlhopa, bongwe, esi, , tswelela, setlhogo, ngata neo | , gagola, maswe, leba, , phitlhelolo, scbalebeledi, bolela, sirelets, tshepa, | kgatiso, mokwalo o o pataganeng, letshwao, polelo, mofuta, molaetsa, , mogala, , lokwao, karata, phetso, | teri, , setlhogo, yo o rategang, tlhatlhoba, , lepodisi, pelaelo, phenselel, pene, , kerayone | | | | | | |
| Mafoko a a dirisiwang kgapetsa kgapetsa | ntlo, tsamaya, dira, kae, pedi | Nngwe le nngwe, beke, raese, ausi, legae | lekile, batlilwe,, thusitse boditse | thusitse, tsala, ga go kgonege, ole, | Go bobola, mme, dirile, tshega, botoka | ole, aubuti, batla, ja lebetse | tlhaloganyo, kgwele, ditlhako, go nosa, nno | Ke eng, ipela, bosula, go utlwisa botlhoko,suta | , buisa, kwa, leswe, diphiri | moriri, potso kwala, ke mang | | | | | | |
| Go fitlhelela thuto le go e latedisa | <ul style="list-style-type: none"> O simolola go tlhabolola tlotlofoko ya puo ya molomo a dirisa dithitokgang jaaka 'Diphologolo'. O tsibogela ditumediso le ditaelano tse di bonolo, o dirisa dipolelwana sk 'Salang sentle'.. O supa dilo mo phaposingborutelo kgotsa mo setshwantshong go ya ka tsibogelo le ditaelo tsa morutabana. O neela maina a dilo mo setshwantshong kgotsa mo phaposing go ya ka tsibogolo le dipotso O tsibogela ka namana ditaelo tsa molomo tse di bonolo. O tsibogela dipotso tse di bonolo , sk 'Mmala wa katse o ntse jang? O tlhaloganya le go dirisa dipopego tsa puo mo bokaong jwa tsona.. O supa motho , phologolo kgotsa selo go tswa mo tlhalosong ya molomo e e bonolo. Opela dipina tse di bonolo mme a diragatsa O tshameka motshamaeko wa tiriso ya puo,sk. Motshameko wa go fopholets | | | | | | | | | | | | | | | |
| Letha la go fetsa | | | | | | | | | | | | | | | | |

| Term 2 52 days | Beke ya ntlha | Beke ya bobedi | Beke ya boraro | Beke ya bone | Beke ya botlhano | Beke ya borataro | Beke ya bosupa | Beke ya borobedi | Beke ya borobongwe | Beke ya bolesome |
|--|--|--|--|---|---|---|---|--|---|---|
| CAPS Setlhogo | PUISOKAELO Mosupologo, Labobedi, Laboraro, Labone , Labotlhano | | | | | | | | | |
| DitenDikgopol olo le dikgono | <ul style="list-style-type: none"> Poeletso ya ditlhopa fa go tlhokafala. Kgaoganya barutwana ka ditlhopa di le tlhano Barutwana ba bangwe bat la dira puiso ka bobedikgotsa ditirwana tse di tsamaelang le setlhango se se buisiwang. Select text appropriate to the reading ability of the group Bolelets mafo a a tlhagelelang kgapetsakgapsa mo puiso Teach learners word attacking skills. | | | | | | | | | |
| Go fitlhelela thuto le go e latedisa | <ul style="list-style-type: none"> Buisetsa kwa godimo go tswa mo bukeng ya gago mo setlhopheng sa Puisokaelo le morutabana.Se se kaya gore setlhophpha sotlhe se buisa kgang e e tshwanang kgotsa setlhango se se nang le bonnete le morutabana. Go dirisa ditogamaano tse di ithutilweng mo Puo ya Gae go dira tlhaloganyo le go itekola fa o buisa (medumopuo,tiriso e e nang le motlhala,tshekatsheko ya popego, mafo a a bonwang. Puiso ka thelelo e e oketsegileng le go itthalosa sentle. Supa go tlhaloganya matshwao a puiso fa o buisetsa kwa godimo. Tswelela go aga tlotlofoko e e bonwang go tswa puisokanelo, le Puisokopanelo le Puisokanosi. | | | | | | | | | |
| Letha la go fetsa | | | | | | | | | | |
| CAPS Setlhogo | PUISOKOPANELO Labobedi le Labone | | | | | | | | | |
| DitenDikgopol olo le dikgono | Labobedi Puiso Ponelopele Labone–Puiso ya ntlha | Labobedi 2- Puiso ya bobedi Labone 2 – Puiso Poeletso | Labobedi1 Puiso Ponelopele Labone– Puiso ya ntlha | Labobedi2- Puiso ya bobedi Labone 2 – Puiso ya ntlha | Labobedi 1 Puiso Ponelopele Labone– Puiso ya ntlha | Labobedi2- Puiso ya bobedi Labone 2 – Puiso Poeletso reading | Labobedi 1 Puiso Ponelopele Labone– Puiso ya ntlha | Labobedi 2- Puiso ya bobedi Labone 2 – Puiso Poeletso | Labobedi Puiso Ponelopele Labone –Puiso ya ntlha | Labobedi 2- Puiso ya boedi Labone 2 – Puiso Poeletso |
| Go fitlhelela thuto le go e latedisa | <ul style="list-style-type: none"> Buisa setlhango se se khutshwane se se kwadilweng (Bukakgolo kgotsa setlhango se se godisitsweng morutabana a dirisa setlhogo sa ponelopele.,, Reetsa kgang ka ga gagwe a bo a araba dipotsa Bonela pele se se tla diragalang mo kgannyeng/ dikgang tsa bone(go tla diragalang) Abelana maikutlo a gagwe ka kgang.(a o rata kgang? Go reng/ go reng o sa rate) Ba bua kgang e ba e rutilweng/ tltileng Reetsa kgang ya mma nneta e e nang le dintlha jaaka go jala setlahre a bo a araba tekatlhaloganyo go tswa mo go yone. (o tlhoka eng go jala setlhare?) Ka thuso ya morutabana ba sobokanya kgang ya nnetsa | | | | | | | | | |
| Letha la go fetsa | | | | | | | | | | |

| Term 2 52 days | Beke ya ntlha | Beke ya bobedi | Beke ya boraro | Beke ya bone | Beke ya botlhano | Beke ya borataro | Beke ya bosupa | Beke ya borobedi | Beke ya borobongwe | Beke ya bolesome |
|--|---|--|--|--|--|--|--|--|--|---|
| CAPS Setlhogo | | | | | | | | | | |
| Diteng,Dikgop ololo le dikgono | u <i>uba, mmu, uta, ungwa, utlwa</i> Mosupologo: Itsise medumo le mafoko Wednesday- Kgaoganya le go kopanya Labothlano: bukeng.Morago baithuti ba kwala mafoko mo dibukeng tsa bone. | -oo- <i>mooko, lootsa, mooka, ieeba, seemo, maaka, jaaka</i> Mosupologo: Itsise medmo le mafoko Laboraro- Kgaoganya le go kopanya. Morago: Morago baithuti ba kwala mafoko mo dibukeng tsa bone. | ea <i>leano, seako, meago,</i> Itsise medumo le mafoko Laboraro- Labotlhano: Morago ba ithuti ba kwala mafoko mo dibukeng tsa bone. | Oa <i>Moano, boago, loago, loapi</i> Monday: Itsise medumo le mafoko. Laboraro: Kgaoganya le go kopanya:Labotlhano o :Morago baithuti ba kwala mafoko mo dibukeng tsa bone. | Ditumammogo tse di pataganeng -ng /-nk Sekolong, toropong, nkgo, nku, | Mafoko a a rumang mmogo Noka, loka, roka, boka, Mosupologo: Itsise medumo le mafoko. Laboraro- Kgaoganya le go kopanya Labotlhano: Morago baithuti ba kwala mafoko mo dibukeng tsa bone. | Modumo 'O' o sa utlwaleng mo mafokong. s.k 'O' wa bobedi mo go pooe. Mooko, moomo Mosupologo: Itsise medumo le mafoko. Laboraro- Kgaonya le gokopanya: Labotlhano: Morago baithuti ba kwala mafoko mo dibukeng tsa bone. | Modumo 'a' o o sa utlwaleng mo mafokong. s.k 'a' wa bobedi mo go jaaka, maaka, maano Mosupologo: Itsise medumo le mafoko. Laboraro- Kgaonya le gokopanya: Labotlhano: Morago baithuti ba kwala mafoko mo dibukeng tsa bone. | Modumo 'e' o o sa utlwaleng mo mafokong . s.k seema, lee, seemo Mosupologo: Itsise medumo le mafoko Laboraro- Kgaonya le go kopanya Labotlhano: Morago baithuti ba kwala mafoko mo dibukeng tsa bone.. | Poeletso ya medumo yotlhe e e rutilweng. Go tloga ka modumo u-e o o sa utlwaleng. Mosupologo: Itsise medumo le mafoko Laboraro- Kgaonya le go kopanya Labotlhano: Morago baithuti ba kwala mafoko mo dibukeng tsa bone.. |
| Go fitlhelela thuto le go e latedisa | <ul style="list-style-type: none"> Lemoga bonnye ditumanosi di le tharo tse di swat se di pataganeng (sk.'aa'mo go maaka,'ee'mo go leba,'ii' mo go tiisa,'oo' mo go mook Aga le go dumedisa mafoko o dirisa medumo e e ithutilweng. Dirisa ditumanosi tse di pataganeng go aga le go kgaoganya mafoko ka dinoko sk.(no-ko,n-ku,n-ta) Lemoga mafoko a a itsiweng , sk. 'O lelela letsele a leletse' Pharologano ya magareng ga medumo e meleeele le e mekhutshwane ya ditumanosi, sk.'lootsa,'lopsa,'leeba,'leba' . Aga le go dumisa mafoko o dirisa medumo e e ithutilweng. | | | | | | | | | |
| Lethla la go fetsa | | | | | | | | | | |

| Term 2 52 days | Beke ya ntlha | Beke ya bobedi | Beke ya boraro | Beke ya bone | Beke ya botlhano | Beke ya borataro | Beke ya bosupa | Beke ya borobedi | Beke ya borobongwe | Buka ya bolesome | |
|--------------------------------------|--|---|--|---|--|---|---|--|--|---|---|
| CAPS Setlhogo | Go kwala Gabedi mo bekeng | | | | | | | | | | |
| Diteng , dikgopolole dikgono | Setlhogo Dira lenaane la dilo tse o di ratang le tse o sa di rateng ka bonnake ba gago.: Letsatsi la ntlha: Dilo tse ke di ratang ka bonnake. I Ke rata... 2. Ke rata... 3. Ke rata... Letsatsi la bobedi: Dilo tse ke sa di rateng ka bonnake. : 1. Ga ke rate... 2. Ga ke rate... 3. Ga ke rate... Letsatsi la bobedi. -Ba neela tiro | Letsatsi la ntlha: ba phosolola tiro e ba e dirileng nako e e fetileng. Letlhare la tlhatlhobo le le ka dirisiwang. 1. A o dirisitse ditlhakakgolo? 2. A o diriditse matshwao a puiso? 3. A o madiri tlhoko. 4. A o dirisitse leemedi 'Ke' ka tlhakakgolo Letsatsi la bobedi. | Setlhoo: Kwala temana ka fa o neng o ikatisetsa selo se sesha. Letsatsi la ntlha:: 1.Ke ratile go ithuta... 2.Ke ikatisitse ka ba ka ikatisa... 3.Letsatsi la bobedi: 4.Go ne go le... Ke tsweletse ka... 5.Pheleletsong... Ke ikutlile...gonne.... | Ka letsatsi la ntlha: ba phosolola tiro e ba e dirileng mo nakong e e fetileng. Letlhare la tlhatlhobo le le ka dirisiwang. 1.A o dirisitse ditlhakakgolo? 2.A o dirisitse matshwao a puiso? 3.ka go mpha legae | Kwala mekgwa e batho balelapa ba tlhokomelanang ka teng Mokgwa o balelapa la me ba ntlhokomelang ka gone. : 1. ka dijo 2. ba ntshola ke le phepa 3. ka go mpha legae | Ka letsatsi la ntlha ba phosolola tiro e ba e dirileng mo nakong e e fetileng. Letlhare la tekolo le ka thusa: 1.A o diritse ditlhakakgolo? 2. ba ntshola ke le phepa 3. ka go mpha legae | setlhogo: kwala kgang ka motho yo o neng a kgerisiwa. 1.Letsatsi la ntlha: Ka letsatsi le lengwe..... 1.a o dirisitse ditlhakakgolo 2. A o dirisitse matshwao a puiso? 3. A o etse madiri tlhoko? 4.A o kwadile leemedi la 'ka' tlhaka kgolo. | Letsatsi la ntlha: Ba phosolola tiro e ba e dirileng nako e e fetileng. 2.Letsatsi la bobedi: O ne... Morago ga moo... Kwa bokhutlong ... | Letsatsi la ntlha: Ba phosolola tiro e ba e dirileng nako e e fetileng. 1.a o dirisitse ditlhakakgolo 2. a o dirisitse matshwao a puiso? 3. a o etse madiri tlhoko? 4. ba kwala lefoko la nthla ka tlhakakgolo? | Letsatsi la ntlha: Setlhogo::: kwala ditaelo o bolelele mongwe ka go kwala temana.. 1. Sa ntlha ... 2. sa bobedi... 3. Go bo go... 4. Kwa bokhutlhong... | Letsatsi la ntlha: Ba phosolola tiro e ba e dirileng nak e e fetileng Letlhare la tekolo le ka thusa Temana ke..... O ka tlhoka : 1. A o dirisitse tlhakakgolo? 2. A o dirisitse matshwao a puiso mo tirong ya gago. 3. A o etse madiri tlhoko? 4.A o kwadile leemedi I ka tlhakakgolo? Letsatsi la bobedi: Ba neela tiro |
| Go fitlhelela thuto le go e latedisa | <ul style="list-style-type: none"> Dirisa dikgono tsa mokwalo o o rutilweng mo Puo ya gae Kwala manaane a a raraaneng go ya ka dithhogo sk.Dilo tse di tlhokiwang ke dijalo,metsi, mmu,lesedi,mowa o o phepa. Ka kaelo ya morutabana kwala tatelano ya ditaelo tse di bonolo,sk.tsela ya go lema ditlhare/merogo/dithunya Kwala temana ya dipolelo di le 4-6 ka setlhogo se se tlwaelegileng. Rulaganya tshedimosetso mo tshateng lenaaneng kgotsa kerafong , sk.tsheko ya botshelo jwa sejalo. Dirisa dikgato tsa go kwala (go kwala ditlhengwa tsa nthla,go kwala,go tseleganya,go tlhagisa) Dirisa matshwao a puiso a a rutilweng mo Puong ya Gae,sk.khutlo,phegelwana,letshwao la potso,letshwao la kgakgamalo le matshwao a nopoloo. Peleta mafoko a a tlwaelegileng ka nepagalo le go leka go peleta mafoko a a tlwaelegang a dirisa kitso ya medumopou. Aga sefalo sa mafoko le thanodi e e leng ya gagwe Dirisa dithanodi tsa bana (tsa temenngwe le temepedi) | | | | | | | | | | |

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|-------------------|--|--|--|--|--|--|--|--|--|--|--|
| Letha la go fetsa | | | | | | | | | | | |
|-------------------|--|--|--|--|--|--|--|--|--|--|--|

| Term 2 52 days | Beke ya ntlha | Beke ya bobedi | Beke ya boraro | Beke ya bone | Beke ya botlhano | Beke ya borataro | Beke ya bosupa | Beke ya borobedi | Beke ya borobongwe | Week 10 |
|--|---|--|---|--|--|--|--|---|-------------------------------------|---|
| CAPS Setlhogo | LANGUAGE USE | | | | | | | | | |
| | Pakajaanong / Paka pheti Poeletso ya madiri magwe Bua, tsamaya, opela, bina, buisa, ja, taboga, dula, lebelela Ba neela madiri a ba a itseng ebile ba a gopola | Ba fetolela dipolelo kwa bontsing le kwa bongweng. | Maemedi s.k mosimane o ga metsi. Ene o ga metsi. | Matlhaodi | Mafoko a a nang le bontsi le a a senang bontsi (o ka kwala tse di kgongang go balega) Mae a 6 mashi ditamati tse 3 tee bupi metsi | Mafoko a a nang le bontsi le a a senang bontsi (o ka kwala tse di kgongang go balega) Mae a 6 mashi ditamati tse 3 tee bupi metsi | Paka tleng tsweledi S.K. Basimane batla disa dikgomo. | Paka jaanong S.k. Basimane ba disa dikgomo. | | Ba fetolela dipolelo kwa bontsing le kwa bongweng |
| Go fitlhelela thuto le go e latedisa | <ul style="list-style-type: none"> Tlholognya le go dirisa pakatsweledi. Tlholognyqa le go dirisqa maina a a senang bonti le le a a nang le bontsi sk, madi, metsi Boeletsa thutapuo nngwe e e rutilweng go tswa mo Mephatong R-2 | | | | | | | | | |
| Lethla la go fetsa | | | | | | | | | | |
| Katoloso ya ditirwana | DBE Bukatlaleletso ditsebe 22,23 Moithuti o thala setshwantsho ka ene a be a kwala polelo ka se a se ratangand. | DBE Bukatlaleletso ditsebe24,25,26,27,2 8.29 le 31 | DBE Bukatlaleletso ditsebe 42,43,44 Thala setshwantsho ka sengwes se o ratang go ithuta ka sone.. | DBE Bukatlaleletso45,46,47 Moithuti o thala setshwantsho ka ene a ikatisa ka sengwe se a ratang go se ithuta.. | DBE Bukatlaleletso 51,52 le 53. Ba tshwantsha setshwantsho go tlhalosa ka mokgwa o ba lelapa b aka tlhokomelanang ka sone | DBE Bukatlaleletso ditsebe54,55, le 56 Tshwantsha setshwantsho sag ago o thusa tsala/ ba lelapa | DBE tsebe 56,57,58 and 59. Tshwantsha setshwantsho go bontsha ka mokgwa o batho b aka kgerisiwang ka teng. | DBE Bukatlaleletso ditsebe 60,61,62 le63. Tshwantsa setshwantsho sa sefatlhego sa gago go bontsha ka moo o neng o utwile botlhoko fa ditsala di go kgerisa. | DBE Bukatlaleletso ditsebe 64 le 65 | |
| Kitso e moithuti a nang le yone | . Kitso e e maleba ka ga setlhogp e botlhokwa thata. Dirisa dipotso go ngoka kitso e baithuting ba nang le yone | | | | | | | | | |
| Didiriswa (dibuka) tsa go ka thusa thuto | Bukakgolo, Dikarata tsa mafoko, ditshwantsho, Dibuka tsa puiso Tsa nnete | | | | | | | | | |
| Tlhatlhobo e e sa thomamang | <ul style="list-style-type: none"> Bo maleba jwa ditirwana bo tlhokomelwe ebile baithuti ba newe tlhatlhobo e e sa tlhomamang. Baithuti ba tshwanetse go fiwa kitso ya puo le tiragatso mme ga go reye gore e tshwanetse ya nna tirwana ya tlhatlhobo . Tlhatlhobo e tshwanetse e dirwe letsatsi le letsatsi mo dibukeng tsa tirophaposi ebile e tswelediwe. | | | | | | | | | |

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|--|--|
| | |
| SBA Tlhatlhobobo ya thuto (tlhatlhobobo e e tlhomameng) | <ul style="list-style-type: none">Bo maleba jwa ditirwana bo tlhokomelwe ebile baithuti ban ewe tlhatlhobobo e e sa tlhomamang.Baithuti ba tshwanetswe go fiwa kitso ya puo le tiragatso mme ga go reye gore e tshwanetswe ya nna tirwana ya tlhatlhoboboRuburiki, lethare la tlhatlhobobo le ditirwana tse di kwalwang di ka dirisiwa..Tlhatlhobobo e ka dirwa fela fa baithuti ba rutilwe ebile ba filwe nako e e lekaneng ya go ikatisa. |

TOLHATLHOBO: KGWEDITHARO 2

DIKGONO TSE DI TLHATLHOBIWANG:KGWEDITHARO 2

FAL : Grade 3 : Term 2

| Component | What skills will be assessed | Form of Assessment | Assessment Tool | Score | Date to be completed | Date completed |
|---|---|----------------------------|-------------------------------------|----------|----------------------|----------------|
| Listening and Speaking: | <ul style="list-style-type: none"> Oral presentation :Gives a simple oral summary of at least 3 or 4 sentences of a non-fiction text (DBE Workbook, Reader, Theme Poster etc) Demonstrates an understanding of oral vocabulary. Listens to non-fiction text and answer comprehension questions- oral | Observation & Oral | Rubric Checklist | 5 n/a | By Week 9 | |
| Teacher notes | | | | | | |
| These Listening and Speaking skills will be observed and assessed during your oral lesson activities. Each skill is not meant to be an assessment activity but rather you should ensure that your learners are afforded opportunities to demonstrate these skills orally and practically in daily lessons. By Week 9 every learner must be assessed on his /her ability to do an oral presentation. For SASAMS there must be 1 score for Listening and Speaking. | | | | | | |
| Phonics: Written | <p>Word level and sentence level</p> <ul style="list-style-type: none"> Uses consonant blends (-ng, -nk, -ok, ch-, cl-) Recognises vowel diagraphs , ea, oo, oa 1 mark for correct answer | Written Observation & Oral | Class work book Worksheet Checklist | 10 | By Week 8 | |
| Phonics: Oral | <ul style="list-style-type: none"> Distinguish between long and short vowels sounds orally Recognises silent "e" in words. | | | n/a | Week 9 | |
| Teacher notes | | | | | | |
| Phonics written activity should be no longer than 15 minutes and it should be done in small groups so that the activities can be mediated with all learners accordingly. In Week 8 language usage skills should be assessed in a written format using a worksheet which will include written phonics and comprehension activities too. For SASAMS you should have 1 score (Written phonic activity) | | | | | | |
| Reading: Oral | <p>Group Guided Reading Sessions</p> <p>Sight words Assess each learner individually 60-70 sight words - Big Book, Theme</p> | Observation & Oral Written | Rubric Worksheet Class work book | 5 | Week 7 & 8 | |
| Reading: Comprehension Written | <p>Choose a short reading passage with 60-70 words (DBE Workbook or Reader)</p> <p>Types of questions:</p> <ul style="list-style-type: none"> Multiple choice questions & Fill in the missing words and Sequence events in a story 1 mark for correct answer | | | 10 | By Week 8 | |
| Teacher notes | | | | | | |
| Learners should be assessed on one oral reading activity in the Group Guided Reading session in Weeks 7 and 8. By Week 8 one written comprehension activity should be done as a whole class activity for 15-20 minutes. The passage should be read to the class and the comprehension activities should be mediated accordingly. In Week 8 language usage skills should be assessed in a written format using a worksheet which will include written phonics and comprehension activities too. For SASAMS you should have 2 scores for Reading (oral reading and written comprehension) | | | | | | |
| Writing: Language use: | <ul style="list-style-type: none"> With support, writes a simple set of instructions e.g. 3-4 instructions Punctuation(capital letters and full stops), Tenses, Plurals, Nouns | Written | Class work book Worksheet | n/a | Week 9 | |
| | | | | 10 | By Week 8 | |
| Teacher notes | | | | | | |
| In Week 8 language usage skills should be assessed in a written format using a worksheet which will include punctuation, tenses, plurals and nouns. For SASAMS 1 score will be captured for writing (language usage skills) | | | | | | |
| TOTAL SCORE | | | | | | 40 |
| Scores will be captured on SASAMS. The score will be converted to a percentage to indicate level 1-7 for the report card. | | | | | | |

ASSESSMENT FOR LEARNING: CHECKLIST

| FAL GRADE 3: TERM 2 Checklist | | | | |
|-------------------------------|---|--|--------------------------------|---|
| | Listening & Speaking | Phonics | Writing | Comment |
| | Demonstrates an understanding of oral vocabulary. | Listens to a non-fiction text and answer comprehension questions orally. | Recognises silent "e" in words | Distinguish between long and short vowels sounds orally |
| | | | | With support, writes a simple set of instructions e.g. (3-4 instructions) |
| | Date | | | |
| Names of learners | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| 16 | | | | |

ASSESSMENT OF LEARNING: SBA ASSESSMENT SCORESHEET

| FAL GRADE 3: TERM 2 Scores using rubrics | | | | | | |
|--|---|---|---------|---------|----------------------|---------|
| | Listening & Speaking | Phonics | Reading | | Language use Writing | Comment |
| | Oral: Gives a simple oral summary of 3 or 4 sentences of a non-fiction text | Phonics: written: Uses consonant blends (-ng, -nk, -ck, ch, sh) Recognises vowel diagraphs (ea, oo, oa) | Oral | Written | | |
| Date | | | | | | |
| Score | 5 | 10 | 5 | 10 | 10 | |
| Names of learners | | | | | | |
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |

| Mophato 3 | | Ruburiki ya kotara ya bobedi | | Go reetsa le go bua | | |
|--|---|---|---|---|---|--|
| | 1 | 2 | 3 | 4 | 5 | |
| O naya tshobokanyo e e bonolo ya mela e 3-4 ka kgang ya ma nnete. | Ba naya tshobokanyo e nnye ka setlhogo se ba se filweng ka thuso ya morutabana. | Ba naya tshobokanyo e nnye ka setlhogo se ba se filweng sa ditiragalo tsa ma nnete. Ka mola o le 1 | Ba naya tshobokanyo e nnye ka setlhogo se ba se filweng sa ditiragalo tsa ma nnete. Ka mela e 2. | Ba naya tshobokanyo e nnye ka setlhogo se ba se filweng sa ditiragalo tsa ma nnete. Ka mela e 3. | Ba naya tshobokanyo e nnye ka setlhogo se ba se filweng sa ditiragalo tsa ma nnete. Ka mela e 4. | |
| Puiso | | | | | | |
| Tiwana | 1 | 2 | 3 | 4 | 5 | |
| Go lemoga le go buisa mafoko Mafoko a a tlhagelelang kgapetsa kgapetsa a le 60-70 | Ba bala mafoko a le 20-29 a ba a tlwaetseng ka thuso ya morutabana. | Ba lemoga le go bala mafoko a le 40-49 a a tlhagelelang kgapetsakgapetsa sentle. | Ba lemoga le go bala mafoko a le 50-59 a a tlhagelelang kgapetsakgapetsa sentle. | Ba lemoga le go bala mafoko a le 60-69 a a tlhagelelang kgapetsakgapetsa sentle ka go itshepa. | Ba lemoga le go bala mafoko a le 70 a a tlhagelelang kgapetsakgapetsa sentle le ka go itshepa. | |

2021 Annual Teaching Plan – Term 3: ENGLISH FIRST ADDITIONAL LANGUAGE: Grade 3

| Kgwedi tharo 3 52 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|--|--|------------|-----------------------|------------|--|------------------|--|---------------------|-------------------------|------------|
| Thitokgang e tshitshints weng | Compassion Kutlwelobothl oko/ bopelotlhomo gi | Compassion | Honesty Botshepegi | Honesty | Solving problems Tharabololo ya mathata | Solving Problems | Learning new things Go ithuta dilo tse dintshwa | Learning new things | Identities Boitshupo | Identities |
| <p style="text-align: center;">GO REETSA LE GO BUA E dirwe ka Mosupologo, Laboraro le Labotlhano</p> <p>Setlhogo sa Pegelo ya Pholisi ya kharikhula mo le Tlhatlhobo</p> <ul style="list-style-type: none"> • Simolola ka ditumediso • Pina/Raeme • Dipotso tse di bulegileng (Dipotso tse di se nang karabo e e fosagetseng). • Tlotlofoko ya letsatsi le mafoko a go leba le go buisa. | | | | | | | | | | |
| Diteng Dikgopololo Bokgoni Boleng | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso |

| Kgwedi tharo 3 52 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|--|--|--|---|--|---|--|--|--|--|---|
| Tlotlofoko e e tshitshintswe ng Tlotlofoko e e rutilweng e tla ikaega mo thitokgang e e rutilweng. (Ruta mafoka a 4 ka letsatsi) | bopelothhomogi, tsala, ditlhong, akaretsa, tlhaola, bojosi, go sa tlwaelege, boutlwelobotlhoko | laletsa, malebogo, akaretsa, tlhaola, nnaka, motho yo o sa tlwaelege, tsala, tshola, batla, tlhoka, tshwanelwa, swetsa | tshepega, botshepegi, boammaaruri ,aka, latlhegelwa, fitlhela, ya ga, mong, leseka, tsabakela, tshegetsa, busetsa | go sa tshepege, tsietsa, utswa, amogela, khubama, khubame, fitlhets, molato, moaki, tsieditse, tsietsa, tshepa | polasetiki, tshipi, motlakase, sotlega, komelelo, tlala, kgatlhis, kgona, atikele, tlhamo, lebone, ikaletse | sotlile, thotbolong, peipi, maatla, itsega, mmegakgang, thabolete, batla, seyalemowa | itse, ithuta, potso, mafaratlhatlha, khompiuta, mogala, dibuka, tlhwathlwa godimo, tlhwathlwa tlase, go le gale, didiriswa | laeborari, molaeborari, adima, battisisa, lebentlele la dibuka, tlhwathlwa godimo, tlhwathlwa tlase, go le gale, didiriswa | boitshupo, bong, morafe, motshwanaesi, leobu, kgaoganya, lekana, letleletswe, rrametlae, tumelo, molao | e seng mo molaong, molato, leborogo, kqolagano, kgwebo, mo tswa ntle, selekanyo, magareng, tumelo, bana |
| Mafoko a go bua le go leba | nako le nako, sengwe le sengwe, bua, kakanyo, ka ga | sa tlwaelege, itse, esi, motlotlo, gape | latlhegile, fitlhetswe, bontle, tlhaelang, jaanong | khubame, gae, labile, wele | thata, nnye, lekaneng, tlisa, bonolo | kwa bokhutlong, simolotse, pompa, metsi, leta | ratile, dipeo, jang, sentle, farologane | senya, eng, batla, ithutile, bone | letleletse, ngwana, tekiso, fela, go reng | kae, mang, tshogile, mafelo, leng |
| Ditselana tsa go konosetsa kharikhulamo | <p>• Reetsa dikgang tse dikhutshwane, tatelano ya ditiragalo ya morutwana ka nosi kgotsa ditlhlangwa tse di nang le bonnete/ boammaruri sekao, tatelano ya ditiragalo tse di nang le mabaka, ditaelo, dipegelo tsa tshedimosetso tse di tlottiwang kgotsa buisiweng go tswa mo Bukakgolong kgotsa phousetara e e nang le ditshwantsho go itumedis.</p> <ul style="list-style-type: none"> • Reetsa dikgang le tatelano ya tiragalo ya morutwana ka nosi le go araba dipotso tsa tekathaloganyo, sk.Naya mefuta mengwe ya dipalangwa? • Ponelopele ya se se tla diragalang mo kgang kgotsa tatelano ya tiragalo ya morutwana ka nosi • Tlhagisa maikutlo ka ga kgang (A o ratile kgang?) • Boeletsa kgang • Reetsa setlhlangwa se se nang le bonnete/boammaruri mme o arabe dipotso tsa tekathaloganyo. 'A o ka neela mefuta e le meraro ya dipalangwa? • Ka thuso ya morutabana neela tshobokanyo e e bonolo ya setlhlangwa se se nang le bonnete/boammaruri. | | | | | | | | | |
| Letha la konosetso | | | | | | | | | | |

| Kgwedi tharo 3 52 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|---|---|---|--|--|--|--|--|---|---|---------------------------|
| Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhathhobo | PUISO – PUISOKAELO KA DITLHOPHA Mosupologo, Labobedi, Laboraro, Labone, Labotlhano | | | | | | | | | |
| Diteng Dikgopololo Bokgoni Boleng | <ul style="list-style-type: none"> Revise your groups if needed Boeletsa ditlhophpha fa go tlhokega Divide your class into 5 groups Kgaoganya phaposi ka ditlhophpha tse 5 Give the rest of the class an activity to do while you are busy with the group for the day (worksheet, DBE workbook etc.) Neela baithuti ba bangwe tirwana ya phaposi fa o tsweletse le setlhophpha sa letsatsi(papetlana ya tiro, bukatiro ya DBE) Select text appropriate to the reading ability of the group Tlhophpha sekwalwa se se tshwanetseng maemo a setlhophpha Revise sight words that will appear in the text Boeletsa mafoko a Teach learners word attacking skills. • | | | | | | | | | |
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> Buisetsa kwa godimo go tswa mo bukaneng e o ikwaletseng ka nako ya puisokaelo ka ditlhophpha le morutabana. Setlhophpha sotlhe se buisa kgang e e tshwanang, le morutabana Dirisa maano a puiso a o a rutilweng ka Puo gae go tlhaloganya se o se buisangle go ikela tlhoko fa o buisa (medumo, dikai, mafoko a a tlwaelegileng) Buisa ka kelelo e e tokafetseng le go supa go tlhaloganya tlotlofoko Supa go tlhaloganya matshwao a puiso fa a buisetsa kwa godimo Simolola go aga tlotlofoko e e tlwaelegileng go tswa go kaelo, kabelano le puiso ka nosi • | | | | | | | | | |
| Letha la konosetsa | | | | | | | | | | |
| Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhathhobo | PUISO KOPANELO LABOBEDI LE LABONE | | | | | | | | | |
| Diteng Dikgopololo Bokgoni Boleng | Labobedi: Puiso ya pele (Go bonela kwa pele) Labone:Puiso ya ntlha (tshobokanyo) | Labobedi: Puiso ya bobedi (Tshobokanyo) | Labobedi: Puiso ya pele (Go bonela kwa pele) Labone: Puiso ya ntlha (Go fopholetsa) | Labobedi: Puiso ya bobedi (Go fopholetsa). | Labobedi: Puiso ya pele (Go bonela kwa pele) | Labobedi: Puiso ya bobedi (Go fopholetsa) | Labobedi: Puiso ya pele (Go bonela kwa pele) | Labobedi – Puiso ya bobedi (go ikagela setshwantsho mo tlhaloganyong) | Labobedi: Pele ga puiso Labone: Puiso ya ntlha | Labobedi: Puiso ya bobedi |
| Ditselana tsa go konosetsa | <ul style="list-style-type: none"> Buisa kgang-khutswe (Buka Kgolo kgotsa sekwalwa se se atolositsweng) le morutabana, ba dirisa setlhogo go bonela pele. Araba dipotso tse di totileng kgang e e buisitsweng | | | | | | | | | |

| | | | | | | | | | |
|---------------------|--|--|--|--|--|--|--|--|--|
| kharikhulamo | <ul style="list-style-type: none">• Tlhalosa maikutlo a a nnileng le one ka ga kgang khutswe | | | | | | | | |
| Letha la konosetso | | | | | | | | | |

| Kgwedi tharo 3 52 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|---|---|---|--|---|---|---|---|--|--|----------|
| Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhathhobo | MEDUMOPUO (Gararo ka beke) Simolola ka go boeletsa modumo wa beke e e fetileng | | | | | | | | | |
| Diteng Dikgopololo Bokgoni Boleng | e mo go 'epa' le 'leta' o mo go 'oma' le 'opa' Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | oo lootsa ee beela, feela Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | lw elellwa, lwana, lwele, olwa Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | tl tlola, ntlo, tlala Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | kg kgala, kgoba, kgaola Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | tlh tlhaola, tlhale, tlhaela, Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | tsh tshasa, tshola/letsha Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | tshw tshwara,tshwene Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | kgw kgwa, kgwele Tlhagisa modumo le mafoko Kgaoganya le go bopa mafoko ka dinoko Dira motshameko wa mafoko Kwalo: Go bopa mafoko le dipolelo | Poeletso |
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> Farologanya magareng ga modumo o o kwa godimo le o o kwa tlase wa ditumanosi (sk., 'e' mo go 'epa', 'leta,') Lemoga pharologanyo ya kamano magareng ga modumo le mopeleto mo dipuong tse dingwe, (sk, (ntlo le nda, tlou le ndou.) Lemoga tiriso ya ditumanosi tse di pataganeng tse tlhano, (sk,lootsa, beela) Aga le go dumisa mafoko a a ithutilweng. Farologanya magareng ga modumo o o kwa tlase le o o kwa godimo wa ditumanosi, (sk. keketa, lelema, kokota, popota, popona jj.) Lemoga pharologanyo ya kamano magareng ga modumo le mopeleto mo dipuo tse dingwe, (sk. ntlo le nda, tlou le ndou, cat le 'icici') Lemoga ditumammogo tsa modumo wa tlhakatharo o o pataganeng mo tshimologong le mo bokhutlong jwa mafoko, (sk. tlh, tsh, kgw) Lemoga ditumammogo tse pedi tsa modumo o o pataganeng, (sk. ts ,tl, th) Aga le go dumisa mafoko a a ithutilweng | | | | | | | | | |
| Letha la konosetso | | | | | | | | | | |

| Kgwedi tharo 3 52 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--|----------------------------|--------|-------------------------------|--------|-----------------------|--------|--------------------------------------|---------|---|--|----------------------------|--|-------------------------------|--|-----------------------|--|--------------------------------------|--|--|---|----------------------------|--|-------------------------------|--|-----------------------|--|--------------------------------------|--|--|--|----------------------------|--|-------------------------------|--|-----------------------|--|--------------------------------------|--|---|--|----------------------------|--|-------------------------------|--|-----------------------|--|--------------------------------------|--|
| Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhathhobo | Kwalo Thusa baithuti go kwala temana. Gabedi ka beke | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diteng Dikgopolon Bokgoni Boleng | <p>Letsatsi 1: Ke supile kutlwelobotlhoko go... Ke lemogile fa a ikutlw a... K jalo, ke...</p> <p>Letsatsi 2: Ke supile kutlwelobotlhoko ka ntlha ya... Ke utlwile... O utlwile... Kutlwelobotlhoko e botlhokwa ka ntlha ya ...</p> | <p>Letsatsi 1: Rulaganya tiro ya beke e e fetileng Lenaane la tekolo: <table border="1"><tr><td>Ke dirisitse dithhakakgolo</td><td></td></tr><tr><td>Ke dirisitse matshwao a puiso</td><td></td></tr><tr><td>Ke etse madiri tlhoko</td><td></td></tr><tr><td>Ke kwadile maemedi ka dithhakakgolo.</td><td></td></tr></table></p> <p>Letsatsi 2: "Phasalatso ya tiro ya bone. (Kwala tiro e e baakantsweng mo bukeng ya thutiso.)</p> | Ke dirisitse dithhakakgolo | | Ke dirisitse matshwao a puiso | | Ke etse madiri tlhoko | | Ke kwadile maemedi ka dithhakakgolo. | | <p>Letsatsi 1: Ke ne ka aketsa... Ke akile ka ga... Ke ne ka re...le fa</p> <p>Letsatsi 2: Ke akile ka ntlha ya... Ke ikutlwile... Kwa bokhutlong</p> | <p>Letsatsi 1: Rulaganya tiro ya beke e e fetileng Lenaane la tekolo: <table border="1"><tr><td>Ke dirisitse dithhakakgolo</td><td></td></tr><tr><td>Ke dirisitse matshwao a puiso</td><td></td></tr><tr><td>Ke etse madiri tlhoko</td><td></td></tr><tr><td>Ke kwadile maemedi ka dithhakakgolo.</td><td></td></tr></table></p> <p>Letsatsi 2: "Phasalatso ya tiro ya bone. (Kwala tiro e e baakantsweng mo bukeng ya thutiso.)</p> | Ke dirisitse dithhakakgolo | | Ke dirisitse matshwao a puiso | | Ke etse madiri tlhoko | | Ke kwadile maemedi ka dithhakakgolo. | | <p>Letsatsi 1: Matsapa e nnile... Ke ne ke batla nna le tharabololo ka ntlha ya ... Ke sweditse</p> <p>Letsatsi 2:: Lantla... Ebe... Kwa bokhutlong...</p> | <p>Letsatsi 1: Rulaganya tiro ya beke e e fetileng Lenaane la tekolo: <table border="1"><tr><td>Ke dirisitse dithhakakgolo</td><td></td></tr><tr><td>Ke dirisitse matshwao a puiso</td><td></td></tr><tr><td>Ke etse madiri tlhoko</td><td></td></tr><tr><td>Ke kwadile maemedi ka dithhakakgolo.</td><td></td></tr></table></p> <p>Letsatsi 2: Phasalatso ya tiro ya bone. (Kwala tiro e e baakantsweng mo bukeng ya thutiso.)</p> | Ke dirisitse dithhakakgolo | | Ke dirisitse matshwao a puiso | | Ke etse madiri tlhoko | | Ke kwadile maemedi ka dithhakakgolo. | | <p>Letsatsi 1: Dipotso tse ke batlang go di batlisisa mo mafaratlhatlheng: 1. 2. 3.</p> <p>Letsatsi 2:: Ditshwantsho tse ke batlang go di bona mo mafaratlhatlheng: 1. 2. 3.</p> | <p>Letsatsi 1: Rulaganya tiro ya beke e e fetileng Lenaane la tekolo: <table border="1"><tr><td>Ke dirisitse dithhakakgolo</td><td></td></tr><tr><td>Ke dirisitse matshwao a puiso</td><td></td></tr><tr><td>Ke etse madiri tlhoko</td><td></td></tr><tr><td>Ke kwadile maemedi ka dithhakakgolo.</td><td></td></tr></table></p> <p>Letsatsi 2: "Phasalatso ya tiro ya bone. (Kwala tiro e e baakantsweng mo bukeng ya thutiso.)</p> | Ke dirisitse dithhakakgolo | | Ke dirisitse matshwao a puiso | | Ke etse madiri tlhoko | | Ke kwadile maemedi ka dithhakakgolo. | | <p>Sethogo: Kwalela tsala lekwalo o mmolele ka ga boitshupo jwa gago, obo o bots aka ga boitshupo jwa bone.</p> <p>Letsatsi 1: Tala yame ___, Dumela! Re ne re ithuta ka ga... Sengwe se se bothokwa ka ga boitshupo jwame ke...</p> <p>Letsatsi 2: dipotso (Mang, eng, leng, goreng, jang?) Ke solo fela fa... Lorato, ____</p> | <p>Letsatsi 1: Rulaganya tiro ya beke e e fetileng Lenaane la tekolo: <table border="1"><tr><td>Ke dirisitse dithhakakgolo</td><td></td></tr><tr><td>Ke dirisitse matshwao a puiso</td><td></td></tr><tr><td>Ke etse madiri tlhoko</td><td></td></tr><tr><td>Ke kwadile maemedi ka dithhakakgolo.</td><td></td></tr></table></p> <p>Letsatsi 2: "Phasalatso ya tiro ya bone. (Kwala tiro e e baakantsweng mo bukeng ya thutiso.)</p> | Ke dirisitse dithhakakgolo | | Ke dirisitse matshwao a puiso | | Ke etse madiri tlhoko | | Ke kwadile maemedi ka dithhakakgolo. | |
| Ke dirisitse dithhakakgolo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse matshwao a puiso | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke etse madiri tlhoko | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke kwadile maemedi ka dithhakakgolo. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse dithhakakgolo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse matshwao a puiso | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke etse madiri tlhoko | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke kwadile maemedi ka dithhakakgolo. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse dithhakakgolo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse matshwao a puiso | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke etse madiri tlhoko | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke kwadile maemedi ka dithhakakgolo. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse dithhakakgolo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse matshwao a puiso | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke etse madiri tlhoko | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke kwadile maemedi ka dithhakakgolo. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse dithhakakgolo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse matshwao a puiso | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke etse madiri tlhoko | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke kwadile maemedi ka dithhakakgolo. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> Dirisa bokgoni jwa mokwalo jwa puogae Kwala manaane a maemo a a farologaneng goy aka dithhogo. Kwala temana ya dipolelo di le 4-6 ka setlhogo se se tlwaelegileng Rulaganya tshedimosetsom mo karateng, theibole kgota kerafo. Ka tataiso, kwala tatelano ya ditiragalo ka ga gagwe, sekai, 'Maabane ke dirile sethibanko le molomo. Lantla ke Ka Kabo ke Kwa bokhutlong ka Dirisa lenaane la go kwala (togamaano, kwalo, tshekaseko) Dirisa matshwao puiso a a a ithutileng ka Puo Gae (khutlo, phegelwana, letshwao potso, letshwao la makalo le ditsejwana) Peleta mafoko a a tlwaelegileng gentle a bo a leka go peleta a asa tlwaeleganga dirisa kitso ya medumopuo Dirisa pakapheti ka mokgwa o o nepagetseng Ikagela banka ya mafoko lebuka ya mafoko Dirisa buka ya bana ya mafoko(Leleme le le nosi kgotsa a le mabedi) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|--|--------------|------------|------------|----------------------|--|---|---|-------------|----------|
| Lethha la konosetso | | | | | | | | | | |
| Date completed | | | | | | | | | | |
| Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhatlhobo | Tiriso ya puo | | | | | | | | | |
| Diteng Dikgopololo Bokgoni Boleng | Paka jaanong | Paka jaanong | Paka pheti | Paka pheti | Tiriso ya di atikele | Maina a a balegang le a a sa balegang (letswai, diura, metsii, madi, ditlhare, sukiri, jalojalo) (E balega fela fa e beega palo ka fa pele) | Maina a a sa balegang Di uniti tsa selekanyo Tlhalosa kgapetsakgapetsa, re tsenya di uniti tsa selekanyo go fetolela maina a a sa balegang go a a balegang. Sekai: Re ka re: galase e le nngwe ya metsi, digalase di le pedi tsa metsi | Di uniti tsa selekanyo Galase, kopi, bokose, kilogeramo, semikana, leswana | 'O' le 'Ba' | Poeletso |
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> • Tlhaloganya le go dirisa pakapheti • Tlhaloganya le go dirisa maina a a balegang le a a sa balegang (Poeletso) • Tlhaloganya le go dirisa 'o' le 'ba' • Poeletso ya tiro e e dirilweng mo mephatong e e kwa tlase | | | | | | | | | |

| Lethla la konosetso | | | | | | | | | |
|--|--|---------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|---|--|
| Ditirwana tsa tlaleletso | Buka 2 ya tiro ya DBE, tsebe 34, 35 4,5 and 6 Taka setshwantsho sag ago o thusa tsala | Buka 2 ya tiro ya DBE, tsebe 7,8,9,10 | Buka 2 ya tiro ya DBE, tsebe 11,12 | Buka 2 ya tiro ya DBE, tsebe 13-14 | Buka 2 ya tiro ya DBE, tsebe 15-17 | Buka 2 ya tiro ya DBE, tsebe 18-21 | Buka 2 ya tiro ya DBE, tsebe 21-23 | Buka 2 ya tiro ya DBE, tsebe 25-27 Tka obo o kwala ka boitshupo jo bo kgatlhisang. | Buka 2 ya tiro ya DBE, tsebe 28-30 Buka 2 ya tiro ya DBE, tsebe 31-33 |
| Kitso ya pele e e tlhogagalang. | Kitso ya thitokgang e ka thusa thata. Botsa dipptso go lemoga kitso ya pele ya dikgweditharo tse di fetileng. | | | | | | | | |
| Didiriswa tse di ka dirisiwang go thusa go ruta ntle le buka ya morutabana | Dibukakgolo Ditsekedimisi Ditshwantsho Diphousetara Dibuka tsa go buisa Ditirwana tseo barutwana ba ka di dirisang fa setlhophpha sengwe se dira ka nako ya Puisokaelo ka ditlhophpha. Dilwana tsa mmatota | | | | | | | | |
| Tlhatlhobo e e sa tlhomamang | <ul style="list-style-type: none"> Ditirwana tse di tshwanetswe go elwatlhoko le go tlhatlhajoja ka nako ya ditirwana tsa letsatsi le letsatsi fo go rutiwa dipuo. Maikaelelo ga se gore kgono nngwe le nngwe e nne tirwana ya tlhatlhobo fela barutwana ba tshwanetse go newa ditshono go tlhagisa dikgono tse ka molomo le ka tiragatso.. Seno se tshwanetswe go dirwa mo go sa tlhomamang le ka mokgwa wa tsweledi. | | | | | | | | |
| TLHATLHOBO YA KWA SEKOLONG (Tlhatlhobo e e tlhomameng) | <ul style="list-style-type: none"> Ditirwana tse di tshwanetswe go elwatlhoko le go tlhatlhajoja ka nako ya ditirwana tsa letsatsi le letsatsi fo go rutiwa dipuo. <ul style="list-style-type: none"> Maikaelelo ga se gore kgono nngwe le nngwe e nne tirwana ya tlhatlhobo fela barutwana ba tshwanetse go newa ditshono go tlhagisa dikgono tse ka molomo le ka tiragatso Rubiriki, lenaane la tekolo le ditirwana tsa kwalo di ka dirisiwa. Tlhatlhobo e ka diragala fela fa diteng di rutilwe e bile baithuti ba neilwe nako e el ekaneng ya go ikatisa. | | | | | | | | |

PUO TLALELETSO YA NTLHA: Mophato 3: Kgweditharo 4

**LENANE
O LA
TLHATL
HOBO**

| | | | | | | |
|--------|--|---|---|----------------|-------------------------------------|---|
| Karolo | <p>Bokgoni jo bo tshwanetsweng go tlhatlhobiwa</p> <p>Go reetsa le go bua</p> <ul style="list-style-type: none"> ▪ Tiragatso ya molomo: Tatelano ya ditiragalo ya maitemogelo a gagwe <ul style="list-style-type: none"> ▪ Diragatsa go supa go tlhaloganya tlolofoko ▪ Reetsa kgang khutswe a bo a araba dipotso ka molomo | Mokgwa wa tlhatlhobiwa Go elatlhoko le puo | Sediriswa sa tlhatlhobiwa Rubiriki | Maduo 5 | Letlha la go konoseta Beke 9 | Letlha le tlhatlhobo e feditsweng ka lona |
|--------|--|---|---|----------------|-------------------------------------|---|

Dintlha go morutabana

Ditirwana tse tsa go reetsa le go bua di tlaa elwatlhoko le go tlhatlhobiwa ka nako ya dithuto tsa ditirwana tsa molomo. Maikaelelo ga se gore bokgoni bongwe le bongwe e nne tirwana ya tlhatlhobiwa, mme fela o tshwanetse go netefatsa gore barutwana ba neetswe ditshono go tlhagisa bokgoni jo jwa molomo le ka tiragatso letsatsi le letsatsi. Kwa bokhutlong jwa beke 7, morutwana mongwe le mongwe a bo a tlhatlhobilwe mo bokgoning jwa gagwe jwa go tlhagisa motlotlo o mokhutshwane ka setshwantsho /phousetara e e tlwaelegileng, jj. Mo go SAMS o tshwanetse go nna le ledou le le 1 la Go reetsa le go bua.

| | | | | | | |
|---------------------|---|---------------------|-----------------------------------|-----|--------|--|
| Medumopuo: Motlotlo | <ul style="list-style-type: none"> ▪ Lemoga ditumanosi tse di pataganeng jaaka ee le oo | Go elatlhoko le puo | Ruburiki Lenaane la tekolo | | Beke 9 | |
| | <ul style="list-style-type: none"> ▪ Lemoga ditumammogo tse di pataganeng jaaka tl, th kg kh | | | n/a | | |
| Medumopuo: Kwalo | Peleta mafoko a le 15, Piletso ya polelo e le 1 go ya go tse 2 | | Buka ya go kwalela | 15 | | |

Ditaelo go morutabana

Tirwana ya medumopuo ga e a tshwanelo go feta metsotsa e le 15 e bile e dirwe ka ditlhophya tse dinnye gore ditirwana di kgonwe go rutiwa le barutwana botlhe ka tshwanelo. Mo bekeng 8 medumopuo ya kwalo e tshwanetswe go tlhatlhobiwa ka mokgwa wa kwalo go dirisiwa matlhare a tiro a a tla akaretsang ditirwana tsa tekatlhaloganyo mmogo le bokgoni jwa tiriso ya puo. Mo go SAMS o tshwanetse go nna le ledou le lengwe (kwalo ya medumopuo)

| | | | | | | |
|---------------|---|---------------------|----------|---|--------|--|
| Puiso: Molomo | <p>Nako ya puisokopanelo (Bukakgolo, Thitokgang, buka ya puiso) Mafoko a go leba le go bua. Tlhatlhobaba morutwana mongwe le mongwe ka nosi ka mafoko a le 60 – 70. 1 ledou go karabo e e nepagetseng</p> | Go elatlhoko le puo | Rubiriki | 5 | Beke 9 | |
| | <p>Nako ya puisokopanelo (Buka ya triro ya DBE/ buka ya puiso ya mafoko a le 60-70) . Tlhatlhobaba morutwana mongwe le mongwe ka go mmotsa dipotso tse di maleba le kgang. 1 ledou go karabo e e nepagetseng</p> | | | 5 | | |

| | | | | | | |
|-------|---|-------|---|---|--------|--|
| Kwalo | <ul style="list-style-type: none"> ▪ Kwala dipolelo di le 5-6 ka ga ene a tlhagisa tatelano ya ditiragalo, a bo a dirisa dithakakgolo le matshwao puiso <ul style="list-style-type: none"> ▪ Kwala dipolelo a dirisa pakapheti ka botswerere | Kwalo | Ruburiki, Lenaane la tekolo/ buka ya thutiso | 5 | Beke 8 | |
|-------|---|-------|---|---|--------|--|

Ditaelo go morutabana

Tlhatlhoba morutwana mongwe le mongwe ka bonnye mafoko a le 70 – 80 mo bekeng ya 6 – 7 ka nako ya puiso kaelo ka dithophpha. Lenaane la tekolo le tshwanetswe go dirisiwa go rekota mme go neela maduo go dirwe go ya ka rubiriki ya ditirwana tsa puiso ya molomo. Ka beke ya 8 dira tirwana ya tekathaloganyo ya kwalo le phaposi yotlhe metsots e le 15 – 20. Temana e buisetswe baithuti botlhe mo phaposing mme ditirwana tsa tekathaloganyo di rutiwe ka fa go tshwanetseng. Tlhatlhoba kwalo ya medumopuo, tekathaloganyo e bokgoni jwa tiriso ya puo ka mokgwa wa kwalo o dirisa lethare la go kwala. Mo go SAMS o nne le, maduo a Puiso (puiso ya molomo le kwalo ya tekathaloganyo.)

Ditaelo go morutabana

Mo bekeng ya 8 bokgoni jwa tiriso ya puo bo tlhatlhobiwe ka mokgwa wa kwalo o dirisa lethare la tiro le le tla akaretsang kwalo ya medumopuo mmogo le ditirwana tsa tekathaloganyo. Mo go SAMS o tla rekota fela maduo a le a kwalo. (bokgoni jwa tiriso ya puo le kwalo)

| PALOGOTLHE YA MADUO | 40 |
|---------------------|----|
|---------------------|----|

Maduo a tla rekotiwa mo go SAMS. Maduo a tla fetolelw go peresente go tlhagisa maemo 1 – 7 mo karateng ya pegelo

PUO TLALELETSO YA NTLHA: Mophato 3: Kgweditharo 4

| | | | | | | |
|---------------------|--|---------------------|------------------------|------|-----------------------|---|
| Karolo | Bokgoni jo bo tshwanetsweng go tlhatlhobiwa | Mokgwa wa tlhatlhob | Sediriswa sa tlhatlhob | Madu | Letlha la go konoseta | Letlha le tlhatlhobo e feditsweng ka lona |
| Go reetsa le go bua | <ul style="list-style-type: none"> I Tiragatso ya molomo: Tatelano ya ditiragalo ya maitemogelo a gagwe <ul style="list-style-type: none"> ▪ Diragatsa oo suna oo tlhaloanva tlotlofoko | Go elatlhoko le puo | Ruburiki | 5 | Beke 9 | |

Dintlhgo morutabana

Ditirwana tse tsa go reetsa le go bua di tlaa elwatlhoko le go tlhatlhobiwa ka nako ya dithuto tsa ditirwana tsa molomo. Maikaelelo ga se gore bokgoni bongwe le bongwe e nne tirwana ya tlhatlhobo, mme fela o tshwanetse go netefatsa gore barutwana ba neetswe ditshono le ledou le le 1 la Go reetsa le go bua.

| | | | | | | |
|---------------------|---|---------------------|----------|--|--------|--|
| Medumopuo: Motlotlo | <ul style="list-style-type: none"> ▪ Lemoga ditumanosi tse di pataganeng jaaka ee le oo ▪ Lemoga ditumammogo tse di pataganeng jaaka tl, th kg kh | Go elatlhoko le puo | Ruburiki | | Beke 9 | |
| | | | n/a | | | |
| Medumopuo: Kwalo | Peleta mafoko a le 15, Piletso ya polelo e le 1 go ya go tse 2 | Buka ya go kwalela | 15 | | | |

Ditaelo go morutabana

Tirwana ya medumopuo ga e a tshwanela go feta metsotso e le 15 e bile e dirwe ka ditlhophpha tse dinnye gore ditirwana di kgonwe go rutiwa le barutwana hotlhe ka tshwanelo. Mo bekeng 8 medumopuo va kwalo e tshwanetswe go tlhatlhobiwa ka mokgwa wa kwalo go dirisiwa matlhare a tiro a a tla akaretsang

| | | | | | | |
|---------------|--|---------------------|-------------------------------------|---|--------|--|
| Puiso: Molomo | Nako ya puisokopanelo (Bukakgolo, Thitokgang, buka va puiso) | Go elatlhoko le puo | Rubiriki | 5 | Beke 9 | |
| | Nako ya puisokopanelo (Buka ya triro ya DBE/ buka ya puiso ya mafoko a le 60-70) | | | 5 | | |
| Kwalo | ■ Kwala dipolelo di le 5-6 ka ga ene a tlhagisa tatelano ya ditiragalo, a bo a dirisa ditlhakagolo le matshwao puiso <ul style="list-style-type: none"> ▪ Kwala dipolelo a dirisa pakapheti ka botswererere | Kwalo | Ruburiki, Lenaane la tekolo/buka ya | 5 | Beke 8 | |

Ditaelo go morutabana

Tlhatlhoba morutwana mongwe le mongwe ka bonnye mafoko a le 70 – 80 mo bekeng ya 6 – 7 ka nako ya puiso kaelo ka ditlhophpha. Lenaane la tekolo le tshwanetswe go dirisiwa go rekota mme go neela maduo go dirwe go ya ka rubiriki ya ditirwana tsa puiso ya molomo. Ka beke ya 8 dira tirwana ya tekatlhalogango va kwalo le phaposi votlhe metsotso e le 15 – 20. Temana e buisetswe baithuti botlhe mo phaposina mme ditirwana tsa tekatlhalogango di

Ditaelo go morutabana

Mo bekeng ya 8 bokgoni jwa tiriso ya puo bo tlhatlhobiwe ka mokgwa wa kwalo o dirisa letlhare la tiro le le tla akaretsang kwalo ya medumopuo mmogo le ditirwana tsa tekatlhalogango. Mo go SAMS o tla rekota fela maduo a le a kwalo. (bokgoni jwa tiriso ya puo le kwalo)

PALOGOTLHE YA MADUO 40

Maduo a tla rekotiwa mo go SAMS. Maduo a tla fetolelwa go peresente go tlhagisa maemo 1 – 7 mo karateng ya pegelo

Lenaane la go ruta la ngwaga la 2021 – Kgeditharo 4: SETSWANA PUO TLALELETSO YA NTLHA: Mophato 3

| Kgwedi tharo 4 47 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|--|-----------------|-----------------|-------------------------|-------------------------|---------------|---------------|------------|------------|--------------------------|-------------------------|
| Thitokgang e tshitshintswe ng | Mosola wa thuto | Mosola wa thuto | Go ikutlwa o sosologile | Go ikutlwa o sosologile | Kutlobotlhoko | Kutlobotlhoko | Ditiragalo | Ditiragalo | TSHOSOBANY O LE POELETSO | TSHOSOBANYO LE POELETSO |
| GO REETSA LE GO BUA E dirwe ka Mosupologo, Laboraro le Labotlhano <ul style="list-style-type: none"> Simolola ka ditumediso Pina/Raeme Dipotso tse di bulegileng (Dipotso tse di se nang karabo e e fosagetseng). Tlotlofoko ya letsatsi le mafoko a go leba le go buisa. | | | | | | | | | | |
| Diteng Dikgopololo Bokgoni Boleng | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso | Ditumediso |

| Kgwedi tharo 4 47 malatsi | Beke 1 | | Beke 2 | | Beke 3 | | Beke 4 | | Beke 5 | | Beke 6 | | Beke 7 | | Beke 8 | | Beke 9 | Beke 10 |
|------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| | Mafoko a pina | Tiragatso | Mafoko a pina | Tiragatso |
| Pina/ Raeme | Opela pina kgotsa raeme nngwe le nngwe e e tsamisana ng le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Opela pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang | Diragats a pina kgotsa raeme nngwe le nngwe e e tsamisanan g le thitokgang |
| | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhophpha sengwe se arabe. | | |

Boeletsa dipina tsotlhe le diraeme tseo di rutilweng mo kgweditharong e.

| Kgwedi tharo 4 47 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|--|---|--|---|--|---|--|---|--|---|---------|
| Tlotlofoko e e tshitshintsweng Tlotlofoko e e rutilweng e tla ikaega mo thitokgang e e rutilweng. (Ruta mafoko a 4 ka letsatsi) | thuto, sekolo se se potlana, sekolo se se golwane, unibesithi, ithuta, serutwa, falola, go sa falole, aloga, tlogela sekolo, tshono, nyalwa | mmueledi, molao, moatlhodi, kgotlatshekelo, moithuti ka nna, modirimmogo, moagisani, legora, monna, mosadi, mmapa, naga | iketlo, dula, hema, boteng, ka mo gare, kwa ntle, mangwele, moagisani, legora, monna, mosadi, mmapa, naga | Ikatisa, taboga, haeka, kgatello ya maikutlo, bukatsatsi, thago, go tlhabisa ditlhong, semelo | Leso, phela, phitlho, go lofa, malea, motlae, kutlobotlhoko, go utlwa botlhoko Bontsha le go bolelela: tiragatso ya molomo e e khutshwane | gakolola, kutlobotlhoko, boitumelo, fola, gakologelwa, kgopololo | badimo, bogologolo, botho, musiamo, ditragalo, denya, tekete, mokaedi wa leeto, aga, Tlhatlhobo e e tlhomameng. Bontsha le go bolelela: tiragatso ya molomo e e khutshwane | dingwaga di le 100, Egepetwa, phiramiti, China, dibaga, epa, lefatshe, ka fat lase ga | Poletso le tlhatlhobo Tlhaloso ya molomo Laela baithuti go tlhalosetsa ditsala/ barutwana ba bangwe ka ditshwantsho. Tsala kgotsa barutwana ba bangwe ba tlhalose /ba nyalanye tlhaloso le setshwantsho. | |
| Mafoko a go bua le go leba | nnye, botshelo, kwa ntle ga, itse Ruta mafoko a go bua le go leba o dirisa ditsekedimisi Barutwana ba kopolole mafoko a go leba le go bua mo dibukeng tsa bona tsa dithanodi. Barutwana ba katise puiso ya mafoko a go bua le go leba kwa gae | ema, bontle, mosola, nnye | kwa ntle, lefatshe, modumo, dira | batsadi, jang? iketla, leka | leka, botoka, gongwe, nyeba | bua, sengwe le sengwe, reetsa | leta, balelapa, kgolo, kaela | buile, bontle, motlotlo, badimo, emeletse | Poletso | |
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> • O tswelela go tlhabolola tlotlofoko ya molomo (go reetsa le go bua) a dirisa dithitikgang/ ditlhogo.) O latela le go naya ditaelo. • O tlhalogany le go tsibogela dipotso tse di bonolo. • O kopa g tlhalosediwa. • O tsibogela le go dira dikopo. • O tsaya karolo mo motlotlong o mokhutshwae ka ga setlhogo se se tlwaelegileng. • Supa sengwe ka go dirisa tlhaloso e ee e bonolo ya molomo. • O bua ka didiriswa mo setshwantshong go tsibigela ditaelo tsa morutabana. • O reetsa tatelano ya ditragalo e e bonolo. • O tlhalogany le go dirisa dipopego tsa puo mo setlhogong. | | | | | | | | | |

| Kgwedi tharo 4 47 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|------------------------------|--|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| Letlha la konosetso | <ul style="list-style-type: none"> • O itse ka tlhogo le go diragatsa maboko, diraeme tsa tiragatso le dipina • O tshameka motshameko wa puo. • O simolola go tlhaloganya le go kgona go dirisa dipopego tsa puo mo setlhogong: pakajaanong le pakafetileng, maemedi, lethalosi la tshwantshanyo. | | | | | | | | | |

| Kgweditharo 4 47 malatsi | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
|---|---|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhatlhobo | PUISO – PUISOKAELO KA DITLHOPHA LE PUISO KA NOSI Mosupulogo, Labobedi, Laboraro, Labone, Labotlhano | | | | | | | | | |
| Diteng Dikgopololo Dikgono Boleng | <p>Dirisa beke 1 go batlisisa fa baithuti ba santse ba le mo setlhopheng se se siameng sa go buisa. Bitetsa baithuti kwa go wena bongwe ka bongwe go lemoga fa ba itse setlhophpha sa bona sa puiso.</p> <p>Setlhophpha 1: Moithuti yo ga a kgone go buisa mafoko kgotsa o kgona fela go buisa a le mmalwanyana fela. Moithuti o lebega a sa kgone go lemoga kamano ya medumopuo.</p> <p>Setlhophpha 2: Moithuti yo o itse go buisa fela mafoko a a tlwaelegileng a le mmalwanyana fela. O lebega a sa kgone go lemoga kamano ya medumopuo. Moithuti yo o tlhoka thuso e e tseneletseng go buisa mafoko a aiseng bone</p> <p>Setlhophpha 3: Moithuti yo o itse mangwe a mafoko a a tlwaelegileng. Moithuti yo o tlhoka thuso ya go ipuisetsa mafoko a mantšwa a a iseng a bone.</p> <p>Setlhophpha 4: Moithuti yo o itse mafoko a a tlwaelegileng a le mantsi e bile o kgona go ipuisetsa a mangwe a mantsi.</p> <p>Setlhophpha 5: Moithuti yo o itse mafoko a mantsi a a tlwaelegileng. Moithuti yo o kgona go ipuisetsa mafoko a iseng a tsamae a a bone.</p> <p>Moithuti yo o buisa ka thelelo le go itlhalosa sentle.</p> <p>Beke 2-10:</p> <ul style="list-style-type: none"> • Reetsa setlhophpha se le sengwe ka letsatsi fa barutwana botkhe mo phaposing ba dira ditirwana tse dingwe, sekao: matlhare a tiro kgotsa tiro mo bukeng ya tiro ya DBE • Tlhophpha setlhophpha se se maleba le setlhophpha. • Simolola ka go boeletsa mafoko a go leba le go bua a beke. • Laela barutwana bongwe ka bongwe go go buisetsa. | | | | | | | | | |

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|--|--|--|---|---|---|---|---|--|--------------------------------|--|
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> Buisetsa kwa godimo go tswa mo bukeng ya morutwana ka nosi mo setlhopheng sa Puisokaelo le morutabana. Se se kaya gore setlhophpha sotlhe se buisa kgang e e tshwanang kgotsa sethangwa se se nang le bonneta/boammaruri le morutabana. Tiriso ya ditogamaano tsa puiso tse o di ithutileng mo Puong ya Gae go dira tlhaloganyo le go itekola fa o buisa (medumopuo, metlhala ya tiriso, tshekatsheko ya popego, mafoko a a bonwang) Buisa ka thelelo e e oketsegileng le go itthalosa sentle. Supa go tlhaloganya matshwao a puiso fa ba buisetsa kwa godimo. Tswelela go aga tlotlofoko e e bonwang go tswa mo puisong, e ka nna Puisokaelo, Puisokopanelo le Puiso ka nosi. | | | | | | | | | |
| | | | | | | | | | | |
| Setlhogo sa pegelo ya pholisi le tlhatlhobo | PUISO - PUISOKOPANELO Labobedi and Labone | | | | | | | | | |
| Diteng Dikgopololo Dikgono Boleng | Labobedi: Puiso ya pele (Go bonela kwa pele) Labone: Puiso ya ntlha (tshobokanyo)) | Labobedi: Puiso ya bobedi (Tshobokanyo) | Labobedi: Puiso ya pele (Go bonela kwa pele) | Labobedi: Puiso ya bobedi (Go fopholetsa). | Labobedi: Puiso ya pele (Go bonela kwa pele) | Labobedi: Puiso ya bobedi (Go fopholetsa) | Labobedi: Puiso ya pele (Go bonela kwa pele) | Labobedi – Puiso ya bobedi (go ikagela setshwantsho mo tlhaloganyong) | Labobedi: Pele ga puiso | Labobedi: Puiso ya bobedi Labone: Morago ga puiso |
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> Reetsa dikgang tse dikhutshwane, tatelano ya ditiragalo kgotsa ditlhanga tse di nang le bonneta/boammaruri tse di tlotliwang kgotsa buisitsweng go tswa mo Bukakgolong kgotsa phousetetara e e nang le ditshwantsho tsa go itumedisa. Araba dipotso tsa tekatlhaloganyo. Ponelopele ya se se tla diragalng mo kgang kgotsa tatelano ya ditiragalo. Reetsa setlhanga se se kwadilweng mmogo le morutabana, a dirisa setlhogo go bonelapele. Tlhagisa maikutlo ka ga kgang. O boeletsa kgangkhutswe. Ka thuso ya morutabana, o neela tshobokanyo e e bonolo ya setlhanga sa nneta/boammaruri. | | | | | | | | | |
| | | | | | | | | | | |
| Kgweditharo 4 Malatsi a le 47 | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
| Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhatlhobo | MEDUMOPUO Mosupologo, Laboraro, labotlhano | | | | | | | | | |

| | | | | | | | | | | |
|---|---|---|---|--|---|---|---|---|--|----------|
| Diteng Dikgopololo Dikgono Boleng | ditumammogo tse pedi tsa modumo o o pataganeng: tl tlala, tlosa, tlisa, tlogela, tlotla, tlotsa, Mosupologo Itsise modumo le mafoko. Laboraro Bopa le go kgaoganya Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya. | ditumammog tse pedi tsa modumo o o pataganeng: ts tsaya, tsoma, tsotsi, tsamaya, tsoga Mosupologo Itsise modumo le mafoko. Laboraro Bopa le go kgaoganya Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya. | ditumammogo tse pedi tsa modumo o o pataganeng: th thaba, tharo, thatharo, thobane, thoro, Mosupologo Itsise modumo le mafoko. Laboraro Bopa le go kgaoganya Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya. | tlh- tlhaloganyo, tlakanya, tthalosa, tthatlhaganya, tthakatlhakano, tthamalala, tthaola | tsh- tshameka, tshasa, tshola, tshega, tshupa, tshimega, tshimologo | kgw- kgwatha, kgwagetsa, kgwesa, Mosupologo Itsise modumo le mafoko. | Poeletso Tlhatlhobo e e tlhomameng. | Poeletso Mosupologo Itsise modumo le mafoko. Laboraro Bopa le go kgaoganya Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya. | Poeletso Mogatlana – ana, sekao kalana, ntlwana, | Poeletso |
| Ditselana tsa go konosetsa kharikhulamo | <ul style="list-style-type: none"> • Lemoga bonnye ditumammogo tse dingwe tse di pataganeng. • Lemoga modumo wa ntlha (o o simololang) le noko ya bofelo (e e raemang) mo dipateroneng tse di marara. • Lemoga mafoko a lesika le le marara thata. • Lemoga le go dirisa megatlana mo mafokong(sk -ela, -ega,-isa, -ololola) • Aga le go dumisa mafoko a a rutilweng. | | | | | | | | | |
| Letlha la konosetso | | | | | | | | | | |

| Kgweditharo 4 Malatsi a le 47 | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 | | | | | | | | | | | | | | |
|---|--|--------------------------------|--------|--------------------------------------|--------|---|--------|---|--------|---|--|-------------------------------------|--|-------------------------------|--|--|--|---|--|---|--|--|---|---------|
| Karolo ya Pegelo ya Pholisi ya Kharikhulam o le Tihatlhobo | KWALO Labobedi le Labone | | | | | | | | | | | | | | | | | | | | | | | |
| Diteng Dikgopololo Dikgono Boleng | <p>Ipaakanyo le sethangwa sa ntlha</p> <p>Labobedi: Go tlhotlha diphoso Barutwana ba buisetsa balekane dikwalo tsa bone. Ba thusane go batla le go baakanya diphoso tsa bone. Buisa lenaane la tekolo o netefatse fa dilwana tsothe tse di mo go lone di tladitswe.</p> <table border="1" style="margin-left: 10px;"> <tr> <td>Ke dirisitse dithaka tse kgolo</td> <td></td> </tr> <tr> <td>Ke dirisitse matshwao a puiso (. ?)</td> <td></td> </tr> <tr> <td>Ke buiseditse dipolelo tsa me kwa godimo.</td> <td></td> </tr> <tr> <td>Ke tlhotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.)</td> <td></td> </tr> </table> <p>Labone: Barutwana ba kwale lekwalo mo dibukeng tsa bona tsa kwalo.</p> | Ke dirisitse dithaka tse kgolo | | Ke dirisitse matshwao a puiso (. ?) | | Ke buiseditse dipolelo tsa me kwa godimo. | | Ke tlhotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.) | | <p>Labobedi: Go tlhotlha diphoso Barutwana ba buisetsa balekane dikwalo tsa bone. Labobedi: Kwalokopanelo: Kwala temana ka sengwe se se ntshwa se o batlang go se ithuta.</p> <p>Labone: Go tlaleletsa temana ka dipolelo. Tlhalosa polelo e e khutlisang - e e sobokanyang maikutlo ka ga go ithuta sengwe se se ntshwa.</p> | <p>Labobedi: Go tlhotlha diphoso Barutwana ba buisetsa balekane dikwalo tsa bone. Ba thusane go batla le go baakanya diphoso tsa bone. Buisa lenaane la tekolo o netefatse fa dilwana tsothe tse di mo go lone di tladitswe.</p> <table border="1" style="margin-left: 10px;"> <tr> <td>Ke dirisitse dithaka tse kgolo (!?)</td> <td></td> </tr> <tr> <td>Ke dirisitse matshwao a puiso</td> <td></td> </tr> <tr> <td>buiseditse dipolelo tsa me kwa godimo.</td> <td></td> </tr> <tr> <td>) Ke tlhotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.)</td> <td></td> </tr> </table> <p>Labone: Go phasalatsa le go abelana Barutwana ba kwala ditemana le go di buisetsa balekane ba bone.</p> | Ke dirisitse dithaka tse kgolo (!?) | | Ke dirisitse matshwao a puiso | | buiseditse dipolelo tsa me kwa godimo. | |) Ke tlhotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.) | | <p>Labobedi: Go tlhotlha diphoso Kwala temana ka nako ya fa o ne o utlwile botlhoko fela mongwe a go dira gore o ikutlw o le botoka. Baritwana ba kwala setlhogo sa polelo morago ba oketse ka dipolelo tse di e tshegetsang.</p> <p>Labone: Barutwana ba tlaleletsa ka polelo e e khutlisang.</p> | <p>Labobedi: Go tlhotlha diphoso Kwala lenaane leo le nang le ditlhogo tse di itumedisang ka ntlha tseo di ithutilweng ka ga ditiragalo</p> <p>Labone: Kwalo: Feleletsa kerafo mo bukeng ya tiro ya DBE</p> | <p>Labobedi: Tlhotlha diphoso</p> <p>Labone: Go phasalatsa le go abelana</p> <p>Labone: Kwalo: Feleletsa kerafo mo bukeng tsa kwalo.</p> | <p>Labobedi: Kwalokopanelo: Re ya go dira eng mo malatsing a boikhutso?</p> <p>Labone: Kopolola/Kwala bonnye dipolelo di le 3 mo dibukeng tsa kwalo.</p> | Poletso |
| Ke dirisitse dithaka tse kgolo | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse matshwao a puiso (. ?) | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke buiseditse dipolelo tsa me kwa godimo. | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke tlhotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.) | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse dithaka tse kgolo (!?) | | | | | | | | | | | | | | | | | | | | | | | | |
| Ke dirisitse matshwao a puiso | | | | | | | | | | | | | | | | | | | | | | | | |
| buiseditse dipolelo tsa me kwa godimo. | | | | | | | | | | | | | | | | | | | | | | | | |
|) Ke tlhotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.) | | | | | | | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | |
|---|---|--|---|---|--|--|--|---|---|---|
| Ditselana tsa go konosetsa kharikhulamo | Dikgono tsa kwalo: <ul style="list-style-type: none"> O dirisa bokgoni jwa bgo kwala jo bo rutilweng mo Puong ya Gae. Kwala manaane a a golang ka marara ka dithhogo. Kwala temana ya dipolelo di le 6 – 8 ka setlhogo se se tlwaelegileng. O rulaganya tshedimosetso mo tshateng, lenaaneng kgotsa kerafo. O kwala tatelano ya ditiragalo ya maitemogelo a gagwe. Mmogo le morutabana, o kwala kgang e e bonolo a bo a kwalolola. (Kwalo kopanelo) O dirisa dikgato tsa go kwala (go kwala ditlhanga tsa ntla, go kwala, tlhotla diphosa le go phasalatsa)) O dirisa matshwao a puiso matshwao a puiso a a rutilweng mo Puong ya Gae (khutlo, phegelwana, letshwao la potso, letshwao la kgakgamalo. | | | | | | Mopeleto: <ul style="list-style-type: none"> O peleta mafoko a a tlwaelegileng ka nepagalo le go leka go peleta a a sa tlwaelegang a dirisa kitso ya medumopuo. Aga sefala sa mafoko le thanodi e e leng a gagwe. Dirisa dithanodi tsa bana (temenngwe le tempedi) fa go tlhokega. | | | |
| | | | | | | | | | | |
| Kgweditharo 4 Malatsi 47 | Beke 1 | Beke 2 | Beke 3 | Beke 4 | Beke 5 | Beke 6 | Beke 7 | Beke 8 | Beke 9 | Beke 10 |
| Karolo ya Pegelo ya Pholisi ya Kharikhulam o le Tlhatlhobo | TIRISO YA PUO LABOTLHANO | | | | | | | | | |
| Diteng Dikgopololo Dikgono Boleng | Ikatisa go bayadipolelo tse dibonolo ka pakatlang. Boeletsa tiriso ya matshwao a puiso: ditlhakagolo le dikutlo | Marui: ya me, tsa gago | Matthalosi a papiso: kgolo –kgolwane Mosola – mosola thata | Ikatisa go bayadipolelo tse dibonolo ka pakatlang. Boeletsatiriso ya matshwao a puiso: tlhakagolo le khutlo | Metshameko ya puo: Maemedi | Mainatota: nna, ene, rona Tlhaatlhobo e e tlhomameng | Metshameko ya puo: | Poeletso ya dipopego tsotle tsa tuo tseo di rutilweng. | | |
| Ditselana tsa go konosetsa kharikhulamo | Tiriso ya puo: <ul style="list-style-type: none"> O tirisa pakafetileng ka tlhomamo e e golang. O tlhaloganya le go dirisa pakatlang. O tlhaloganya le go dirisa lethalosi la papiso. O boeletsa nngwe ya thutapuo e e sa tlhomamang e e dirlweng mo Mephatong R – 2. | | | | | | | | | |
| Letlha la konosetso | | | | | | | | | | |
| Ditirwana tsa tlaleletso | Buka 2 ya tiro ya DBE, tsebe 34, 35 (Mafoko a ttiro), 35 A re kwaleng) Taka o be o tshwantshe mosola wa thuto. | Buka 2 ya tiro ya DBE, tsebe 36, 37, 38, 39, 40. | Buka 2 ya tiro ya DBE 41, 42, 43. Taka o be o kwale ka sengwe se se go ritibatsang maikutlo. | Buka 2 ya tiro ya DBE, tsebe 45, 46, 47 Taka o be o kwale ka sengwe se se kileng sa go utlwisa botlhoko. | Buka 2 ya tiro ya DBE, tsebe, 50, 51 – 53. Taka setshwantsho sa gago. Kwala dipolelo go | Buka 2 ya tiro ya DBE, tsebe 54, 55, 56 – 57, 58. Feleletsa dikarata tsa medumopuo/ tekatlhologanyo/k walo. | Buka 2 ya tiro ya DBE 64, 65 Kwala kgang ka nkoko wa gago fa a ne a le monnye. | Buka 2 ya tiro ya DBE 69, 70, 71, 72, 73, 75 Feleletsa dikarata tsa medumopuo/ tekatlhologanyo/k walo. | Feleletsa ditirwana mo bukeng ya tiro ya DBE Feleletsa dikarata tsa medumopuo/ tekatlhologanyo/k walo. | Feleletsa ditirwana mo bukeng ya tiro ya DBE Feleletsa dikarata tsa medumopuo/ tekatlhologanyo/k walo. |

| | | | | | | | | | | |
|---|--|--|--|--|------------------------------|--|--|--|--|--|
| | | | | | tthalosa ka moo a ikutlwang. | | | | | |
| Kitso ya pele e e tlhogagalang. | Kitso ya tiro e e dirilweng mo Mophatong 2. Kitso ya thitokgang e ka thusa thata. Botsa dipptso go lemoga kitso ya pele ya dikgweditharo tse di fetileng. | | | | | | | | | |
| Didiriswa tse di ka dirisiwang go thusa go ruta ntle le buka ya morutabana | Dibukakgolo Ditsekdimisi Ditshwantsho Diphousetara Dibuka tsa go buisa Ditirwana tseo barutwana ba ka di dirisang fa sethophpha sengwe se dira ka nako ya Puisokaelo ka ditlhophpha. Diaparo tsa maiterelo | | | | | | | | | |
| Tlhatlhobo e e sa tlhomamang | <ul style="list-style-type: none"> Ditirwana tse di tshwanetswe go elwathhoko le go tlhatlhojwa ka nako ya ditirwana tsa letsatsi le letsatsi fo go rutiwa dipuo. Maikaelelo ga se gore kgono nngwe le nngwe e nne tirwana ya tlhatlhobo fela barutwana ba tshwanetse go newa ditshono go tlhagisa dikgono tse ka molomo le ka tiragatso.. Seno se tshwanetswe go dirwa mo go sa tlhomamang le ka mokgwa wa tsweledi. | | | | | | | | | |
| TLHATLHOBO YA KWA SEKOLONG (Tlhatlhobo e e tlhomameng) | <ul style="list-style-type: none"> Rubiriki, lenaane la tekolo le ditirwana tsa kwalo di ka dirisiwa. Tlhatlhobo e ka diragala fela fa diteng di rutilwe e bile baithuti ba neilwe nako e el ekaneng ya go ikatisa. | | | | | | | | | |

LENANEO LA TLHATLHOBO

PUO TLALELETSO YA NTLHA: Mophato 3: Kgweditharo 4

| | | | | | | |
|--------|---|--|---------------------------------------|------------|-------------------------------------|---|
| Karolo | <p>Bokgoni jo bo tshwanetsweng go tlhatlhobiwa</p> <p>Go reetsa le go bua</p> <ul style="list-style-type: none"> ▪ Tiragatso ya molomo: Motlotlo o mokhutshwane ka setshwantsho/ Phousetara ya thitokgang e ka nna bonnye jwa dipolelo di le 4 – 5. | Mokgwa wa tlhatlhobiwa Go elatlhoko le molomo | Sediriswa sa tlhatlhobiwa Rubiriki | Maduo 5 | Letlha la go konoseta Beke 5 & 6 | Letlha le tlhatlhobiwa e feditsweng ka lona |
|--------|---|--|---------------------------------------|------------|-------------------------------------|---|

Dintsha go morutabana

Ditirwana tse tsa go reetsa le go bua di tlaa elwatlhoko le go tlhatlhobiwa ka nako ya dithuto tsa ditirwana tsa molomo. Maikaelelo ga se gore bokgoni bongwe le bongwe e nne tirwana ya tlhatlhobiwa, mme fela o tshwanetse go netefatsa gore barutwana ba neetswe ditshono go tlhagisa bokgoni jo jwa molomo le ka tiragatso letsatsi le letsatsi. Kwa bokhutlong jwa beke 7, morutwana mongwe le mongwe a bo a tlhatlhobilwe mo bokgoning jwa gagwe jwa go tlhagisa motlotlo o mokhutshwane ka setshwantsho /phousetara e e tlwaelegileng, jj. Mo go SAMS o tshwanetse go nna le ledou le le 1 la Go reetsa le go bua.

| | | | | | | |
|------------------|--|-----------------------|---------------------------------|----|--------|--|
| Medumopuo: Kwalo | <p>Maemo a mafoko le polelo</p> <ul style="list-style-type: none"> ▪ Lemoga ditumammogo tse pedi tse di pataganeng, tl, th, ts ▪ Lemoga megatlana | Go elatlhoko le kwalo | Buka ya go kwalela le mathare a | 10 | Beke 8 | |
|------------------|--|-----------------------|---------------------------------|----|--------|--|

Ditaelo go morutabana

Tirwana ya medumopuo ga e a tshwanela go feta metsotso e le 15 e bile e dirwe ka ditlhophpha tse dinnye gore ditirwana di kgonwe go rutiwa le barutwana botlhe ka tshwanelo. Mo bekeng 8 medumopuo ya kwalo e tshwanetswe go tlhatlhobiwa ka mokgwa wa kwalo go dirisiwa mathare a tiro a a tla akaretsang ditirwana tsa tekathaloganyo mmogo le bokgoni jwa tiriso ya puo. Mo go SAMS o tshwanetse go nna le ledou le lengwe (kwalo ya medumopuo)

| | | | | | | |
|---------------|--|------------------------|----------|---|------------|--|
| Puiso: Molomo | <p>Nako ya puisokopanelo (Bukakgolo, Thitokgang, buka ya puiso)</p> <p>Mafoko a go leba le go bua. Tlhatlhobaba morutwana mongwe le mongwe ka nosi ka mafoko a le 70 - 80</p> | Go elatlhoko le molomo | Rubiriki | 5 | Beke 6 & 7 | |
|---------------|--|------------------------|----------|---|------------|--|

| | | | | | | |
|------------------------------------|---|-------|--------------------------------------|----|--------|--|
| Kwalo ya puiso ya teka tlhaloganyo | <ul style="list-style-type: none"> ▪ Tilhopha temana ya puiso ya mafoko a le 80 to 100 (Buka ya tiro ya DBE/ buka ya puiso) Mofuta wa di potso ▪ Dipotso tsa go tlhopa dikarabo tse di nepagetseng le go tlatsa ka mafoko a tlogetsweng ▪ Kgang ya tatelano ya di tiragalo le dipotso tsa go gakologelwa tse dittswalegileng. | Kwalo | Letlhare la tiro/ buka ya go kwalela | 10 | Beke 8 | |
|------------------------------------|---|-------|--------------------------------------|----|--------|--|

Ditaelo go morutabana

Tlhatlhoba morutwana mongwe le mongwe ka bonnye mafoko a le 70 – 80 mo bekeng ya 6 – 7 ka nako ya puiso kaelo ka ditlhophpha. Lenaane la tekolo le tshwanetswe go dirisiwa go rekota mme go neela maduo go dirwe go ya ka rubiriki ya ditirwana tsa puiso ya molomo. Ka beke ya 8 dira tirwana ya tekathaloganyo ya kwalo le phaposi yothle metsotso e le 15 – 20. Temana e buisetswe baithuti botlhe mo phaposing mme ditirwana tsa tekathaloganyo di rutiwe ka fa go tshwanetseng. Tlhatlhoba kwalo ya medumopuo, tekathaloganyo e bokgoni jwa tiriso ya puo ka mokgwa wa kwalo o dirisa letlhare la go kwala. Mo go SAMS o nne le, maduo a Puiso (puiso ya molomo le kwalo ya tekathaloganyo.)

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|---------------|---|-------|---|---|--------|--|
| Kwalo: | <ul style="list-style-type: none"> ▪ Kwala bonnye dipolelo di le 4 – 6 ka setlhogo se se tlwaelegileng a dirisa ditlhakakgolo le dikhutlo. | Kwalo | Rubiriki Letlhare la tiro/buka ya go kwalela | 5 | Beke 7 | |
| Tiriso ya puo | <ul style="list-style-type: none"> ▪ Matshwao a puiso (ditlhakakgolo le dikhutlo), dipaka, bontsi, maina | | | 5 | Beke 8 | |

Ditaelo go morutabana

Mo bekeng ya 8 bokgoni jwa tiriso ya puo bo tthatlhobiwe ka mokgwa wa kwalo o dirisa lethare la tiro le le tla akaretsang kwalo ya medumopuo mmogo le ditirwana tsa tekatlhologanyo. Mo go SAMS o tla rekota fela maduo a le a kwalo. (bokgoni jwa tiriso ya puo le kwalo)

PALOGOTLHE YA MADUO

40

Maduo a tla rekotiwa mo go SAMS. Maduo a tla fetolelwa go peresente go tlhagisa maemo 1 – 7 mo karateng ya pegelo

PUO TLALELETSO YA NTLHA MOPHATO 3: KGWEDITHARO 4 maduo o dirisa rubiriki

| | Go reetsa le go bua | Medumopuo Kwalo | Puiso | | Kwalo | Tiriso ya puo | Ditshwaelo |
|--------------------------|--|------------------------|--|---|---|---|-------------------|
| | | | Molomo | Kwalo | | | |
| | Tiragalo ya molomo: Motollo o mokhutshwane ka setshwanisho/ Phousetara ya thitokgang e ka nna bonnye jwa dipolelo di le 4 – 5. | R Lemoga megattana | Mafoko a go leba le go bua. Thathobaba morutwana mongwe le mongwe ka nosi ka mafoko a le 70 - 80 | Tekalhaoganyo ya kwalo. Dipotsa tsu go thophha dikarabo tse di nepagetseng, tlatsa ka mafoko a a tigetsweng, Kgang ya tatelano ya di tiragalo le dipotsa tsu go gakologela di tswalegileng | Kwala bonnye dipolelo di le 4 – 6 ka setlhogo se se thwaelegileng a dirisa dithhakakgolo le dikhutto. | Matshwao a puiso, (dithhakakgolo le dikhutto stops) Dipaka, bontsi le maina. | |
| Letlha | | | | | | | |
| Maduo | 5 | 10 | 5 | 10 | 5 | 5 | |
| Maina a barutwana | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |



MEFUTA YA DIRUBIRIKI

DIRUBIRIKI TSE DI LATELANG KE DIKAI FELA....MORUTABANA O LETLELETSWE G O KA DIRISA TSA GAGWE

MOPHATO 3: RUBIRIKI: Kgweditharo 4

| GO REETSA LE GO BUA | | | | | |
|--|--|--|--|--|--|
| Tirwana | 1 | 2 | 3 | 4 | 5 |
| Tiragatso ya molomo: Motlotlo o mokhutshwane ka setshwantsho/ Phousetara ya thitokgang e ka nna bonnye jwa dipolelo di le 4 – 5. | Ka thuso le ikatiso morutwana o kgona go neelana ka didiriswa tse 2 – 3 mo sethswnatshong/phousetata | Morutwana o kgona bua ka setshwantsho kgotsa phousetara e e ipaakanyeditsweng e e tlwaelegileng / Phousetara ya thitokgang e e tlhalosang dintlha di le 3 ka dipolelo tse di sa felelang | Morutwana o kgona go bua ka setshwantsho/phousetara e e tlwaelegileng/ Phousetara ya thitokgang e e tlhalosang dintlha di le 4 ka dipolelo tse di feletseng. | Morutwana o kgona go bua sentle ka setshwantsho/phousetara e e tlwaelegileng/ Phousetara ya thitokgang e e tlhalosang dintlha di le 5 le go feta ka dipolelo tse di feletseng. | Morutwana o kgona go bua sentle ka setshwantsho/phousetara e e tlwaelegileng/ Phousetara ya thitokgang e e tlhalosang dintlha di le 5 le go feta ka dipolelo tse di feletseng. |
| PUISO | | | | | |
| Tirwana | 1 | 2 | 3 | 4 | 5 |
| Temogo ya mafoko: mafoko a go leba le go bua: 70 - 80 | Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegileng a le 20 – 25 le morutabana. | Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegilng a le 50 – 59 ka nepagalo. | Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegilng a le 60 – 69 ka nepagalo. | Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegilng a le 70 – 79 ka go itshepa le ka nepagalo. | Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegilng a le 80 ka go itshepa le ka nepagalo. |
| KWALO | | | | | |
| Tirwana | 1 | 2 | 3 | 4 | 5 |
| Kwala bonnye dipolelo di le 4 – 6 ka setlhogo se se tlwaelegileng a dirisa ditlhakakgolo le dikhutlo. | Morutwana o kgona go kopolola mafoko a a tlhaelang a le 1- 2 ka thuso ya morutabana | Morutwana o kgona go kwala polelo e le 1 ka setlhogo se se tlwaelegileng a dirisa foreimi. | Morutwana o kgona go kwala dipolelo di le 2 – 3 ka setlhogo se se tlwaelegileng a dirisa ditlhakakgolo le dikhutlo ka nepagalo. | Morutwana o kgona go kwala dipolelo tse di maleba di le 5 ka setlhogo se se tlwaelegileng a dirisa mopelelo le matshwao a puiso. | .Morutwana o kgona go kwala dipolelo tse di maleba di fetang 5 ka setlhogo se se tlwaelegileng a dirisa mopelelo le matshwao a puiso. |