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Tonakgolo ya Thutotheo



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Motlatsatonakgolo
ya Thutotheo

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

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

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

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

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

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LIFE SKILLS IN SETSWANA

GRADE 3 – BOOK 1
TERMS 1 & 2

ISBN 978-1-4315-0281-3

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NOT BE SOLD.**

E tlhabolotswe e
bile e tsamaelana
le KPKT

Mophato

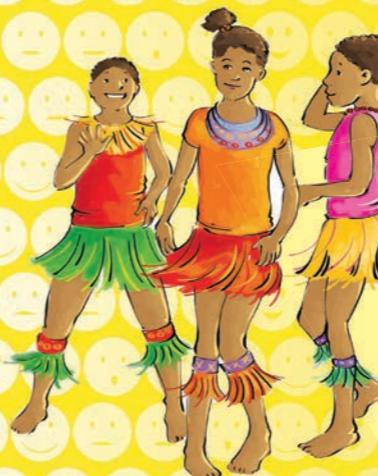
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Bokgoni jwa Botshelo ka SETSWANA

Buka 1

Kgweditharo 1&2



Dibukatiro tse di fitlhelwang mo metseletseng e, ke:

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

Leina:

Phaposi:



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Letsatsi la segopotso la botlhokwa la Bajuta:

Letsatsi la segopotso la botlhokwa la Seiselamo:

Letsatsi la segopotso la botlhokwa la Bahá'í:

Matsatsi a boditshabatshaba a dinaga tse di kopaneng:

Letsatsi la botlhokwa la Sehindu la segopotso:

Mophato

3



Bokgoni jwa Botshelo
ka **Setswana**
Buka I



Buka e, ke ya ga:



Ka ga me



A re kwaleng

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

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



Lokwaloitshupo

Leina:

Dingwaga:

Letlha la Botsalo:

ngwaga kgwedi letsatsi

Letsatsi la botsalo:

Mosetsana kgotsa mosimane:

Puogae:

Mmala wa moriri:

Bogodimo: _____ cm

Mmala wa matlho:

Tshaeno



Thala setshwantsho sa gago.



A re bueng

Jaanong akanya ka ga
botshelo jwa gago go
fitlha fa.

O kgora go gakologelwa bokgakaleng jo
bokae kwa morago?

A o kgora go gakologelwa letsatsi la
bobedi la botsalo?

A o kgora go gakologelwa gore o
simolotse sekolo leng?



A re kwaleng

Tlatsa molanako o ka ga
botshelo jwa gago.



Ke belegwe ka

Ke simolotse go
buak ka

Ke simolotse
sekolo ka

Ke dirile Mophato
wa boraro ka

kgwedi

ngwaga

20 _____

20 _____

20 _____

20 _____



Sekolo sa me



A re direng

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

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



A re kwaleng

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

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

Seikao sa sekolo ke eng? A se
santse se tshwana le gompieno?

Thala betšhe ya sekolo.

Kaela ka ga sengwe se se botlhokwa
ka ga sekolo. (Gongwe go ne go na
le morutwana kgotsa boiphitlhelelo
bongwe jo bo kgethegileng.)

Thala setshwantsho go bontsha
sengwe se se kgethegileng ka ga
sekolo.



A re tsamayeng

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



Morutabana wa gago o tlaa bitsa leina
la gago mme a go latlhelele kgwele. O
tshware kgwele pele e ka wela fa fatshe.

Jaanong leka go tshware kgwele ka kgetsana
fa tsala ya gago e e go latlhelela.

Latlhelela tsala ya gago kgwele mme o
bone gore a o tlaa kgona go e tshware
ka kgetsana.

Phutholola mmele wa gago jaaka
katse e itshidila.



Gotlhe ka ga me



A re bueng

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

Fa ke ne ke le
dingwaga di le tlhano
ke ne ka ya kwa
lewatleng.

Fa ke ne ke le dingwaga
di le nne ke ne ka wa go
tswa mo leboteng.



A re bueng

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

<p>lesea</p>	<p>lesea le le gagabang</p>	<p>ngwana wa sekolo</p>
<p>mošwa</p>	<p>mogolo</p>	<p>motsofe</p>



A re bueng



Dirang ka setlhophpha. Itlhameleñg pina le bine.

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



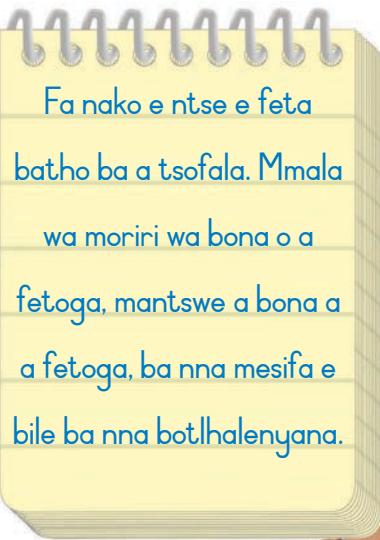
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Kgolwane le bogolwane

A re bueng

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



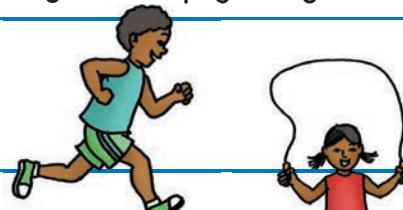
A re kwaleng

Batho ba fetoga jang fa ba tsofala?



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

Taboga ntle
le go lapa.



Tlola kgati.

Buisa lekwalodikgang.



Kgweetsa sejanaga.



Tshameka mo setlhareng.



Nna	Batsadi ba me

Letlha:



A re opeleng

A re ipaakanyetseng go opela.

Dirang medumo e.

Modumo o o bonako jaaka saerini ya emelense.

Modumo o o bonya jaaka pina e e robatsang lesea.

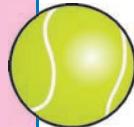
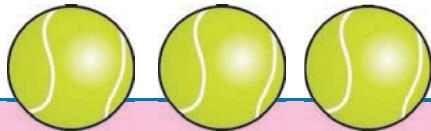
Modumo o o kwa godimo jaaka wa dinonyane di opela.

Modumo o o kwa tlase jaaka wa tau e rora.



A re ikatiseng

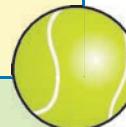
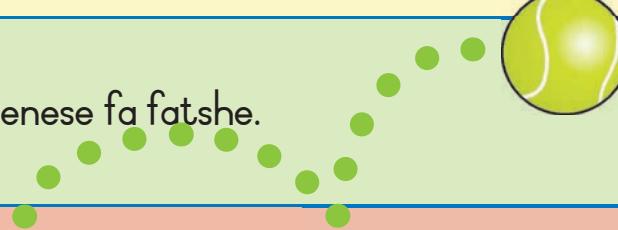
A o kgona go tshwara kgwele?



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

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

Betsaganya kgwele ya thenese fa fatshe.



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

Jaanong phutholola mmele wa gago jaaka katse.



Maikutlo



A re bueng

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

lela

itumetse

ikwathlhaya

tshogile

motlotlo

tenegile



A re tsamayeng

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



Letlha:



A re bueng

Ke eng se se go itumedisang?

Ke eng se se dirang gore o tlhonye?

Ke eng se se go tshosang?



A re kwaleng

Ke eng se se go tenang?



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

Bukanatsatsi e e rategang

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

Bukanatsatsi e e rategang



Dilo tse ke di ratang



A re kwaleng

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





**SE KE
ITUMELE-
LANG GO
SE DIRA**





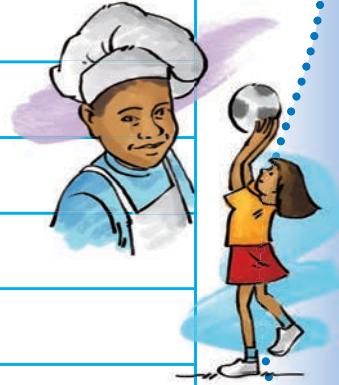


A re thaleng

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



Se ke se itumelelang go feta



A re direng

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



A re bueng

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

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

Ke tirwana efe e e rategang?



Maikutlo



A re bueng

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

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



A re kwaleng

Ditsala tse di siameng di dira eng?



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



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

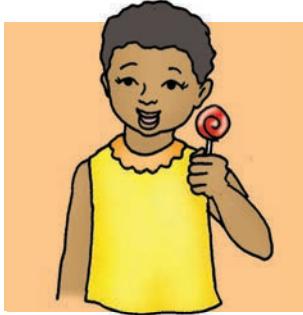
Letlha:

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

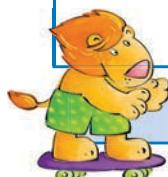


A re bueng

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



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



A re ikatiseng

Leka go dira dilo tse.

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



Go tlhola fela



A re kwaleng

Itlhole

Ke tsala e e siameng.

Ke kgathalela ditsala tsa me.

Ke botsalano mo baneng ba phaposi ya me.

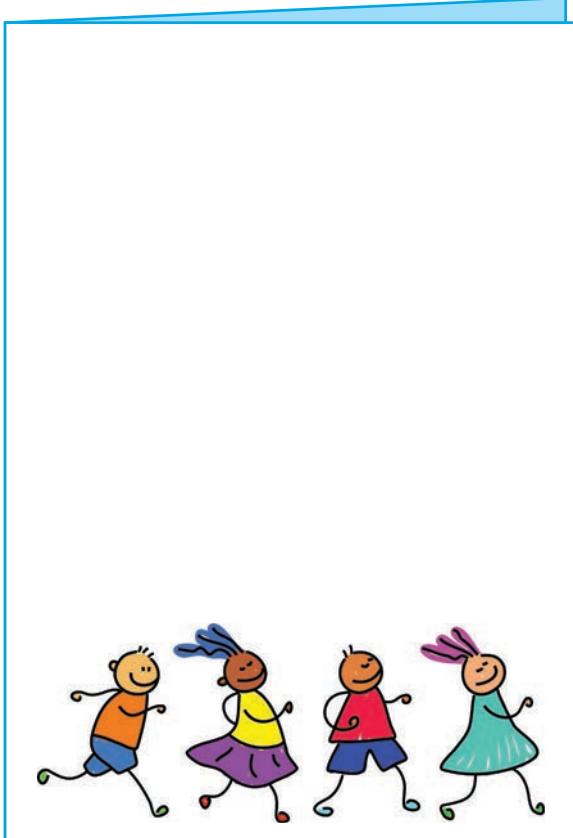
Bana ba bantsi ba a nthata.

Ke aga ke le bonolo mo bathong.



A re direng

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





A re kwaleng

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



★ Batho ba ba kgethegileng mo botshelong jwa me



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





Thutaboitekanelo



A re bueng

Bua gore go diragala eng
mo setshwantshong se.



A o setse o kile wa tswa mokola?

O tshwanetse go dira eng fa o tswa mokola?

O tshwanetse go dira eng fa o tswa mokola

1 Dulela kwa pele ka tlhogo ya gago.

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



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



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



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

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

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

Go alafa go kgoboga kana go segega



A re buiseng

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



A re bueng

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

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

O se ka wa ama madi a motho yo mongwe.

Fa o thusa motho o rwala dittelefa kana diatlana ka dinako tsotlhе.

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

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

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

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



Go ša



A re buiseng

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



1 Tsokotsa ntho ya molelo ka metsi a a tsididi sebaka sa metsotso e le lesome. Se se thusa go tsidifatsa letlalo.



2 Tlosa lesela mo karolong e e šeleng. Fa seaparo se kgomaretse mo letlalang, o se ka wa se tlosa.



3 Tlogela ntho ya molelo e bulegile mme o lebelele gore e se ka ya etegela.



4 Fa karolo e e šweleng e le boteng kgotsa e le kgolwane go na le bogare jwa seatla sa gago, bona ngaka ka bonako.



A re ikatiseng

Dira tlolotele.

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



Tshwaya gore o ka tlola jang.

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



A re ikatiseng

Dira kiribaa.

Refosana le tsala ya gago go nna kiribana.



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



A re bueng

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



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

Mokola

Mokola

Mesego

Mesego

Dintho tsa go ša

Dintho tsa go ša



Go tshola mmele wa me o babalesegile



A re bueng

Re tshwanetse go tlhokomela mebele ya rona.

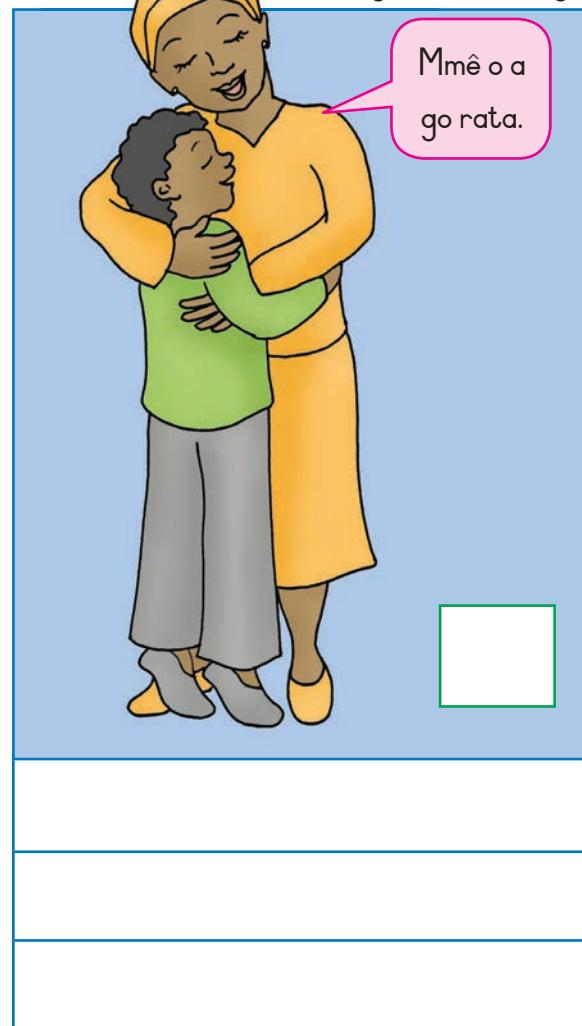
Re nna le maikutlo a "ee" fa re rata sengwe
mme re rata gore se tswelele pele.

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

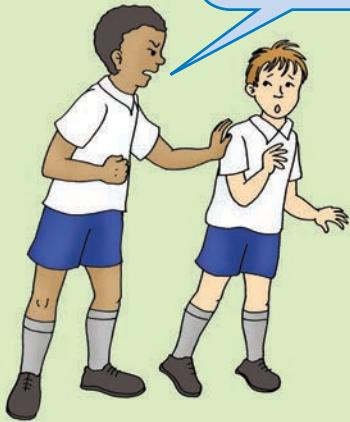


A re kwaleng

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



Ga ke go rate.



Jaanong o montle.



Go bua, nnyaya

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

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

A re kwaleng

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



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



Go itlhokomela



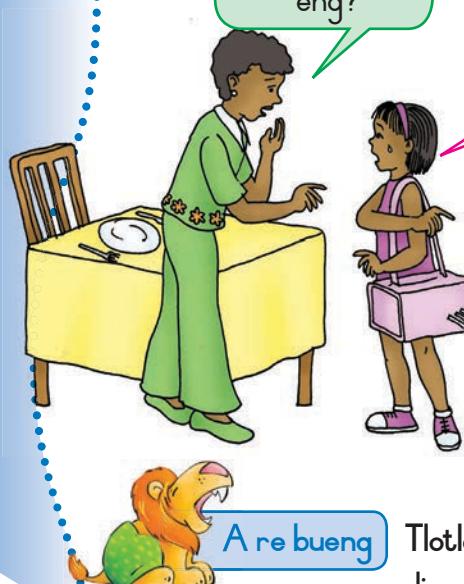
A re bueng

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



Nnyaya, ntlogele!

Go diragetseng?



A re bueng

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

Letsha:

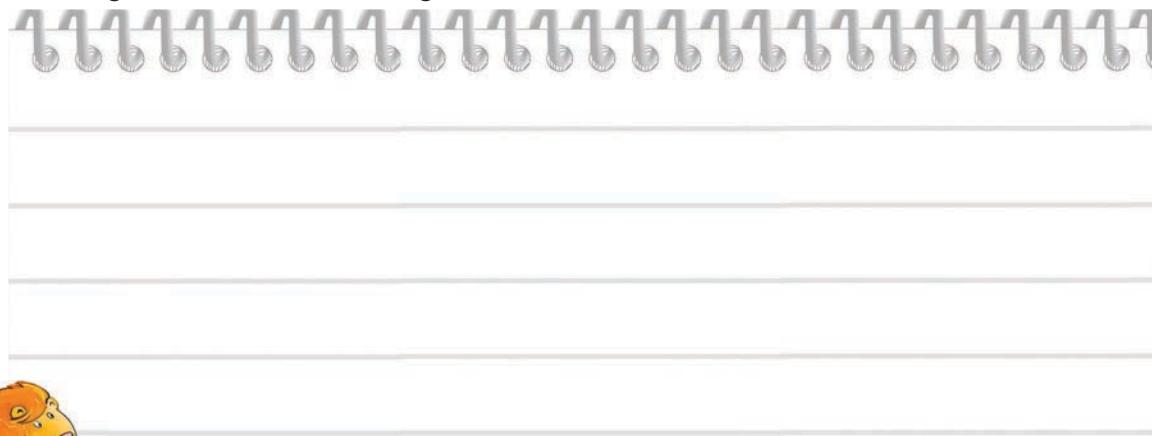


A re kwaleng

Kwala melawana e le metlhano ya pabalesego.

Simolola mongwe le mongwe ka:

Bana ga ba a tshwanelo go ...



A re direng

Dira mmaseke go bontsha maikutlo.

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

E thale mo pampiring e e magwata.

E sege.

Sega matlho.

E kgabise ka pampiri ya mebala.



A re ikatiseng

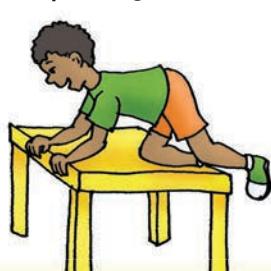
Ipaakanyetse go taboga.

Ema ka maemo a a nepagetseng a go simolola.

Reetsa morutabana wa gago a re:

"Tlhomang ka menwana! Ipaakanyeng! Ragogang!"

Morago lo dire leparego.





13 Go tshola mmele wa me o babalesegile



A re bueng

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



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

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

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

Go tsuba go senya mebele ya rona jang?



A re kwaleng

Tshwaya (✓) tlhagiso nngwe le nngwe kgotsa thala sekere (✗) go supa gore a ke **nnete** kgotsa **ga se nnete**.

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



Melawana ya boitekanelo



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

Ke tshwanetse go tlhapa diatla tsa me fa ke tswa kwa ntlwanaboithusetsong le pele ke ama dijo.



Boithabiso

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



Boithabiso



Nna matlhagatlhaga mme o tshameke motshameko wa kherikete.

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



Teacher:
Sign:
Date:



Ditshwanelo le maikarabelo



A re buiseng

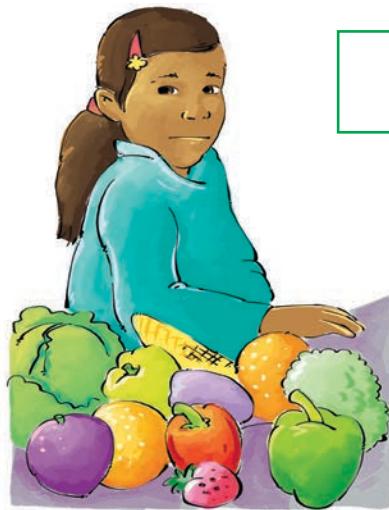
Nako nngwe bana ba tshwanetse go thusa malapa a bona ka ditiro.

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

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



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



Anna o rekisa merogo letsatsi lotlhe mme ka jalo ga a kgone go ya kwa sekolong.



Lisa o nosetsa tshingwana ya merogo fa sekolo se dule.



Peter o rwala ditena gonne o direla
moagi.

Jabu le Bongi ba thusa ka
go tlhatswa.



A re bueng

Ke ditiro dife tse o di dirang kwa gae?

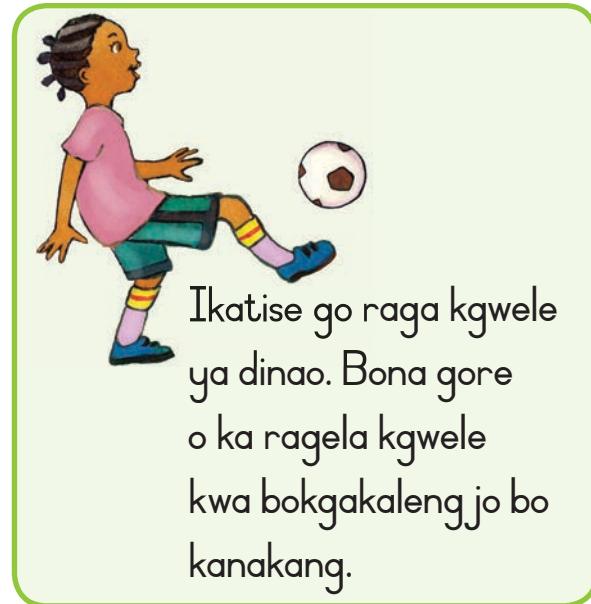
Ke ditiro dife tse o di dirang kwa sekolong go thusa
morutabana wa gago?



A re ikatiseng

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

Bofang
maoto a lona
mme morago
le taboge.



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



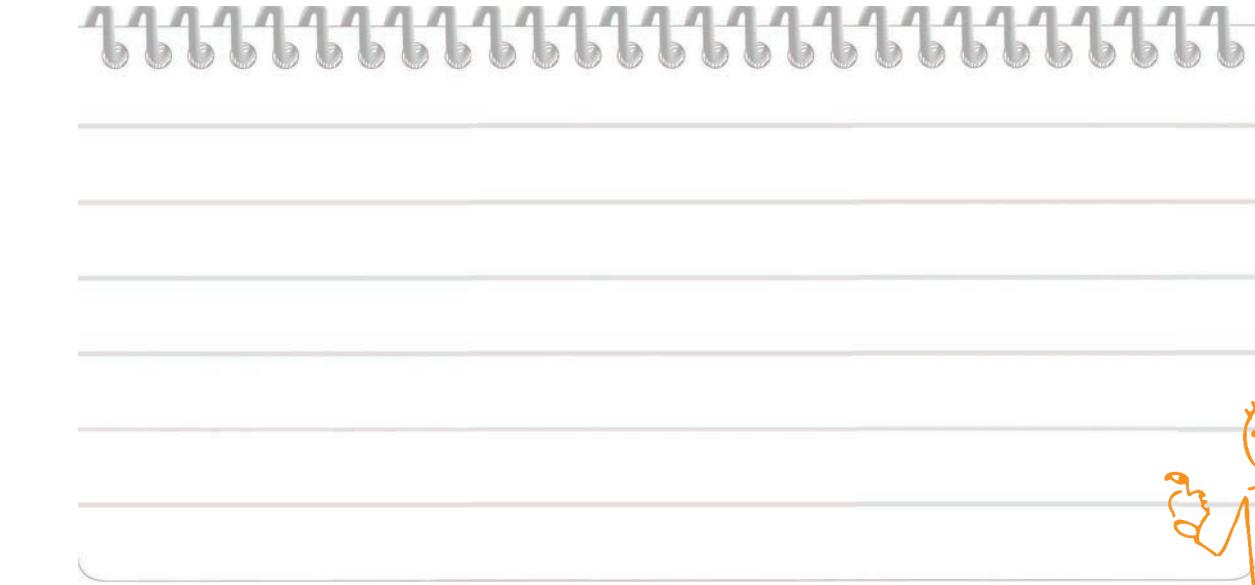
Ditshwanelo le maikarabelo





A re kwaleng

Kwalela phaposi ya gago
melawana e le mene.



A re bueng

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



MAIKARABELO A BAŞWA BA AFORIKABORWA

Tekatekano	Seriti sa botho	Botshelo	Lelapa
Tshwara motho mongwe le mongwe sentle le ka go lekakana. O se ka wa kgetholola.	Tlotla mongwe le mongwe. Nna bonolo le pelonomi.	Botshelo jotlhe bo bothokwa. Tlotla botshelo bongwe le bongwe.	Tlotla batsadi ba gago. Nna bonolo le boikanyego mo lelapeng la gago.
Thuto	Mmereko	Kgololosego le pabalesego	Dithoto
Tsena sekolo, o ithute mme dira ka natla. Obamela melao ya sekolo.	Thusa lelapa la gago ka mmereko kwa gaeno. Bana ba se ka ba patelediya go batla mmereko.	O se ka wa gobatsa, wa dipisa kgotsa wa tshosetsa ba bangwe, gape o se ka wa letla ba bangwe go dira jalo. Rababolola thokakutwisisano ka mokgwa wa kagiso.	Tlotla dithoto tsa batho ba bangwe. O se ka wa senya dithoto e bile o se ka wa utswa.
Bodumedi. Tumelo le Dikakanyo	Tshireletsego	Boagi	Kgololosego ya puo
Tlotla ditumelo le dikakanyo tsa batho ba bangwe.	Tlhokomela lefatshe. O se ka wa senya metsi le mottakase. Tlhokomela diphologole le dijalo. Tshola legae le tikologo ya gago di le phepa e bile di babalesegile.	Nna MoAforikaborwa yo siameng e bile a le boikanyego. Obamela melao, mme o netefatse gore batho ba bangwe ba dira jalo le bona.	O se ka wa gasagasa maaka le lethoo. Netefatse gore batho ba bangwe ga ba rogakiwe e bile ga ba utlwisiwe bothoko.

Teacher:
Sign:
Date:



16a Malatsi a sedumedi le a a kgethegileng



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



Sehindu



Seiselamo



Sejuta



Sekeresete

Re tshwanetse go tlota batho ba ditumelo tsotlhe.

Tumelo ya gago ke efe?

Tumelo ya tsala ya gago ya botlhokwa ke efe?

Letlha:

Go tlhola fela



A re kwaleng

Tlatsa karata e ka ga gago.



Kgweditharo | - Beké 8 - Papet/anatiro

Leina la me _____

Sefane sa me _____

Letsatsi la me la botsalo _____

Mophato wa me _____

Sekolo sa me _____

Nomore ya me ya mogala _____

Aterese ya me _____

Nomore ya tshoganyetso _____

Motshameko wa me o ke o ratang _____

Mmala wa me o ke o ratang _____

Tsala ya me ya botlhokwa _____

Ke eng se se intumedisang _____

Ke eng se se dirang gore ke nne ke tlhontse _____

Ke eng se se ntenang _____

Se ke se kgonang _____



Mekgwa e e itekanetseng ya go ja



A re bueng

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

Diporoteine

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



Divithamini

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



A re ikatiseng

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

Dikhabohaetereiti

Dijo tse di re naya maatla.



Dikungo tsa mašwi-mašwi

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



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

Dijo tse ke di jeleng maabane	Mofuta wa dijo



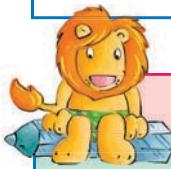
Mekgwa ya rona ya go ja



A re bueng

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

Tlatsa maina a ditsala tsa gago.



A re kwaleng

Lebelela theibole e o e tladitseng mme morago o arabe dipotso tse.

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

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

Ke eng o akanya jalo?

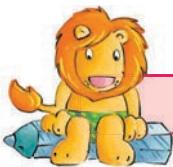


Boithabiso

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

Lethha:





A re kwaleng

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



A re kwaleng

Kwala risepe ya dijo tse o di ratang.

Re tshwanetse go fokotsa eng?

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

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

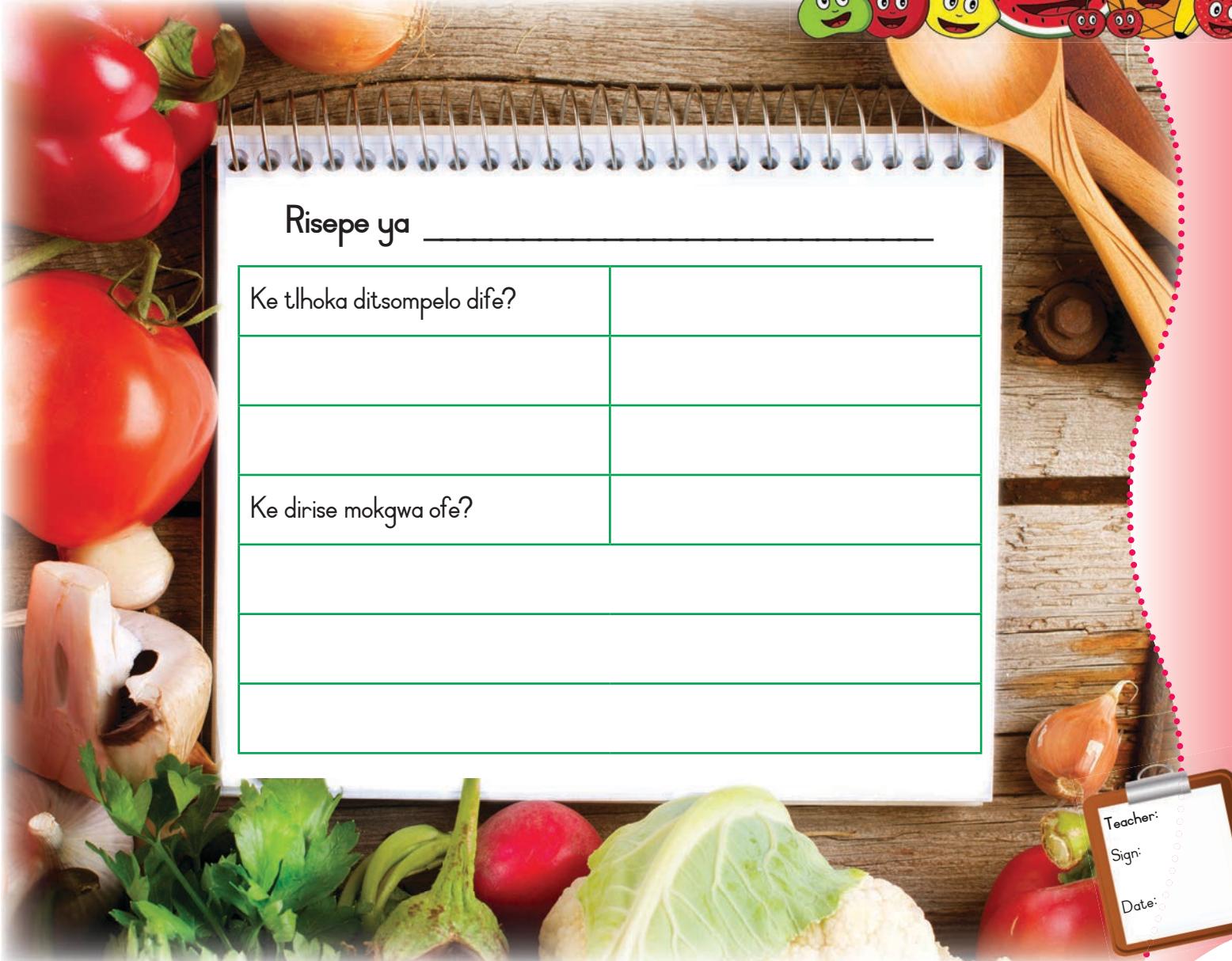
Sukiri e ntsi gape e baka
koketsego ya bokete jwa mmele.
dinotsididi tse dintsi, dikuku le
ditshipisi.



Risepe ya _____

Ke tlhoka ditsompelo dife?	
Ke dirise mokgwa ofe?	

Teacher:
Sign:
Date:





Are kwaleng

Mekgwa e e itekanetseng ya go ja

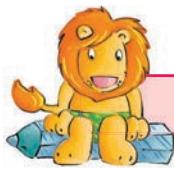
Thabo le Nomsa ba mo tseleng ya go ya kwa lebenkeleng la Sunshine. Ba batla go reka dijo dingwe go di apeela dilalelo. Ba thuse go dira lenaneonjo la dijo tse di siameng.



Are ikatiseng

Refosanelang go betsakati gore tsala
ya lona e kgone go tlola.





A re kwaleng

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

LENANEOTHEKO

TLHOTLHWA



A re kwaleng

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

Mekgwa ya me ya go ja

Ee	Nnyaya
----	--------

Go le gantsi ke ja ke bogetse thelebišene.



Ke rata maungo le merogo.



Ke rata dijo tse di mafura di tshwana le ditšhipisi.



Ga ke rate metsi, ke rata dinotsididi.



Ga ke je merogo.



Ke tšhotlhha dijo tsa me sentle.

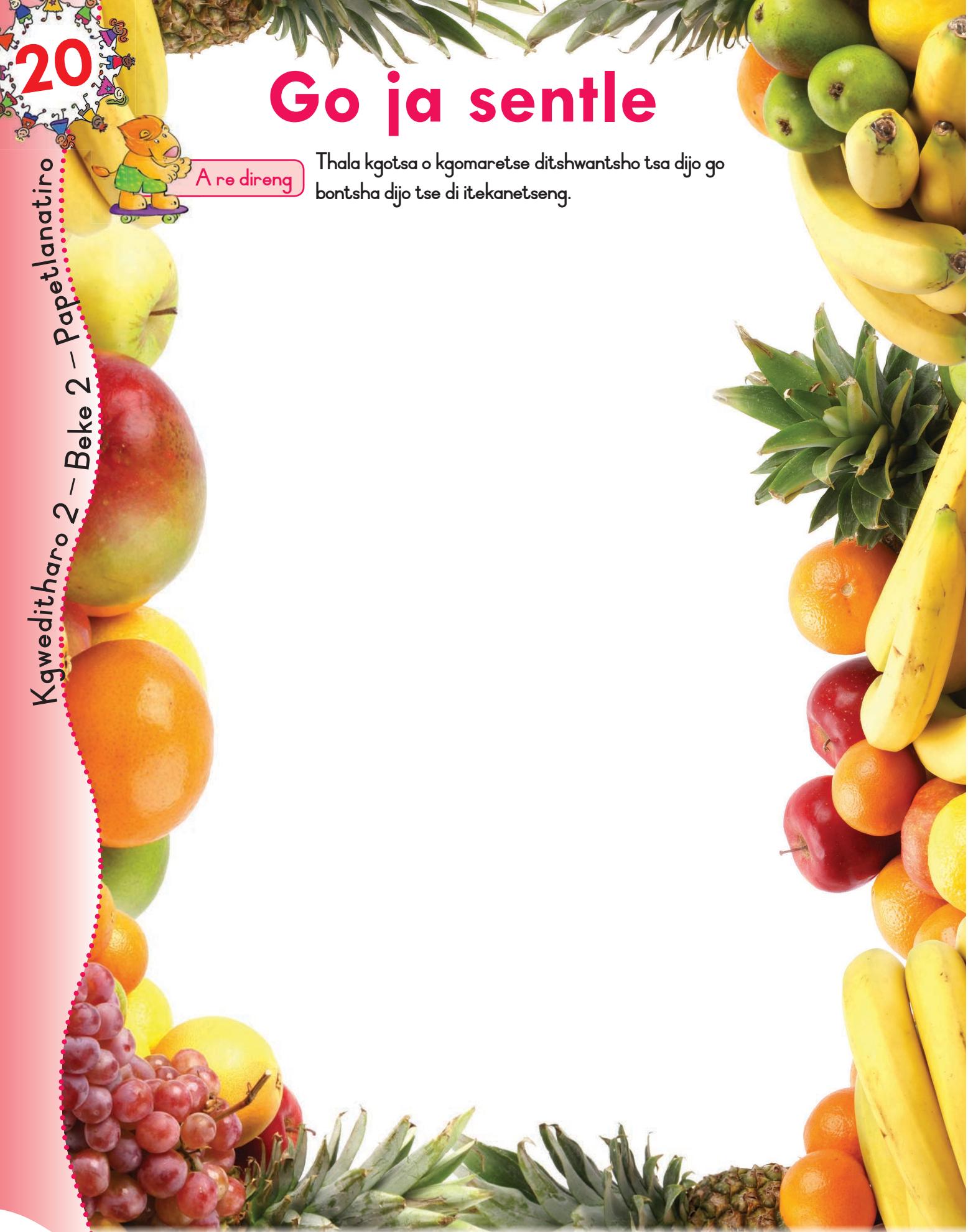


Ke ja sefitlholo sa me pele ke ya kwa sekolong.



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





20

Kgweditharo 2 - Beko 2 - Papet|anatiro

Go ja sentle

A re direng

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



A re buiseng

Melawana ya go ja sentle



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

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

Dirisa matlapi a merogo go direla
tshingwana motshotelo.

Ijalele merogo.

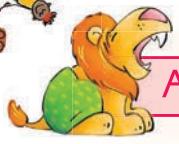


A re direng

Thala setshwantsho go bontsha mongwe wa melawana e.

Teacher:
Sign:
Date:

Ditshenekegi



A re bueng

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

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

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

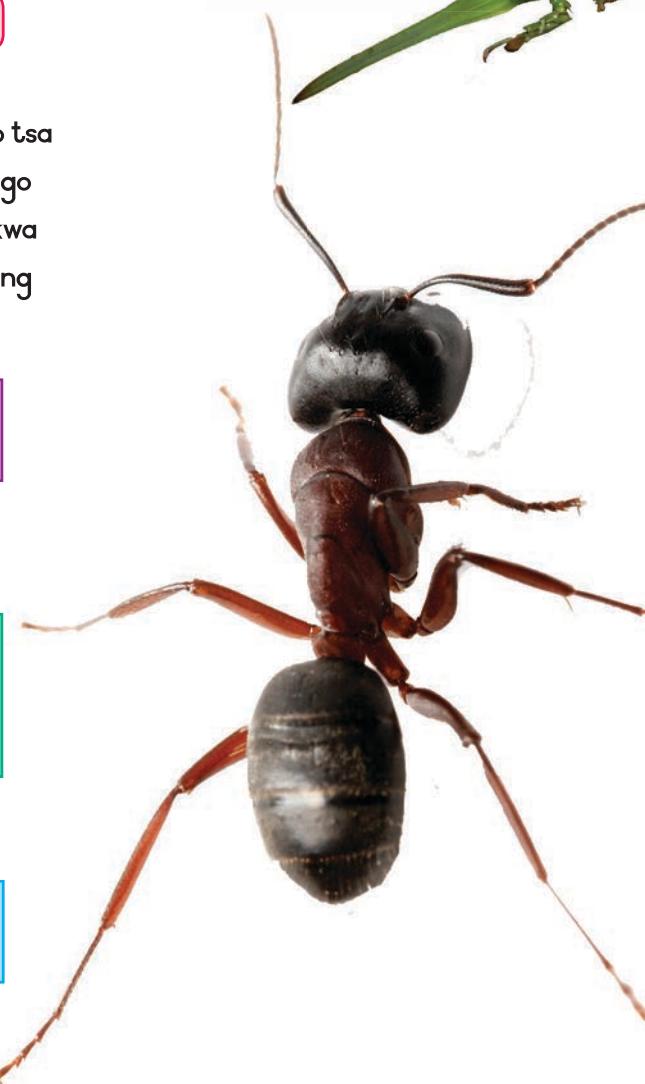


A re direng

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

Tlhogo

Lenakana



Mmele o o kwa
godimo

Leoto

Leithho

Mmele o o kwa
tlase



A re ikatiseng

Bobora jaaka notshe, fofa jaaka serurbele mme morago o tlolo jaaka tsie.
Jaanong o ipaakanyeditse motshameko wa kgwele ya dinao!



A re kwaleng

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



Notshe



Monang



Ntsi



Tshoswane



Tsie



Serurubele



Podilekgwana



Mmoto



A re kwaleng

Jaanong tlatsa mafoko a a tlogetsweng.

e dira tswina.

se talafatsa ditšheše.

o phatlalatsa malaria.

e phatlalatsa malwetse.

e ja dijalo tsa borapolasa.





Go gongwe ka ga ditshenekegi



A re bueng

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



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



Dinotshe di ntsha tswina.



A re kwaleng

Kwala maina a tshenekegi nngwe le nngwe e e mo phatlheng e e filweng.



e tsuntsunyetsa
matute go tswa mo mabolomong.



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



dirisa manakana

a tsona go buisana.



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

e phatlalatsa megare.



A re direng

Dira gore tshenekegi e tsamaye.

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





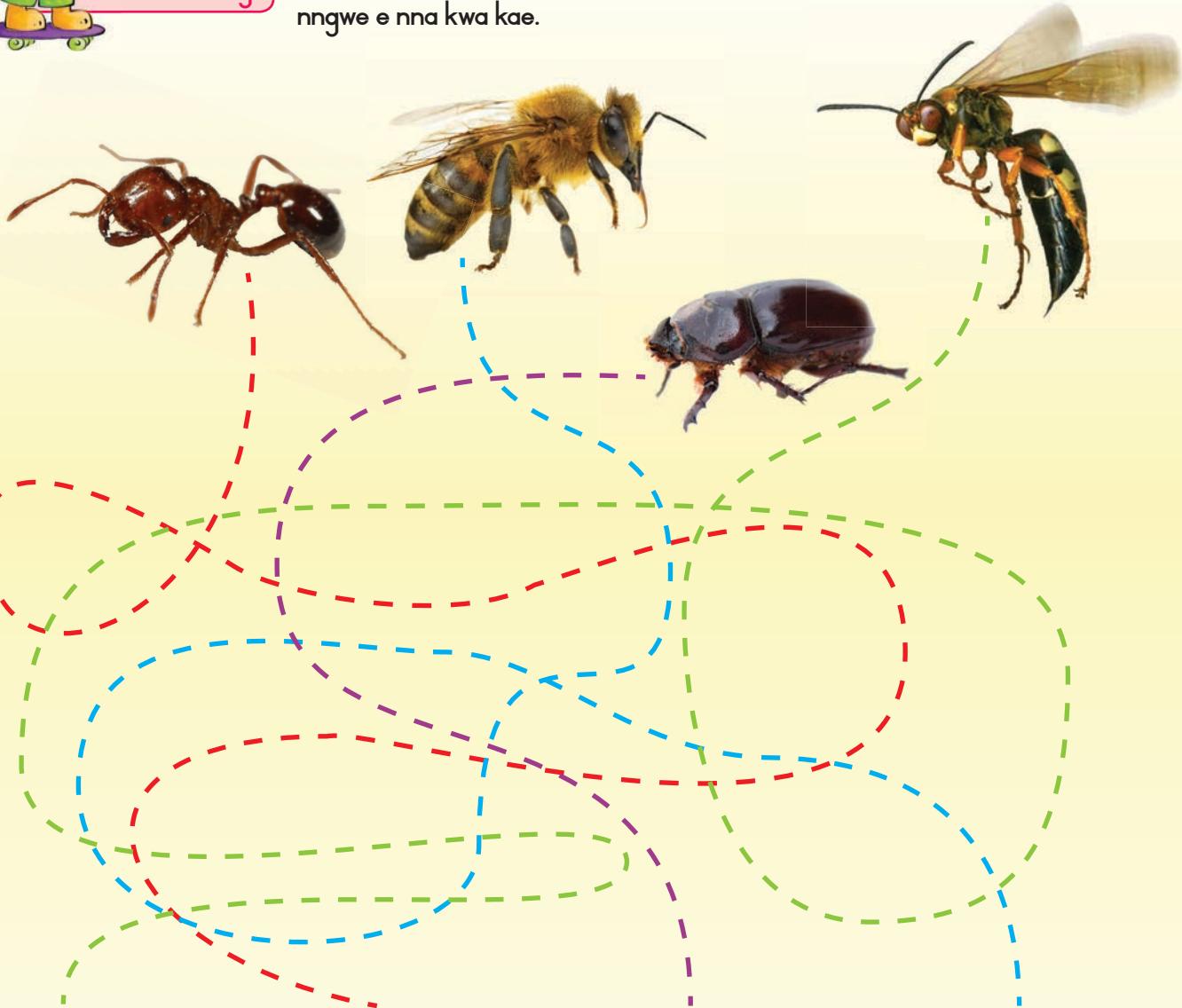
23 Magae a ditshenekegi

Kgweditharo 2 – Beké 4 – Papetlanatiro



A re direng

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





A re direng

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



A re kwaleng

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



Tshenekegi e e ja dijo tsa mofuta mang?



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

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

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



Boithabiso



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





Bontsha boitlhamedi jwa gago

A re direng

Itirele serurubele

O tlaa tlhoka: Pampiri ya A4

Dikheraeyone tsa mafura

Sekere

Sekgomaretsi

Sephepafatsi sa
diphaepe

Rolo e e fedileng
pampiri ya pampiri
ntlwana boithusetso



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





A re tsamayeng

Leka go tshameka metshameko e.

Setešene 1:

Baseketebolo: Betsabetsa

kgwele o ntse o taboga ka
mokgwa wa manyokenyoke.



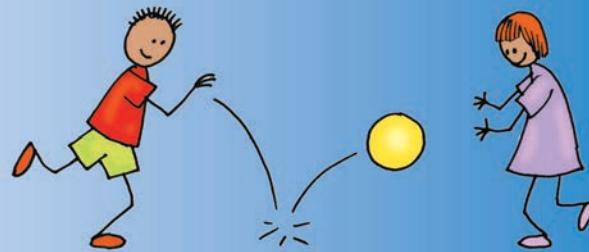
Setešene 2:

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



Setešene 3:

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



Setešene 4:

Rakebi: Taboga ka kgwele mme o e
fetise.



Setešene 5:

Kgwele ya dinao: Tsamaisetsa
kgwele kwa
dinong.

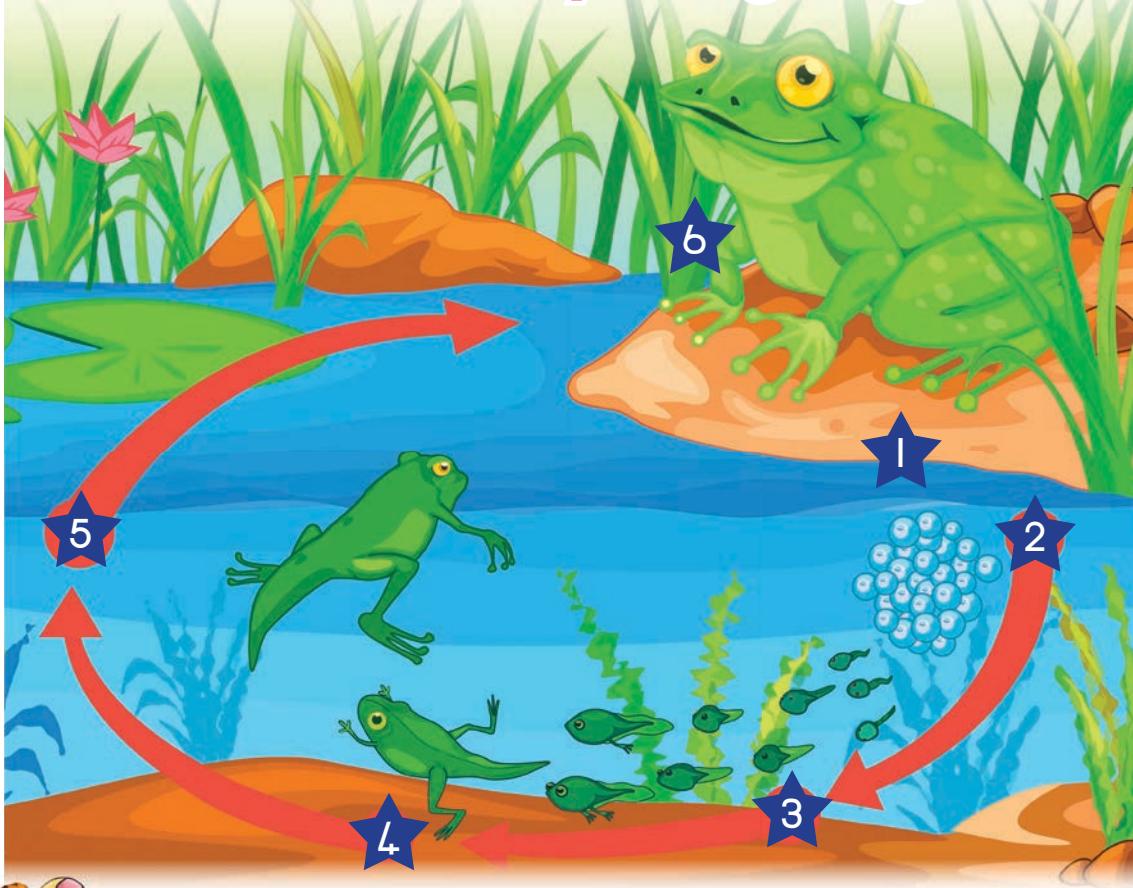




Tshekotshelo

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

Tshekotshelo ya segwagwa



A re bueng

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

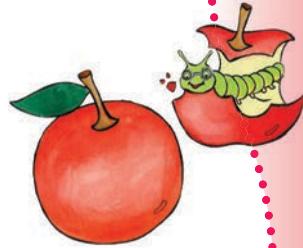
- 1** Digwagwa tse pedi di a palamana gore di nontshe mae.
- 2** Segwagwa sa mosadi se beela mae.
- 3** Koduntwane e nnye ka dihuba tse kwa ntle le mogatla wa motsu.
- 4** Koduntwane e tlhoga maoto.
- 5** Mogatla o tlaa nyelela.
- 6** Segwagwa se segolo se se nang le makgwafo e bile se latlhegetswe ke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



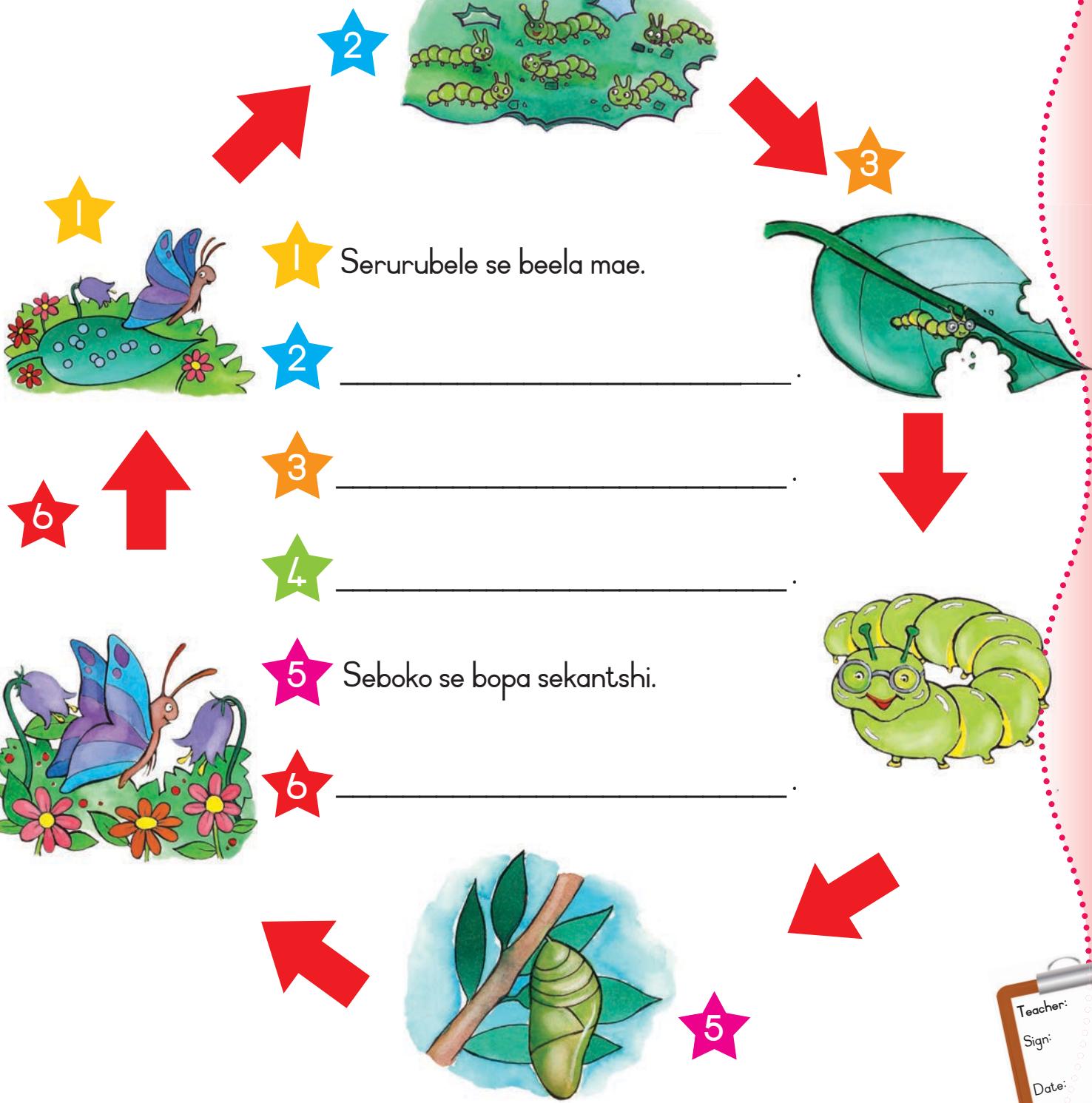
A re direng

Jaanong lebelela tshekatshele ya serurubele.

Tlatsa se se diragalang mo popegong nngwe le nngwe ya tshekatshele. Re go thusitse ka dikgato di le pedi.



Tshekotshelo ya serurubele



Teacher:
Sign:
Date:

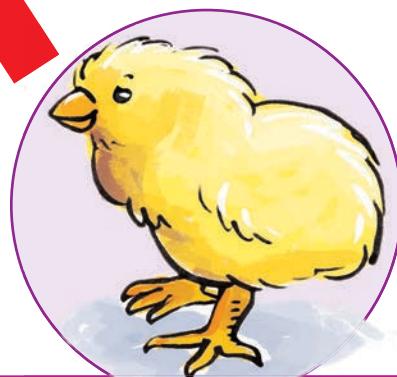
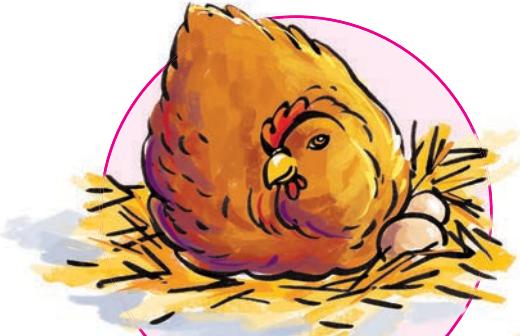
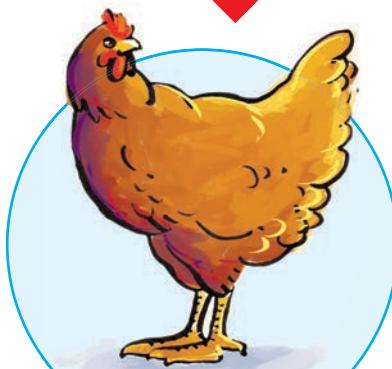


A re bueng

Tshekotshelo

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

Tshekotshelo ya kgogo



Letlha:



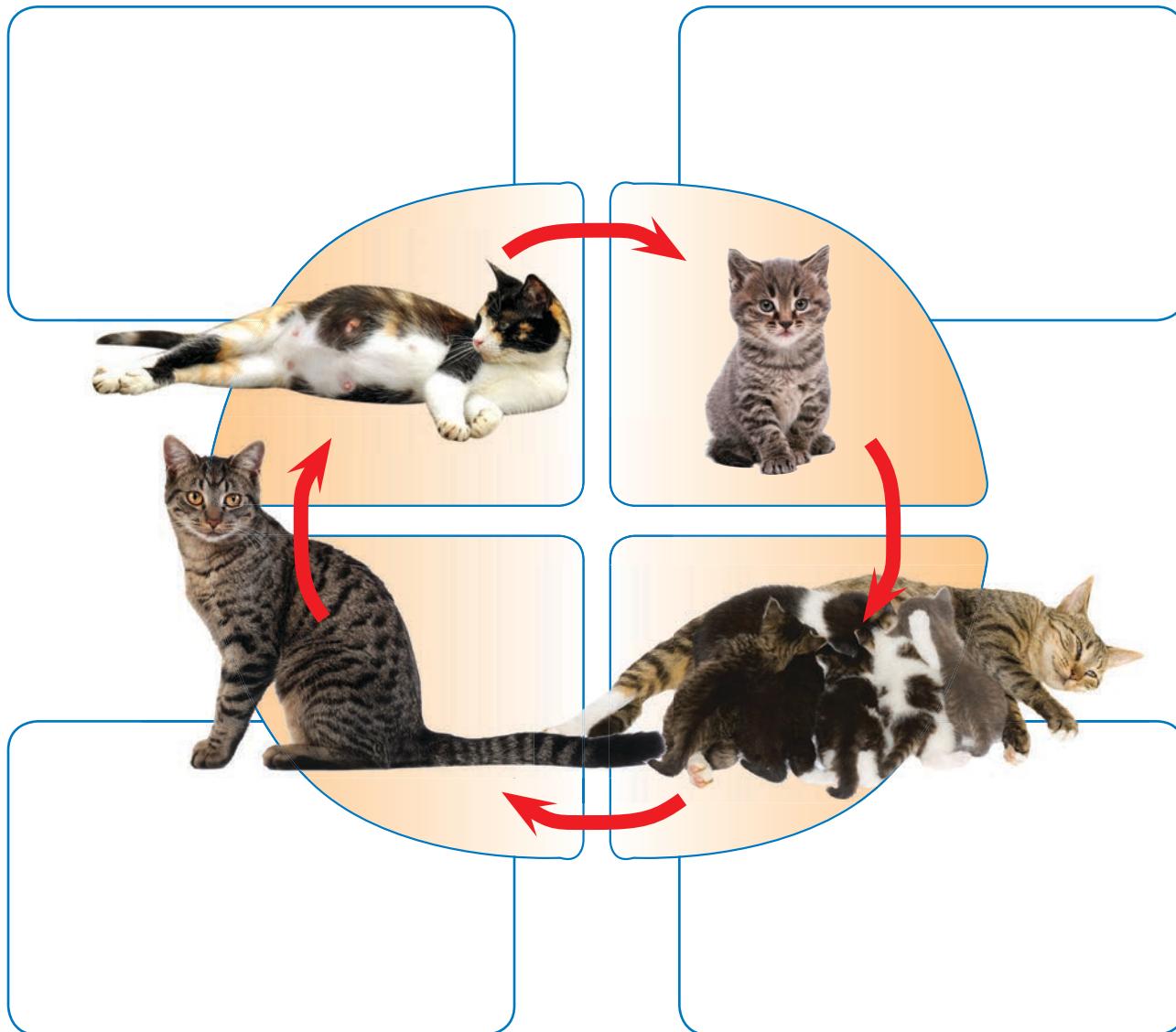
A re direng

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

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

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

Tshekotshelo ya katse





Seratwa sa me



A re direng

Dira mmaseke wa seratwa.

O tlaa tlhoka: pampiri ya A4

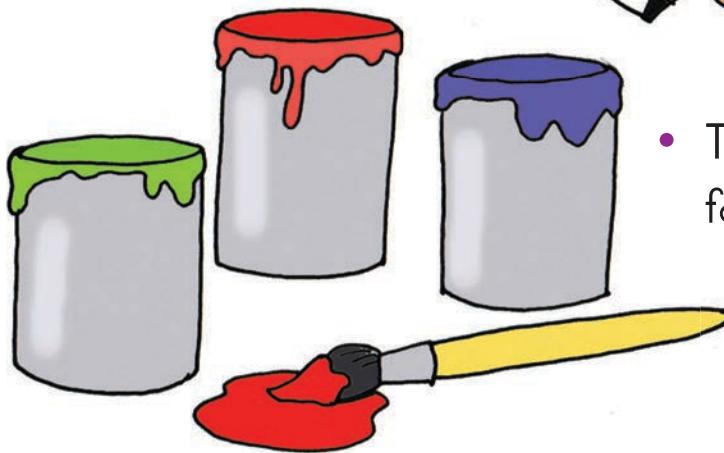
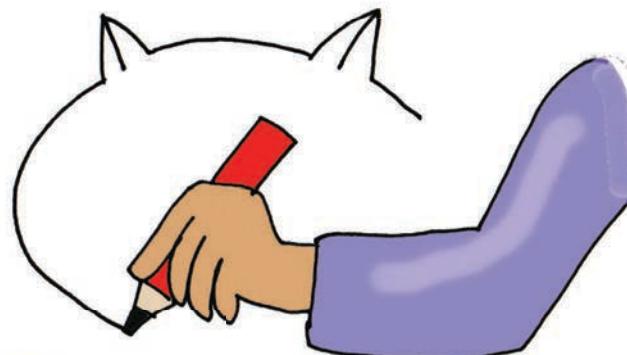
Phensele

Pente ya lerole le metsi

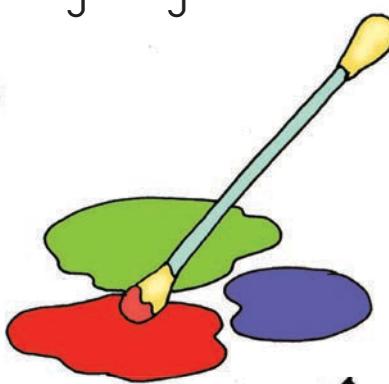
Matseta a ditsebe



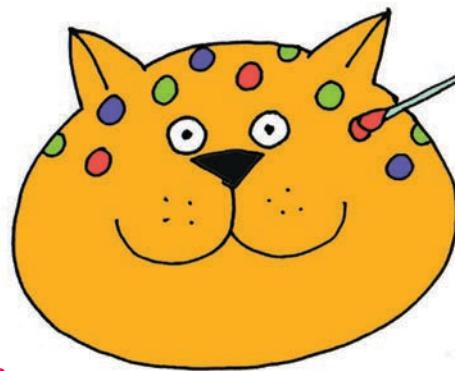
- Thalela bokwantle jwa sefatlhego sa katse mo pampiring.



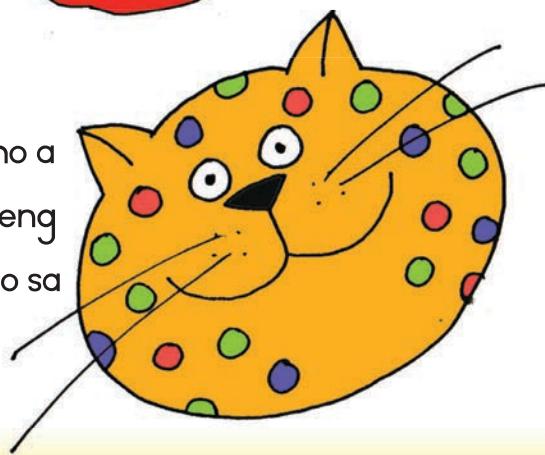
- Tswaka pente go dira mebala e e farologaneng e le meraro.



- Dirisa letseta la ditsebe mo mmaleng mongwe le mongwe.



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





A re bueng

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



A re direng

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



Teacher: _____
Sign: _____
Date: _____



Go tlhokomela tikologo ya rona

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



Lebelela seano sa tirisosešwa.

O bone seano se se tshwanang le se kwa kae?

Re diriseng sešwa tsweetswee!



A re ikatiseng

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





A re buiseng

Re ka thusajang go tshola tikologo e le phepa?



Re tshwanetse go qakologelwa ditlhaka **FDD**:



Fokotsa: re tshwanetse go fokotsa go gasaqasa matlakala.

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

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



A re kwaleng

Kwala maina a dilwana tse di ka dirisiwang
sešwa mo theiboleng e e fa tlase.

Re go simololetse lenaneo lengwe le lengwe.



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





A re kwaleng

Tirisosešwa

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



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

Leina la selo

Thala setshwantsho sa sengwe sa gago.

Se dirilwe go tswa mo



A re kwaleng

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

dikgetsana tsa polasetiki

matlapa a merogo

dinala

meteme ya dinotsididi

dikgapetla tsa mae

Dilo tse di ka se boleng

Dilo tse di ka bolang



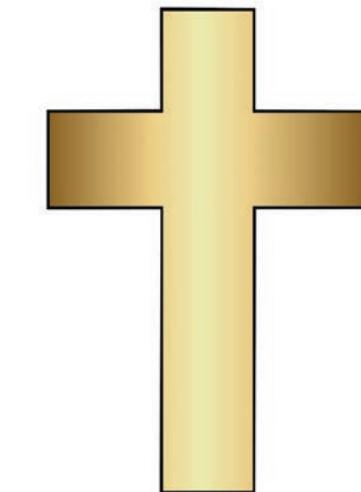
A re direng

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

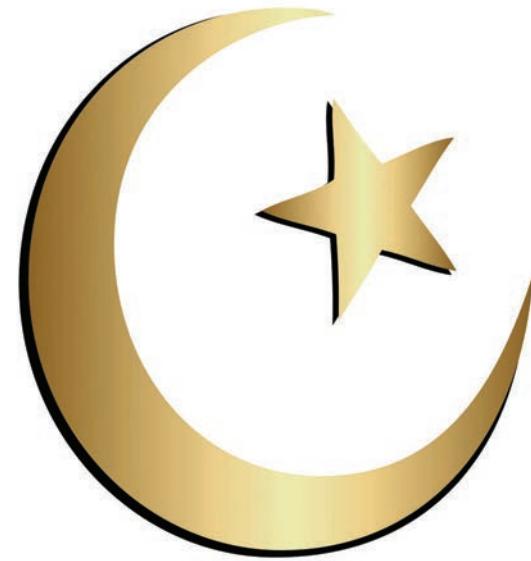




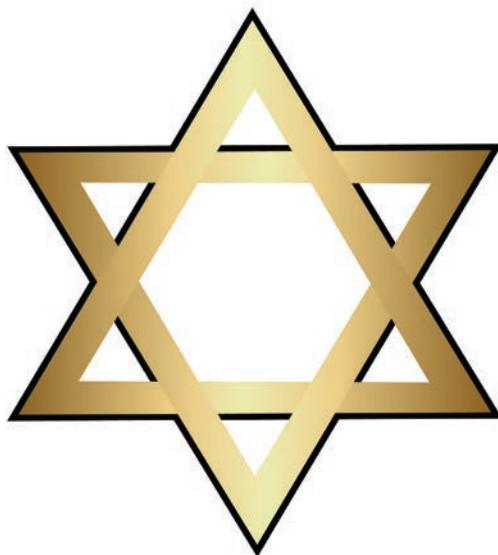
A re bueng



Sefapaano ke simbolo ya Sekeresete.



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



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



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

Mafelo a a farologaneng a kobamelo



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A re direng

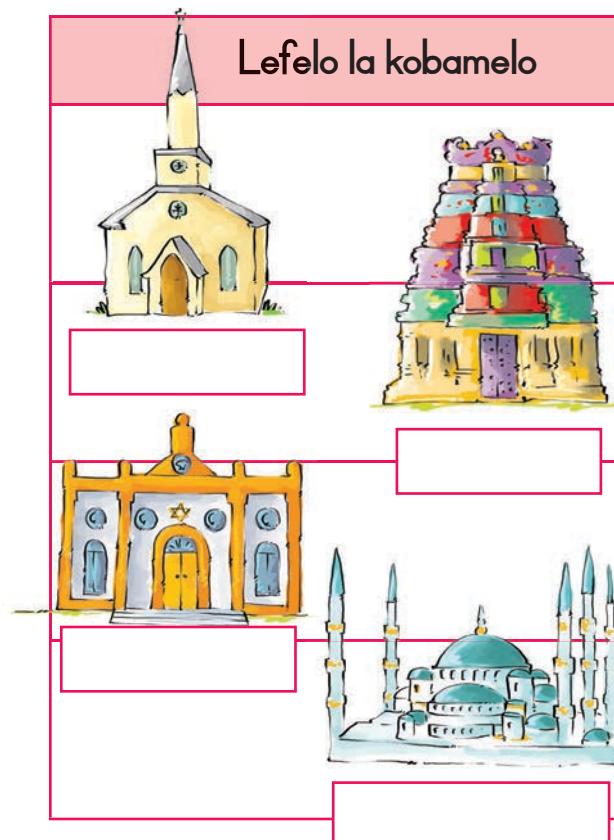
tempele

senagoge

mmoseke

kereke

Bodumedi
I selamo
Sehindu
Bokeresete
Sejuta



A re direng

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

Leina la tsala	Disimbolo tsa bona





SETIFIKEITI

Sa go digela Mophato 3

Bokgoni jwa Botshelo

se neelwa

Tlatsa leina la gago

Letlha _____

Morutabana _____

Lenaanefoko la me

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