



Mofumahadi Angie  
Motsekga, Letona la  
Lafapha la Thuto ya  
Motheo



Mong. Enver Surty,  
Motlatso wa Letona la  
Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tla sa boetapele ba Letona la Thuto ya Motheo. Mof. Angie Motsekga, mmoho le Motlatso Letona la Thuto ya Motheo. Mong. Enver Surty.

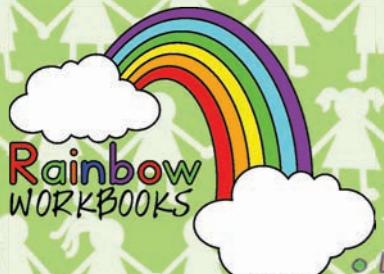
Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika Borwa dikereiting tse qalang tse tsheletseng. Jwaleka e nngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnate ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi. Ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

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LIFE SKILLS IN SESOTHO

GRADE 1 – BOOK 1

TERMS 1 & 2

ISBN 978-1-4315-0236-3

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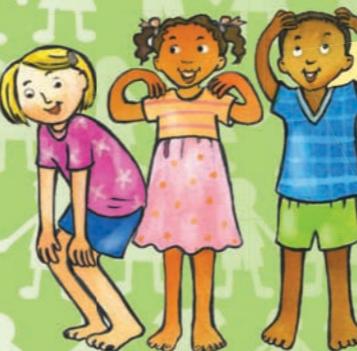
E hlabolotswe e  
bile e tsamaelana  
le diCAPS

## Kereiti ya



# Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1  
kotara ya 1&2



Dibukatshebetso tse teng mosebetsing ona ke tse latelang:

- Puo ya lapeng/Ho bala le ho ngola kereiti 1 – 6  
(Ka dipuo tsohle tsa semmuso)
- Mmetse Kereiti 1 – 3  
(Ka dipuo tsohle tsa semmuso)
- Mmetse Kereiti 4 – 9  
(Ka Senyesemane le seAfrikaans)
- Thuto ya tsa bophelo Kereiti 1 – 3  
(Ka dipuo tsohle tsa semmuso)

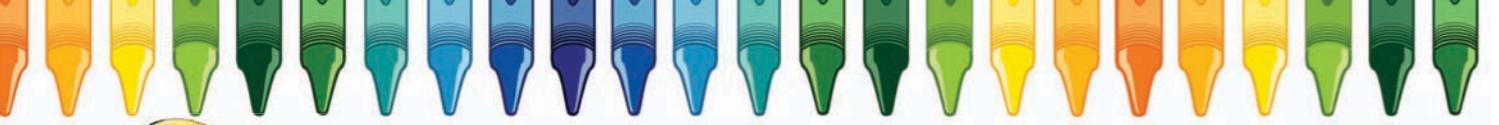
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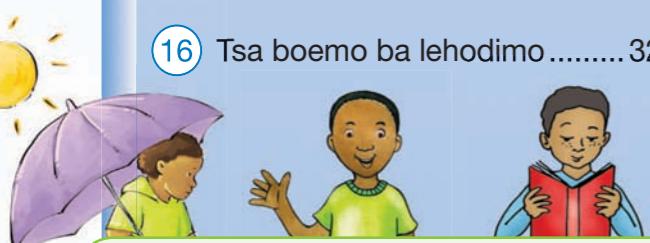
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(Selemo se setjha 2072)

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26 tshitwe letsatsi la moyo o motle

# Kereiti ya

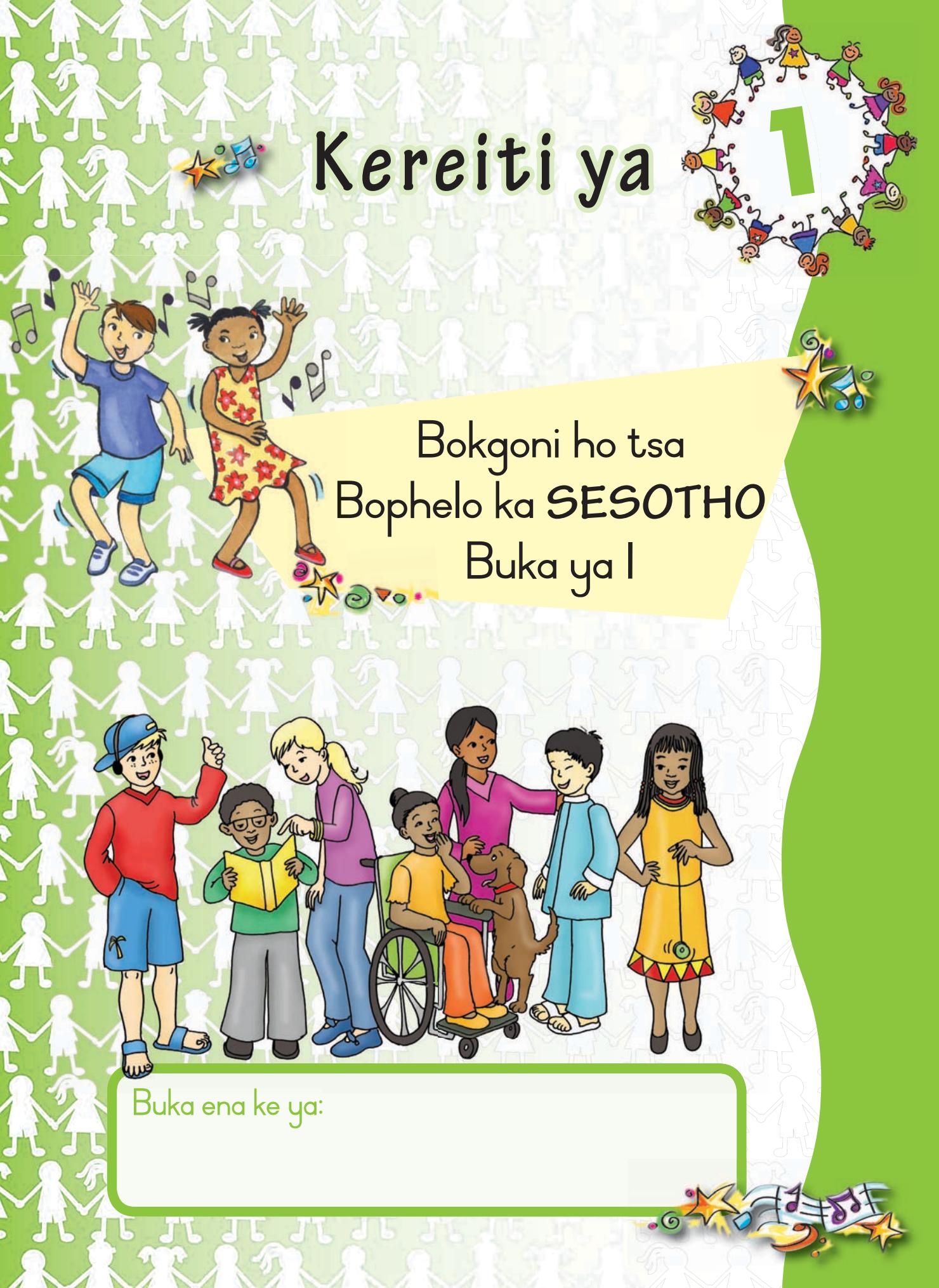
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Bokgoni ho tsa

Bophelo ka SESOTHO

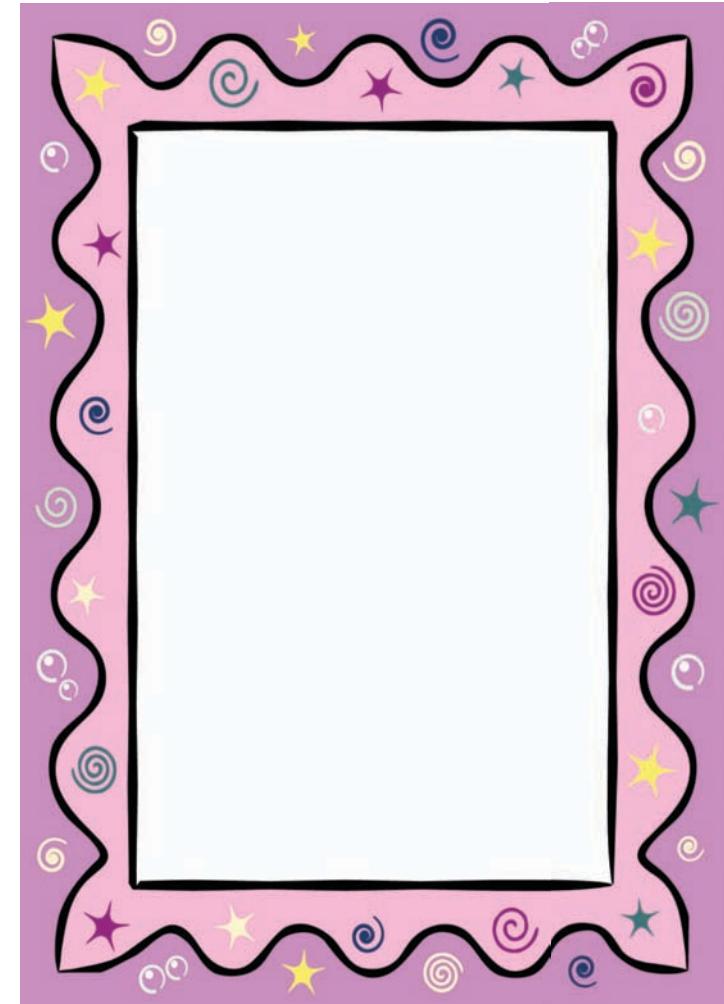
Buka ya I

Buka ena ke ya:



# Ditaba ka nna

Kotara ya | - Bekə ya | - Leqephə la mosebetsi



Aterese ya heso ke:

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---



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Ke tseba letsatsi la ka la tswalo.

ee

ha ke na  
bonnete

tjhe

Letsatsi: .....



Lebitso la ka ke



Fane ya ka ke

---

Ke dilemo di \_\_\_\_\_.

Lapeng leso re \_\_\_\_\_ ka  
palo.

Nomoro ya mohala  
wa heso ke:

---





Ha re etseng ditshwantsho



Tshepo o tseba ho bapala bolo.

Etsa setshwantsho sa ntho eo o e etsang hantle.



Borella motswalle wa hao ka seo o ka se etsang hantle. Jwale kgabisa naledi ka lebokoseng le nepahetseng ho bontsha hore o ka etsang.

Ha re bueng



Ke tseba ho bala.



Ke tseba ho ikapesa.



Nka ngola lebitso la ka.



Ke tseba ho qoqopela.



Ke tseba ho etsa tee.



Nka hlatswa meno a ka.



# Mebala le meqoqopelo

Kotara ya I – Bekə Ya I – Leqephə la mosebetsi

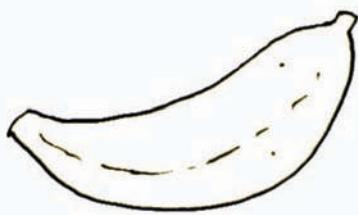


Ha re etseng

Na o tseba mebala ena?  
Bolella motswalle wa hao  
mabitso a mebala ena.



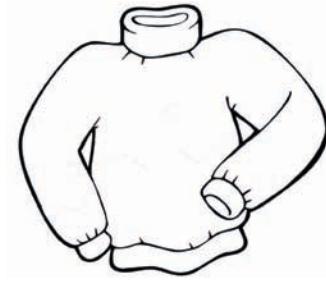
Kgabisa setshwantsho se seng le se seng ka mmala o nepahetseng.



Panana e tshehla



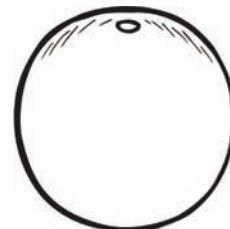
Apole e kgubedu



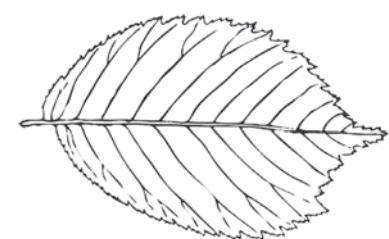
Jeresi e bolou



Sekgele se mebalabala



Lamunu e mmala wa lamunu

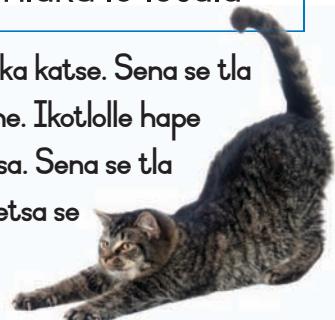


Lehlaku le letala



Ha re ithapolleng

Pele o etsa eng kapa eng kantle , ikotlolle jwaloka ka katse. Sena se tla etsa ho be bonolo hore mmele wa hao o tsitsinyehe. Ikotlolle hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se tla thusa mesifa ya hao hore e se be bohloko. Jwale etsa se etswang ke bana bana.



Bina " Hloho le mahetla" ha o ntse o:

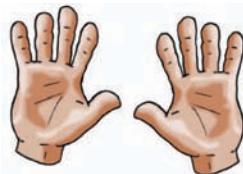
- etsa e ka o bapala meropa.
- etsa e ka o bapala katara.





Tlotlontswe

Opa diatla dipateroneng  
tse latelang.



Opa Opa Opa Opa



Opa Opa Opa



Opa Opa Opa Opa

Opa Opa Opa Opa Opa



Ha re etseng

Na o ka etsa dintho tsena? Bontsha metswalle ya hao.

|   |  |  |  |
|---|--|--|--|
| Nka matha ka nqa tse fapaneng ke sa thule<br>motho. |  |  |  |
| Nka tlola kgati.                                    |  |  |  |
| Nka thetela motswalle wa ka bolo e kgolo.           |  |  |  |



# Re kgethehile kaofela



Ha re bueng

Sheba setshwantsho o bolelle  
motswalle wa hao phapang  
pakeng tsa bana bana.



## Kgolo le nyenyane

Ba bang ba baholo, ba bang ba rona ba banyenyane.

Ba bang ba rona ba balelele, ba bang ba  
bakgutshwanyane.

Ba bang ba rona ba ka tlola, ba bang ba ka bina.

Bohle re na le bokgoni ba ho etsa dintho tse ntle.

Ke eng seo o ka se etsang hantle?



Ha re bueng

Bolella motswalle wa hao hore o ikutlwile  
jwang tsatsing la hao la pele sekolong.



| thabile | lla | thabile<br>haholo | halefile | dihlong |
|---------|-----|-------------------|----------|---------|
|         |     |                   |          |         |



Ha re etseng  
ditshwantsho

Taka setshwantsho ho bontsha hore o ka ikutlwajwang ha e mong a ka o neha  
sebapadiswa se setjha. Ngola maikutlo ao sekgeong se ka tlaase ho setshwantsho.



Ha re bueng

Borella motswalle wa hao hore ho etsahalang setshwantshong se seng le se seng. Bolela hore o ka ikutlwajwang ha dintho tsena di etsahala ho wena. Taka sefahleho se nepahetseng.



Moshanyana e moholo o nka dintho tsa hao.

|         |                |     |
|---------|----------------|-----|
|         |                |     |
| thabile | thabile haholo | lla |

Wena le motswalle wa hao le bapala mmoho.

|          |         |          |
|----------|---------|----------|
|          |         |          |
| halefile | thabile | tshohile |



O bula mpho.

|                |                |         |
|----------------|----------------|---------|
|                |                |         |
| O emisa e mong | thabile haholo | dihlong |

Abuti wa hao kapa ausi wa hao o tjhwatla ntho ya hao ya ho bapala eo o e ratang haholo.

|         |         |          |
|---------|---------|----------|
|         |         |          |
| dihlong | thabile | halefile |



Ha re etseng

Etsa Kgatiso ya monwana lebokoseng la pele, kopa motswalle wa hao hore a etse kgatiso ya monwana lebokoseng le latelang.

Na o a tseba hore ha ho motho lefatsheng ya nang le kgatiso ya monwana e tshwanang le ya hao? O kgethehile hoo e leng **wena** fela lefatsheng, le mawelana le ona ha a na kgatiso ya menwana e tshwanang.

|  |  |
|--|--|
|  |  |
|--|--|

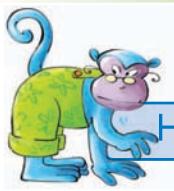
Na o a bona hore dikgatiso tsa menwana di fapan?



# Bohle re fapane



Sheba bana bana.  
Ba tshwana jwang?  
Ba fapane jwang?



Sheba ditshwantsho mme o bolele hore dipolelo tsena ke nneta  
kapa tjhe.

Tlotsa dipolelwana tse nepahetseng ka mmala o motala.

Tlotsa polelwana tse seng nneta ka mmala o mokgubedu.



Kaofela ha bona ba na le matsoho a  
mabedi le maoto a mabedi.



Ke banana kaofela.

Ba rwetse dieta kaofela.



Ba apere marikgwe kaofela.

Ke bana kaofela.



Ba na le moriri o molelele kaofela.



Ha re etseng ditshwantsho

Etsa setshwantsho sa hao sebakeng sa pele, ebe o  
etsa setshwantsho sa motswalle wa hao wa hloho ya  
kgomo. Ha o qeta ho etsa jwalo sheba ditshwantsho o  
bolele hore o fapane jwang le motswalle wa hao.

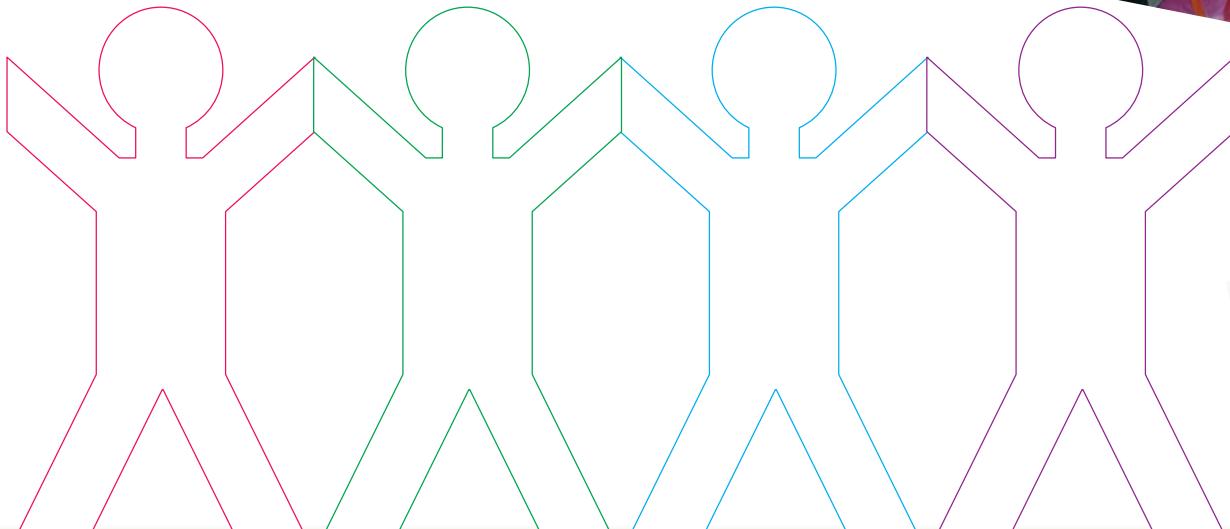


| Nna | Motswalle wa ka |
|-----|-----------------|
|     |                 |



Ha re ithapolleng

Khalara ketane ena ya setswalle  
ho bontsha hore bohole ba fapane.  
Ha o qetile sena seha ketane ena ya  
setswalle mme wa e kgabisa e karolong  
ya disehwa bukeng ena.



# Bina pina

Kotara ya I – Beké Ya 3 – Leqephé la mosebetsi

Ha re bueng

Pele o bina, ithapolle ka mokgwa o latelang.  
Hemela ka hare le ka ntle butle. Etsa e ka o budula  
dikerese kukung ya hao ya tsatsi la tswalo. Etsa e ka o  
hatsetse, e be o re "Brrrrrrrrrrrrrrrrrrrrrr".



## Ditshwenyane tse nyenyane tse hlano

Ditshwenyane tse tse hlano di tlola tlola hodima bethe

E le nngwe ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Ditshwenyane tse tse nne di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Tshwenyane tse tse tharo di tlola tlola hodima bethe

E le nngwe ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Ditshwenyane tse tse pedi di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Tshwenyane e tlola tlola e le nngwe hodima bethe

Ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

"Ha ho sa na tshwenyane e tla tlola tlola hodima bethe"



Ha re etseng ditshwantsho

Taka sefahleho sa hao.

Bontsha mahlo a hao, ditsebe, nko, molomo le moriri.

Borella metswalle ya hao hore o shebahala jwang.



Ha re ithapolleng

Etsang tselana e  
tshireletsang kantle ho  
trelase ya lona jwaloka ena le  
thuswa ke titjhere ya lona.

Tlola ho tloha setulong sena  
ho ya ho se seng.

Kgasa ka tlasa tafole.



|          |
|----------|
| Teacher: |
| Sign:    |
| Date:    |

# Ke motlotlo ka sekolo sa heso



Etsa setshwantsho sa hao  
o apere diaparo tsa sekolo.  
Tlatsa dikgeo ka dikarabo.



Ke kena sekolo

---

Lebitso la titjhere ya ka ke

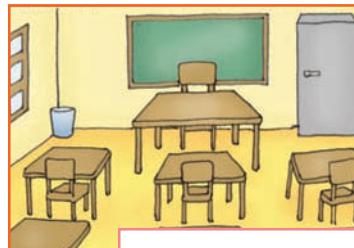
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Mosuwehlooho wa sekolo ke

---



Tadima ditshwantsho.  
Jwale seha lentswe le  
nepahetseng bakeng sa  
setshwantsho ka seng  
mme o se mamarisetse  
thoko ho setshwantsho.



lebaleng la  
dipapadi

tlelaseng

phaposi ya  
mosebetsi

mothusi wa  
mosuwehlooho

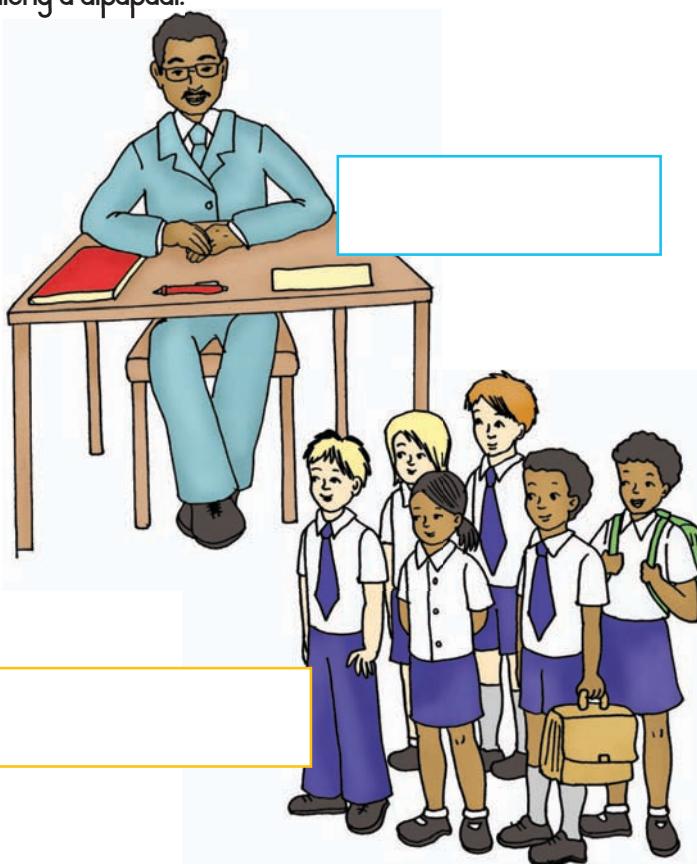
phaposi ya ho  
apara





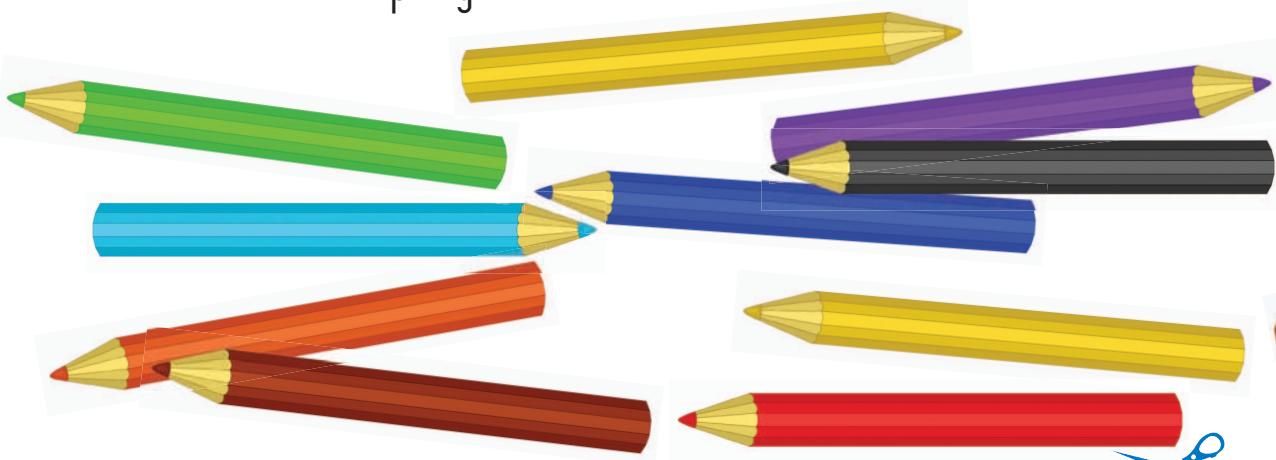
## Ha re ngoleng

Ke batho bafe ba fapaneng sekolong? Tadima setshwantsho mme o bue ka hore ke bo mang mme ba etsang. Jwale seha lentswe le nepahetseng qetellong ya leqephe mme o se mamari setse thoko ho setshwantsho se nepahetseng. Hlalosetsa motswalle wa ao ho fihla ofising ya hlooho ya sekolo, ntlwaneng, le mabaleng a dipapadi.



## Tlotlontswe

Pensele ya Thabo e wetse fatshe. Bala hore na o na le dikerayone tsa dipensele tse kae, ebe o ngola nomoro lebokoseng. Jwale, pampering e nngwe, taka setshwantsho o sebedisa mebala e kganyang, ho bontsha kamoo wena le motswalle wa hao le bapalang mmoho.



bana

motho ya hlwekisang

titjhere

mosuwehlooho



# Dibaka tse fapaneng

Kotara ya 1 – Beké ya 4 – 5 – Leqephé la mosebetsi



Ha re etseng

Bontsha motswalle wa hao hore o ho kae.

Ipatatla ntho e nngwe.



Ipatatla ka mora ntho e nngwe.



Ke ipatile tlasa tafole.



Ema pela ntho e nngwe.

Ema hodima ntho e nngwe.



Ha re ithapolleng

- Sebedisa bolo. E lahlele hodimo ebe o a e tshwara.
- Tsepamisa mokotlana wa dinawa hlohong ya hao o tsamaye butle.
- Jwale rwala mokotlana wa dinawa, o ntse o tsamaya hodima balaka e tsepaneng fatshe kapa mola o fatshe.

Nka lahlela bolo.



Nka kapa bolo.



Nka tsepamisa mokotlana wa dinawa hlohong ya ka.





Ha re ithapolleng

Hata ka maoto ho latela.

L = Leqele



T = Tona



# Phaposi ya heso

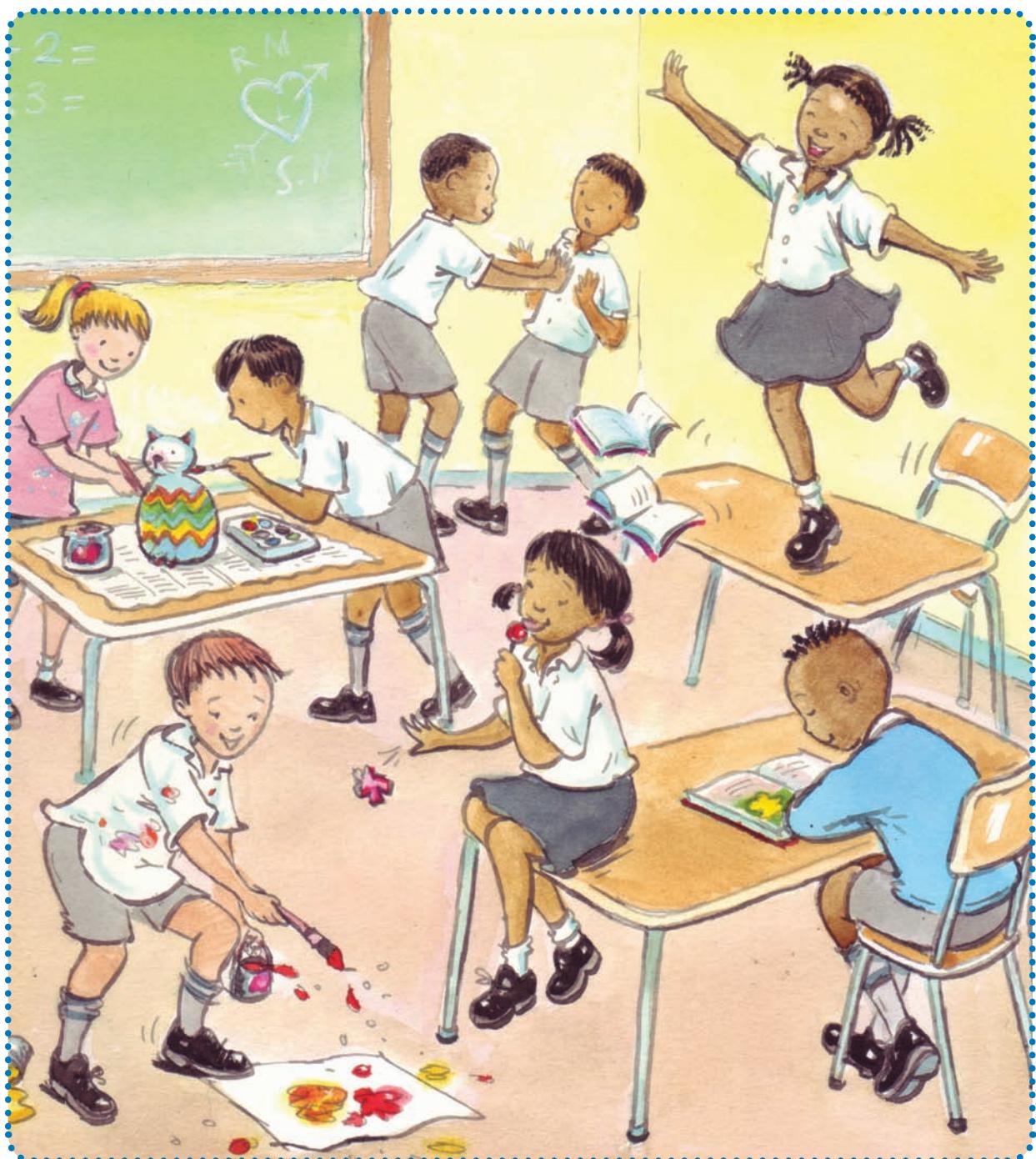


Ha re bueng

Sheba setshwantsho ka hloko o bolele hore o bona eng.

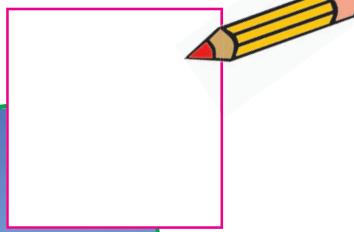
Kotara ya 1 – Beké ya 5 – Leqephé la mosebetsi

Tlelaseng ena, ntho tse mpe le tse ntle di a etsahala. Ke tlwaelo efe e ntle eo o e bonang? Ke tlwaelo efe e mpe eo o e bonang?





Etsa letshwao ✓ la nepo thoko ho ditlwaelo tsohle tse ntle le le  
letshwao ✗ la sefapano thoko ho ditlwaelo tsohle tse mpe tse ka  
etsahalang sekolong.



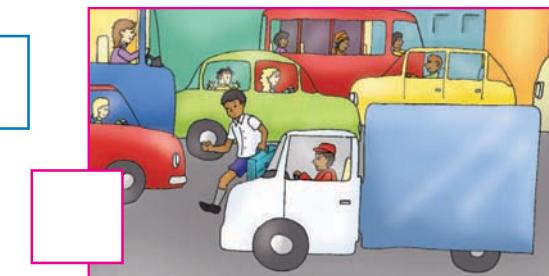
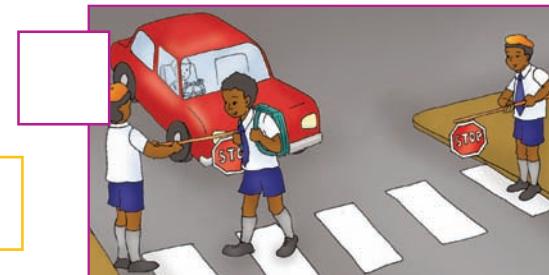
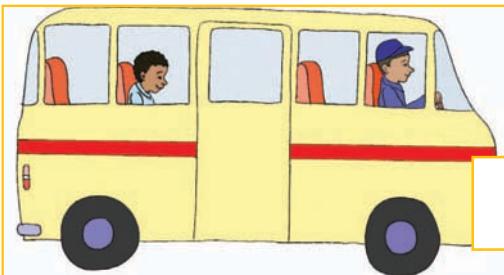
|          |
|----------|
| Teacher: |
| Sign:    |
| Date:    |

# Ka moo re yang sekolong ka teng



O ya jwang sekolong tsatsi le leng le leng? Na o bolokelehole?

O tseba tsela tse sa lokang? Bua le motswalle wa hao hore bana bana ba ya jwang sekolong. Etsa letshwao ✓ tseleng tse bolokehileng ho ya sekolong. Etsa letshwao ✗ tseleng tse sa bolekeheng.



O ya jwang sekolong hoseng? \_\_\_\_\_



Botsa metswalle ya hao e mehlano hore ba ya jwang sekolong ka mehla. Taka tjhateng e latelang.

ka maoto



ka bese



ka koloi/teraka



Mabitso a metswalle



| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
|   |   |   |   |   |
|   |   |   |   |   |
|   |   |   |   |   |



Nka matha matswedintswake.

Ee      Tjhe

Nka fetola moo ke lebileng ke matha ha titjhere a mpolella jwalo.



Ha re etseng

Taka setshwantsho ho bontsha hore o tla jwang sekolong.



Ha re ithapolleng

Mamela mmino oo titjhere a tlang ho le bapalla ona.

Tsitsinya mmele ho latela morethetho wa mmino.

Koba mangwele mme o otlolle maoto.

Tsamaisa mahetla a hao hodimo le tlase.

Tsamaisa setsu sa hao hodimo le tlase.



Ha re ithapolleng

Wena le motswalle wa hao le tlameha ho akgela le ho tshwara bolo.  
Sebedisa letsoho le letona le le letshehadi ho akgela bolo morao.

Na ke ile ka kgona ho akgela bolo ka letsoho la ka  
le letona le le letshehadi?



Ha re ithapolleng

Tsamaya jwale ka kiribae le  
motswalle wa hao.



# Ke dula ke hlwekile

Kotara ya l – Bekə Ya b – Leqephə lə mosebetsi



Ha re bueng

Ho bohlokwa ho ithuta mekgwa e nepahetseng.  
Ena ke mekgwa ya ho dula o hlwekile o phela hantle.  
Bua ka setshwantsho se seng le se seng.



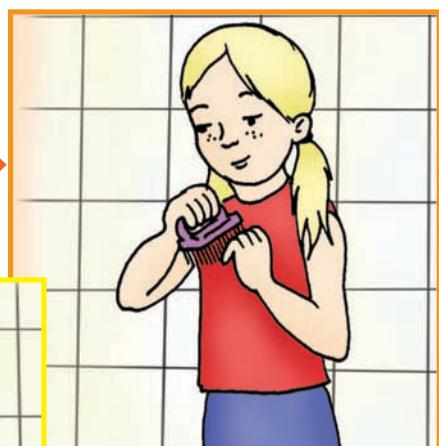
Ho hlatswa meno.



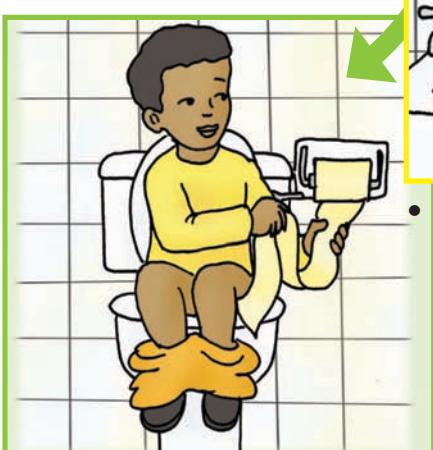
Ho hlatswa matsoho a ka ha ke  
qeta ho sebedisa ntlwana ya ho ithusa.



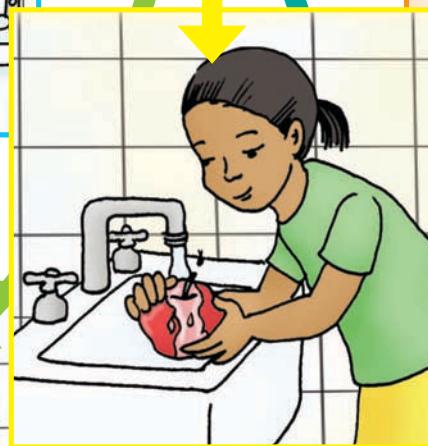
Ho itlhatswa ka mehla.



Ho boloka manala a ka a hlwekile.



Ho sebedisa ntlwana ya ho ithusa.



• Ho hlatswa ditholwana  
pele ke di ja.



Ho sebedisa sakatuka ha ke  
thimola kapa ke mina.



Ha re ngoleng

Ke ntho dife tse latelang tse etsang hore o dule o hlwekile? Kgabisa ka dinaledi ho bontsha hore ke dintho di fe tseo o di sebedisang hore o dule o hlwekile. Bolela hore o sebedisa jwang ntho e nngwe le e nngwe hore o dule o hlwekile.



|   |    |      |
|---|----|------|
| Tshwaya hore na o ka etsa tse latelang:               | ee | tjhe |
| Nka hlwella lere hodima jankel jimi.                  |    |      |
| Nka sebedisa boitshwareletso ba matsoho ho leba pele. |    |      |
| Nka kgasa hara jankel jimi.                           |    |      |



# Boitshware bo molemo

Kotara ya I – Bekē Ya b – Leqephē la mosebetsi



Ha re baleng

E meng ya mekgwa e metle ya  
ho sebedisa ntlwana hantle.

**Hopola**



Ha o silafatsa ntlwana ya  
ho ithusa, hopola ho e hlwekisa.



Hopola ho bulela metsi ha o  
qeta ho sebedisa ntlwana ya  
ho ithusa.



Dula o kwetse ntlwana ya ho  
ithusa ka mehla.



Se sebedise pampiri ya ho  
itlhakola e ngata.



Hlatswa matsoho a hao ka mehla ha o  
qeta ho sebedisa ntlwana ya ho ithusa.



Ha re ngoleng

Etsetsa mantswe a nepahetseng masakana, a re bolellang hore re  
hloka ho etsa dintho tse latelang ha kae.

Ho hlatswa moriri wa hao.



tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa meno.



tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa mmele.



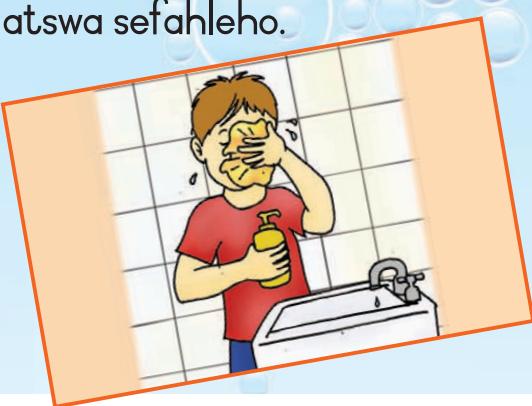
tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Hlatswa sefahleho.



tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke



# Ke hlwekile

Kotara ya l – Bekə ya b – Leqephə la mosebetsi



Bapala "Simon o re" le titjhere ya hao.

Iphumanele sebakana sa hao o tsamaye o sa thule motho.

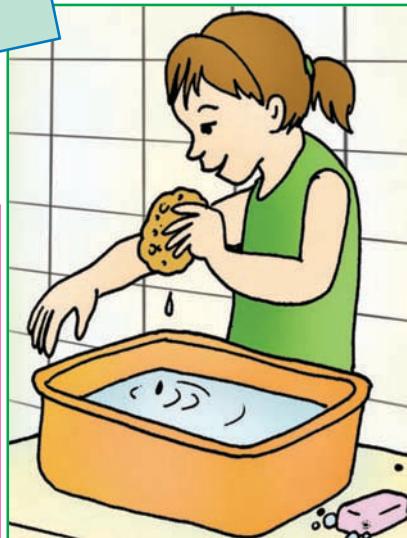
Simon o re "tshwara hlooho ya hao."



Bontsha motswalle wa hao hore o ...



Hlapa matsoho.



Kama moriri.



Omisa matsoho.



Hlatswa meno.

Hlatswa sefahleho sa hao.





Ha re ithapolleng

Etsa papadi ka thothokiso ena.

**Nka opa diatla, le hona ho hata  
ka maoto**

**Nka tsitsinya hlooho, le hona ho**

**tsamaisa matsoho a ka**

**Nka tsamaisa menwana**

**ya ka ya maoto,**

**le hona ho tshwara nko ya ka.**



# Tlwaelo tsa bophelo bo bottle



Ha re baleng

Re hloka eng ho dula re phetse hantle!

Dijo tse  
nepahetseng



Boikwetliso  
bo lekaneng

Ho dula re  
hlwekile



Ho ba  
moyeng o  
hlwekileng

Ho robala ho  
lekaneng ka ntle  
le ho shebella TV  
haholo!





Ha re ngoleng

Etsa letshwao ✓ ho tlwaelo ya bophelo bo bottle le letshwao ✗ ho tlwaelo ya bophelo bo seng bottle.



Teacher: \_\_\_\_\_  
Sign: \_\_\_\_\_  
Date: \_\_\_\_\_

# 14 Bohlweki le makgethe

Kotara ya I – Bekə Ya 7 – Leqephə la mosebetsi



Ha re etseng

Bontsha hore o sebedisa  
dintho tsena jwang.



borashe ba meno



sesepa sa meno



sesepa



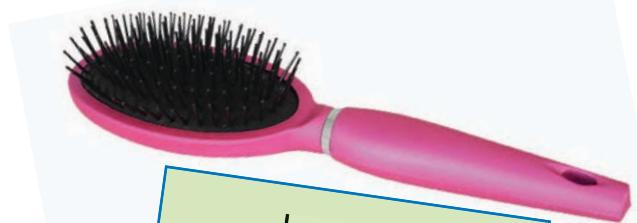
sesepa sa matsoho



sesepa sa moriri



kama



borashe



borashe ba manala



ntho e kutang manala



Ha re ithapolleng

Tshwaranang ka matsoho le etse sedikadikwe.

Jwale akgela bolo ho e mong le e mong ka  
sedikadikweng.

Eketsang ka bolo e nngwe le e lahleleng.

Eketsang ka bolo ya boraro le e lahleleng.



Ha re bueng

Ke eng se bohlaswa phaposing ena?

O tshwanelo ho etsa eng hore o hlwekise phaposi ena?

Bana ba etsa eng? Ba tshwanelo ho etsa eng?



Teacher: \_\_\_\_\_  
Sign: \_\_\_\_\_  
Date: \_\_\_\_\_

# Boemo ba lehodimo boo ke bo ratang

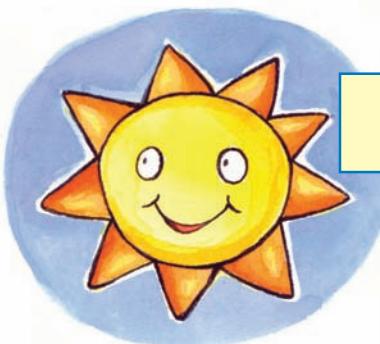
Kotara ya | – Bekə Ya 8 – Leqephə | a mosebetsi



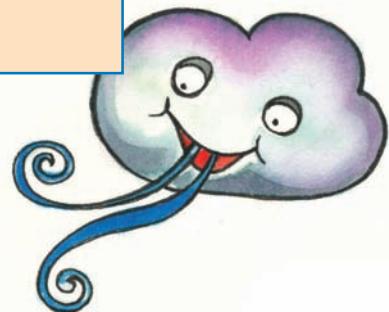
Ha re bueng

Sheba boemo ba lehodimo ka ho fapania. Bolella motswalle  
wa hao hore o rata boemo bo feng haholo.

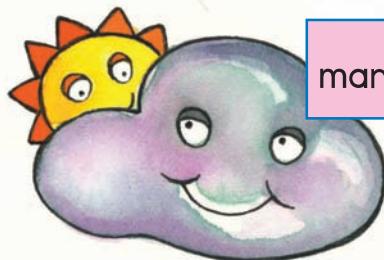
moya



letsatsi



pula e ya na



maru a thibile ho a bata



Karolong tse ding tsa naha ya bo rona,  
ho bata haholo hoo ho kgethehang lehlwa.  
Ka nako e nngwe ho ba le sefeso.  
Moya o matla haholo o bitswa sefeso.



Ha re etseng

Taka setshwantsho sa hao o le puleng kapa lehlweng.

Taka setshwantsho sa hao pampering e kgolo, o sebedisa wekese le dikerayone.

Kopanya daye ya dijo e bolou le metsi mme o pente leqephé lohle.

Hasanya pente e tshweu hodima leqephé.

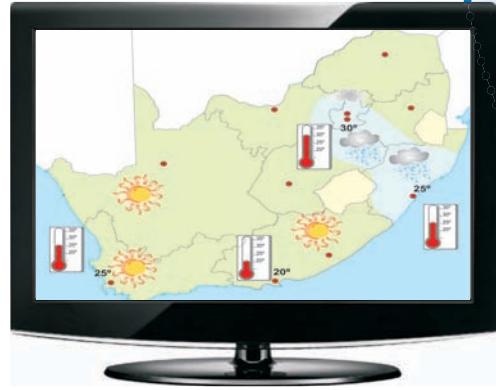


Ha re baleng

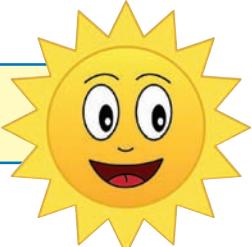
Re sebedisa tjhate ya tsa boemo ba lehodimo ho bontsha hore boemo ba lehodimo bo jwang.

Re sebedisa matshwao ho bontsha phapang pakeng tsa maemo a fapaneng a lehodimo.

A mang a matshwao ke a na a latelang.



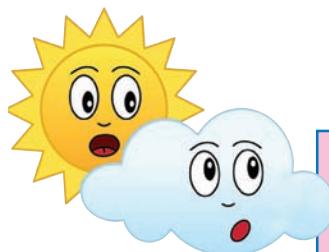
letsatsi



pula



maru



maru a thibile  
mona le mane

lehlwa



moya



Ha re bueng

Boella motswalle wa hao diaparo tseo odi aparang boemong bo bong le bo bong ba lehodimo.



Ha re etseng

Etsa matshwao a bontshang boemo ba lehodimo ho qetela tjhate ya boemo ba lehodimo.

Mantaha

Labobedi

Laboraro

Labone

Labohlano



Ha re ngoleng

Boemo ba lehodimo bo bile jwang bekeng ena?  
Tlatsa dikgeo ka mantswe.

Tsatsing lena ke \_\_\_\_\_.

Maobane ho ne ho \_\_\_\_\_.

Ke tshepa hore hosane ho tla \_\_\_\_\_.



# 16 Tsa boemo ba lehodimo

Kotara ya I – Beké Ya 8 – Leqephé la mosebetsi



Ha re ithapolleng

Etsisa maemo a fapaneng a boemo ba lehodimo.



Otlolla matsoho, a otlollele ka hodima  
hlaho o etse e ka o lero le leholo.



Etsa matsoho jwalo ka sefate se fokang moyeng.



Letsatsi: .....



O na le sekgele ho o tshireletsa letsatsing.



Tshwara sekgele o se tiise hore se se  
fefolwe ke moyo.



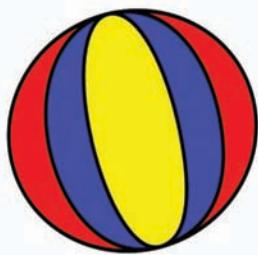
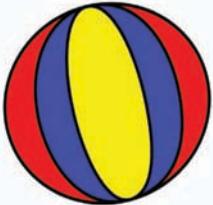
Thopo thopo  
marothodi a pula  
hodima ntlo.



Ha re ithapolleng

Tshwaranang ka matsoho ho etsa sedikadikwe se seholo.

Lahlelanang dibolo.



Nahanang mekgwa e fapaneng ya ho tsamaya hodima balaka e tsepameng kapa hodima kgwele. Bona na o ka nahana ka tsela ya ho tsamaya e fapaneng ho ya ho barutwana ba bang.



Tlotlontswe

Bapala sekotjhe.  
Etsa mabokose le didikadikwe lehlabatheng.



Ha re ithapolleng

- Bontsha motswalle wa hao kamoo o ka sebedisang kgati.
- Titjhhere o tla o bontsha kamoo o ka bapalang tse ding tsa dipapadi tsa setso.



|          |                      |
|----------|----------------------|
| Teacher: | <input type="text"/> |
| Sign:    | <input type="text"/> |
| Date:    | <input type="text"/> |

# Lapa leso

**Ha re bueng**

Na o a tseba hore malapa ha a tshwane?

Malapa a mang a mannyane a mang a maholo.

Bana ba bang ba na le bontate le bomme ha ba bang ba se na bona.

Malapeng a mang ho na le bonkgonon, ntatemoholo, malome, mangwane le bomotswala.



Sheba ditshwantsho o bolelle motswalle wa hao hore malapa ana a fapanne jwang.

Sebedisa mantswe a tswang mabokoseng a latelang.

mme

ntate

kgaitsemi

ntatemoholo

moreso

ngwana

ntatemoholo

lelapa





Ha re ngoleng

O dula le mang?

Ke mang eo o dulang le yena?



Lapeng leso ho na le batho ba \_\_\_\_\_.

Ke mang e monnyane ho feta batho bohle lapeng leno?

Ke mang e moholo ho feta batho bohle lapeng leno? \_\_\_\_\_.



Ha re bueng

Bohle re na le mesebetsi eo re e etsang hae. Tadima ditshwantsho tsena mme o bolele batho ba etsang mesebetsi ena lapeng.



Ngola polelo e le nngwe ka mosebetsi oo o o entseng maobane.



# Lapa leso



Tlotlontswe

Etsa setshwantsho sa seo wena le ba lapa leno le se etsang mmoho.  
Bolela hore motho eo ke mang. Sebedisa mantswe a na ho o thusa.

mme

ntate

kgait sedi

ntatemoholo

moreso

ngwana

nkgono

lelapa



**Lapa leso**

Kotara ya 2 – Beké ya I – Leqephé la mosebetsi

# Re a hlokomelana



Ha re baleng

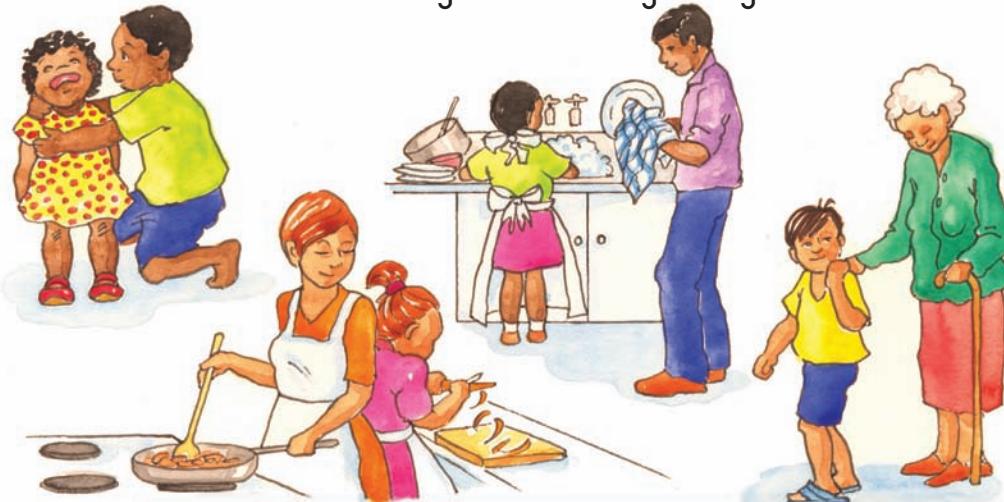
Batho ba malapa ba tlamehile ho ratana, le ho hlokomelana. Re bontsha hore  
re a ratana ka ho hakana, le hona ho hlompha e mong le e mong.  
Re hloka ho ...

- thusana.
- ba mosha ho motho e mong le e mong  
(haholo holo batho ba baholo).
- etsa mesebetsi ya rona ka nako.
- ba le boikarabelo.



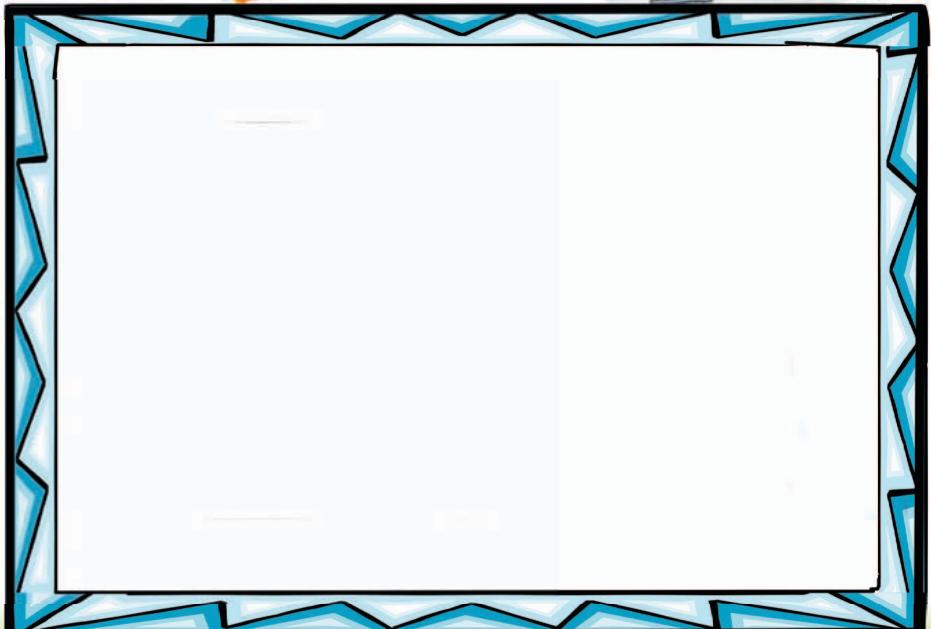
Ha re bueng

Sheba ditshwantsho tse latelang o bolele hore bana bana ba bontsha  
jwang ba malapa a bona hore ba tsotellana. Jwale tshwantshisa ho  
bontsha se etsahalang setshwantshong ka seng.



Ha re etseng

Etsa setshwantsho  
ka seo o se etsang ho  
bontsha ba lapa leno  
hore o a ba tsotella.  
Bolella motswalle wa  
hao ka setshwantsho  
seo o se entseng.



Kotara ya 2 – Beké ya 2 – Leqephé /a mosebetsi





# Ho bontsha hore o a tsotella



Bolela ka moo ba lapa lena ba thusanang ka teng. Nomora ditshwantsho ho tloha ho | ho isa ho 4 ho bontsha tatellano e nepahetseng.



Ha re baleng Mesebetsi ya rona ya bosiu.

Mme o pheha dijo.

Ntate o hlatswa dijana.

Moreso le nna re thusa mme le ntate.

Re thusa haholo.

Re hleka lebese le borotho.

Ka mora moo re a robala.

A ko re qoqelete tshomo!





Ha re ithapolleng

Etsetsa motho ya o tsotellang haholo karete.



Ha re ithapolleng

Na o ka etsa tse latelang?

|  |   |    |      |
|--|---|----|------|
|  | o ka fetisa bolo ka ho e akgela<br>motswalle wa hao.                        | ee | tjhe |
|  | o ka fetisa bolo ka ho e lahlela<br>matsohong ho ya ho motswalle<br>wa hao. | ee | tjhe |
|  | o ka tlodisetsa bolo<br>mangweleng.   | ee | tjhe |
|  | o ka otla bolo ho ya khounung.  | ee | tjhe |
|  | o ka thinthintsha bolo pakeng<br>tsa bathibedi ba bolo.                     | ee | tjhe |
|  | o ka rahela bolo ho lebana le<br>ntho e nngwe, ebe o a e raha.              | ee | tjhe |



# 21 Boipaballo malapeng (1)

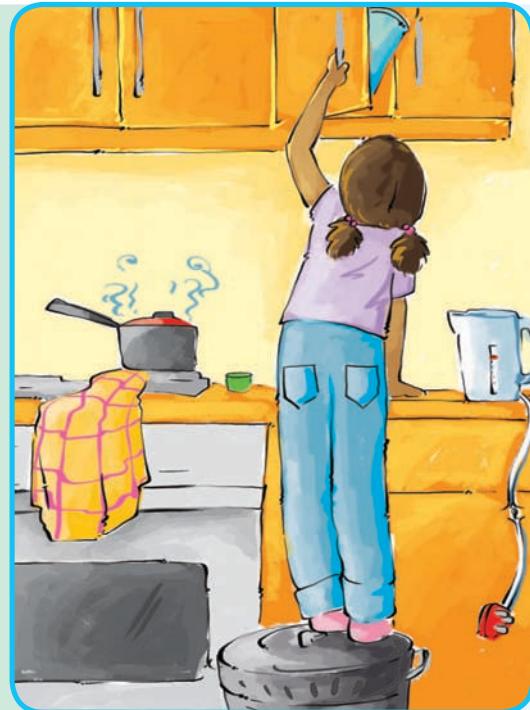
Kotara ya 2 – Beke ya 3 – Leqephela mosebetsi



Re tshwanelo re ikutlwe re baballehile ha re le malapeng a bo rona. Ho na le dikotsi tse ngata malapeng a bo rona. Shebang ditshwantsho le buisaneng ka dikotsi le motswalle wa hao.

## Phaposing ya ho pheha

- Shebisa mehwele ya dipitsa hore e furalle setofo.
- Se siye thipa tse bohale di dutse feela.
- Notlella parafini le meriana sebakeng se bolokehileng.
- Se siye dibapadiswa di dutse hohle.



## Phaposing ya ho hlapa

- Se sebedise thepa tsa motlakase pela metsi. Se sebedise dintho tse sebedisang motlakase pela metsi.
- O se di siye pela metsi.
- Boloka disebediswa tsohle tse bohale ka rakeng.
- Se sebedise borosolo ba hao ba meno le motho e mong.

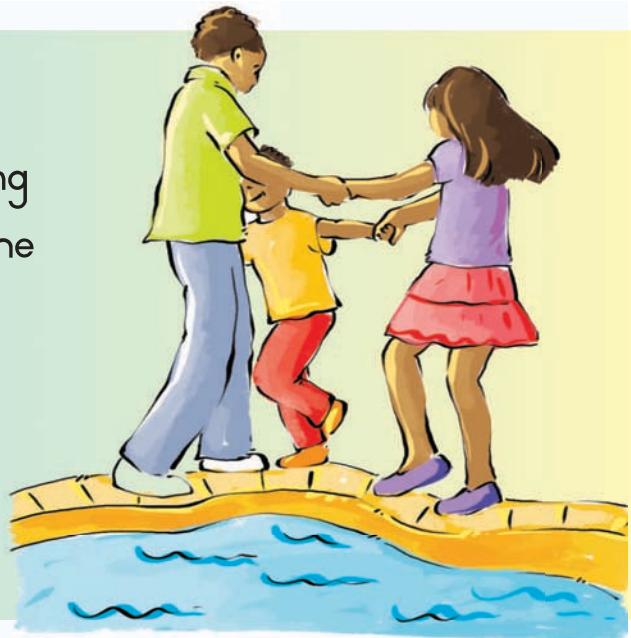


## Matolo, mahadima le motlakase

- Se eme tlasa sefate ha ho na le lehadima.
- Se kenyé letho masobeng a kenyang disebediswa tsa motlakase. Kopa motho e moholo ho o thusa.

## Ka ntle

- Phutha tsohle tse ka o ntshang kotsi, jwalo ka dikgalase. Di behe ka moqomong wa dithole.
- Se bapalle pela letamo la ho sesa ntle le ha ho na le motho moholo.



## Ka hara ntlo

- Se siye dibapadiswa le ntho tse ding di dutse hohle.
- Se bapale ka tjhefu.
- Ha o bona hore mohala wa ketlele kapa wa aene o petsohile kopa mme kapa ntate wa hao hore a o lokise.



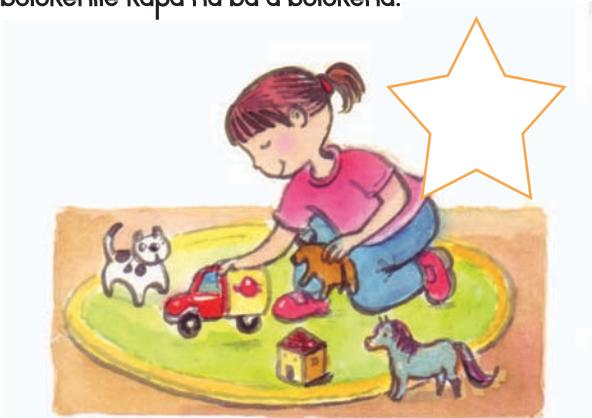
# Boipaballo ka hare le ka ntle ho malapa (2)



**Ha re bueng**

Ho bolokeha

Sheba ditshwantsho o bolele hore ke tshwantsho di feng tse bontshang boemo polokeyo kapa boemo bo kotsi. Etsa letshwao ✓ ho bontsha maemo a bolokehileng le letshwao ✗ ho bontsha maemo a sa bolokehang kapa a kotsi. Bolela hore hobaneng o re ba bolokehile kapa ha ba a bolokeha.





### Ha re bueng



Na ho na le dintho tse kotsi lapeng leno? O ka etsang ka seo?  
 Tjhefu, meriana le mekedikedi e hlwekisang di kotsi haholo.  
 O se ke wa nwa seo o se nang bonnete bah ore ke eng.



Letshwao lena le bolela hore ho na le tjhefu  
 ka hara botlolo, lebokose le lekotikoti.  
 Na o kile wa bona letshwao lena?



### Ha re ithapolleng

Titjhore ya hao ho tlo o bapalla mmino.



- O itsikinye ho latela morethetho wa pina.
- Kgetha mookamedi. Mookamedi o tlamehile  
 ho qoqopela ho latela morethetho wa pina. Kaofela le tlameha ho etsa se  
 etswang ke mookamedi.
- O leke ho itshehetse ka leoto le leng.
- Jwale itshehetse ka leoto le leng.
- Ke leoto le feng le matla?
- Beha kgwele e telele fatshe kapa o etse mola.  
 Tsamaya hodima kgwele kapa mola, mme o  
 tsepame.
- Jwale tjhentjha sebopeho sa kgwele kapa mola  
 mme o tsamaye mabapi le yona, o tsepame.



# Polokeho ha ke le mong lapeng



Ha re bueng

O ithutile ka dintho tse ka o ntshang kotsi lapeng leno.  
O ka ipoloka o bolokehile jwang ha ole mong lapeng?



Ha o le hae o le mong,  
o ka etsa dintho tsena  
tse latelang hore o  
dule o bolokehile.



Se bulele batho bao o  
sa ba tsebeng lemati.

Notlela menyako  
yohle e tswelang  
kantle.



- Eba le bonnete ba hore o tseba dinomoro tsa məhala tsa batswadi ba hao, le batho ba dulang pəla lapeng leno.
- Etsa lənane la dinomoro tsa bohlokwa, hore ha ho ka etsahala phoso.



Ha re ngoleng

Iketsetse lenane la dinomoro tsa bohlokwa.



Mapolesa:

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Ambulense:

---



Koloi ya setimamollo:

---

Nomoro ya mohala ya mme, mohala wa thekeng kapa selefounu:

---

Nomoro ya mohala ya ntate, mohala wa thekeng kapa selefounu:

---

Ke mang e mong eo o ka mo letsetsang ha o le mathateng?

|          |                      |
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| Teacher: | <input type="text"/> |
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| Date:    | <input type="text"/> |



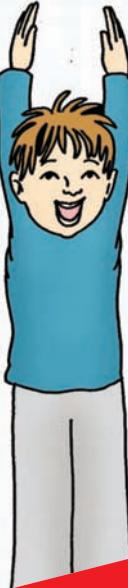
Kotara ya 2 – Beké ya 4 – Leqephé la mosebetsi

# Se seng hape ho hopolwa

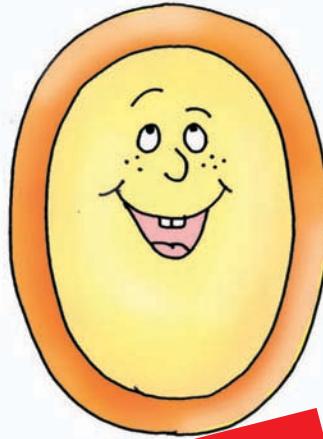


Ha re bueng

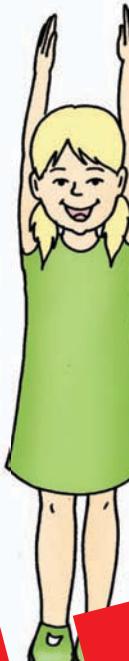
Tsela e bonolo ya ho hopola mohala wa mapolesa. Sheba setshwantsho o bolelle motswalle wa hao hore ditshwantsho di o thusa jwang ho hopola dinomoro. 10111 ke nomoro ya mapolesa. E bitse hangata ho fihlela o e tseba ka hloho.



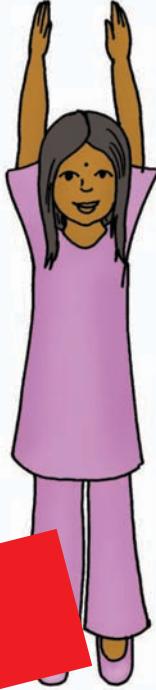
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111



Ha re ithapolleng

Bontsha ka moo o neng o ka etsa ka teng ha o ne o le ngwana ditshwantshong tse latelang.



O ne o tla etsa jwang ha motho eo o sa mo tsebeng a ne a o lelekisa?



O ne o tla etsa eng ho thusa mme wa hao ho etsa dikuku?



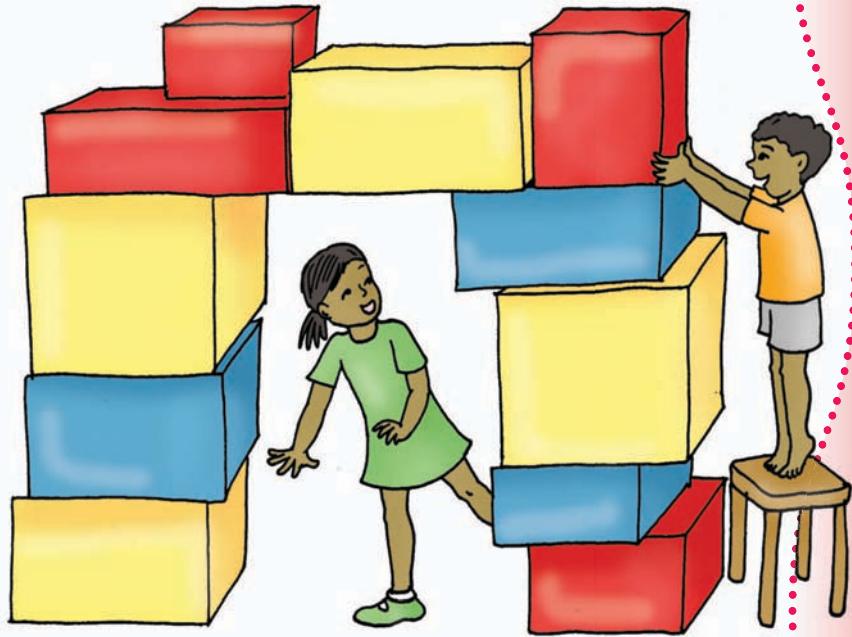
O ne o tla etsa eng ha o eme pela kgalase e tjhwatlehileng?



### Ha re etseng

Bona na o ka aha ntlo ya hao.

- Fumana mabokose a kgale ebe o haha mabota le marulelo.
- O ka kgomaretsa mabokose mmoho. Ha ntlo e fedile, o ka e penta.
- Ha o sa fumane mabokose, sebedisa ntho e nngwe le e nngwe. Empa se sebedise galase kapa makotikoti kapa ntho e ka o ntshang kotsi.



### Ha re ithapolleng

Lahlela bolo moeng ebe o e tshwara ka letsoho la hao le fokolang.

Thusa titjhere ya hao ho suthisetsa ditulo, ditafole le mabokose kantle.

Hlwella hodima ditulo, ditafole, le mabokose. Kgasa ka tlasa ona, mme o tlolele fatshe ho tloha ho ona.

Leka ho itshehetsha leotong le leng la setulo.



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| Sign:    |
| Date:    |



Kotara ya 2 – Beke ya 5 – Leqephé | a mosebetsi

# Mmele wa ka



Ha re ngoleng

Ngola mantswe sebakeng se nepahetseng.

leoto

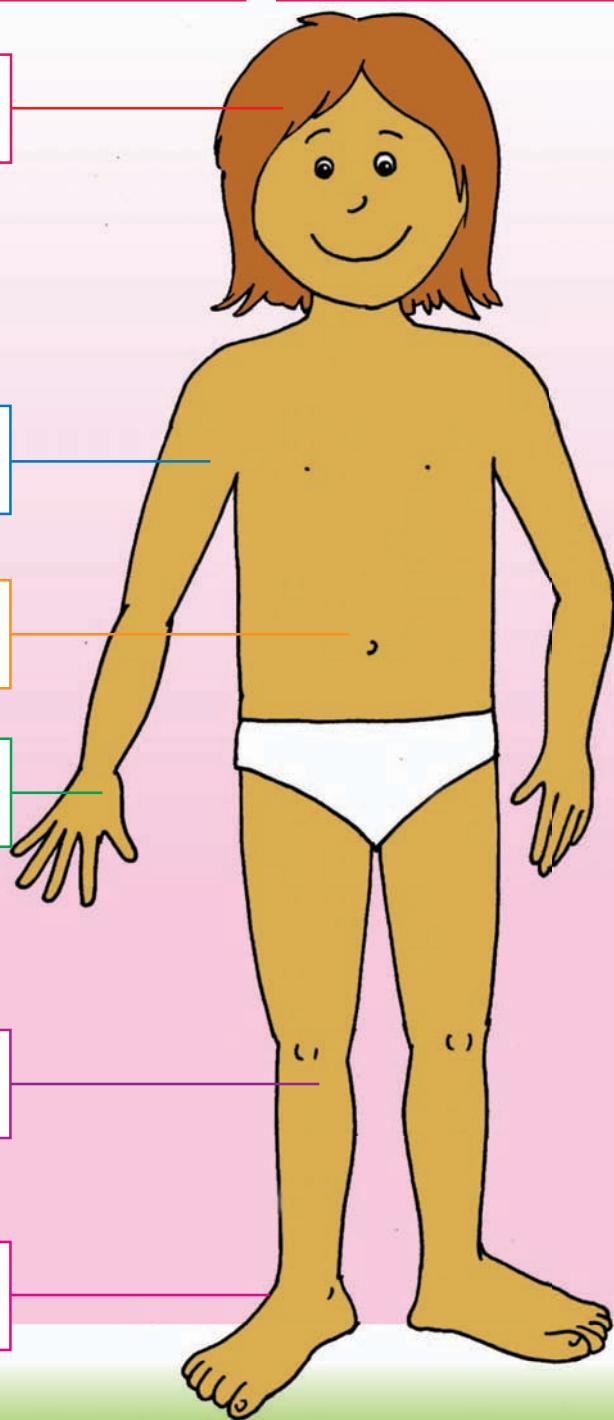
letsoho

hlooho

mpa

lengwele

seatla



Letsatsi: .....



## Ha re etseng ditshwantsho

Qetella setshwantsho sena sa sefahleho.

Etsa setshwantsho sa moriri. Leka ho etsa sefahleho sa hao. Ha o na le mahlo a maputswa, etsa mahlo a maputswa. Ha moriri wa hao o le motsho etsa setshwantsho sa moriri o motsho.

Etsa setshwantsho sa dintshi, nko ya hao le molomo wa hao.

Sefahleho sa hao ke setho sa bohlokwa dithong tsa hao tsa mmele.

Re na le mahlo a mabedi.



Re na le tsebe tse pedi.



Re na le nko e le nngwe.



Re na le molomo.



## Ha re bineng

Binang pina ena. Tshwara setho se seng le se seng sa mmele ha o bina ka sona.

## Hlooho mahetla

**Hlooho mahetla, mangwele le menwana,**

**mangwele le menwana**

**Hlooho mahetla, mangwele le menwana**

**Jwaloka ka hodimo**



## Ha re ithapolleng

Bapala "Simon o re..."

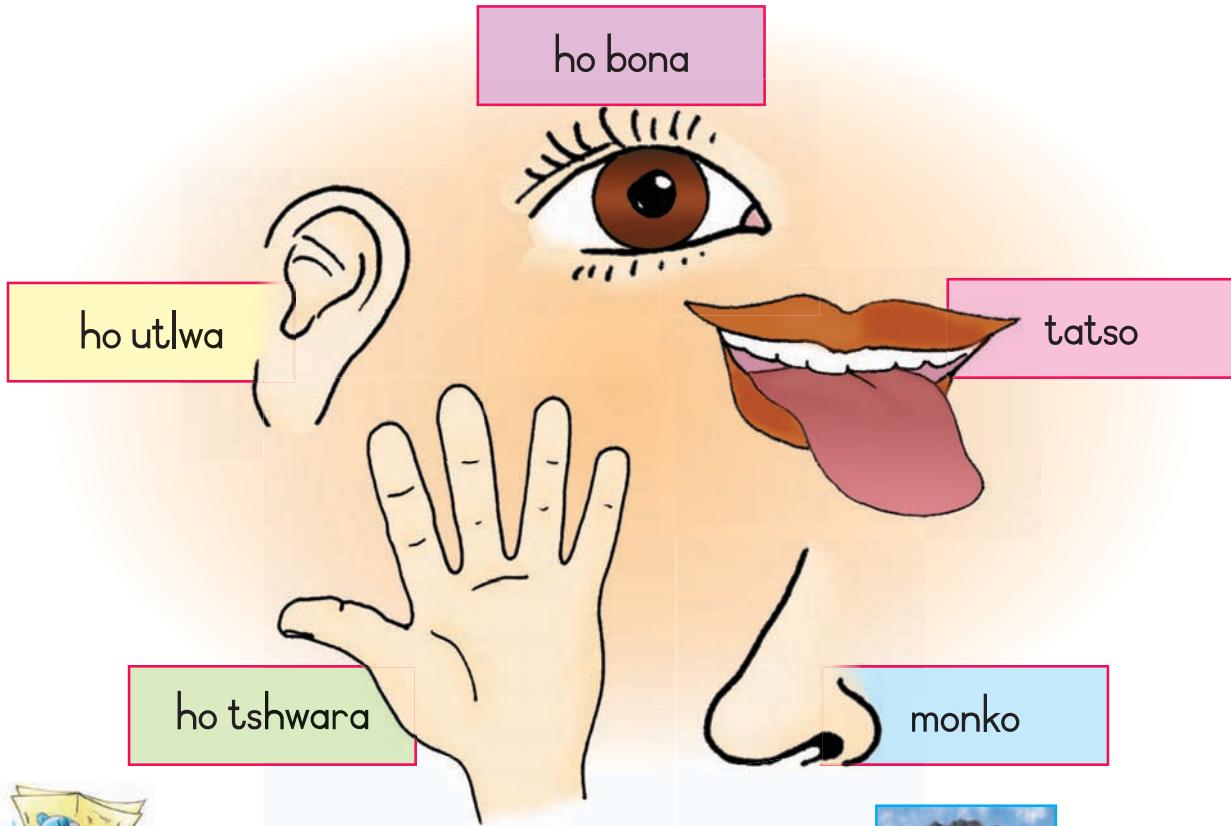


# Ditho tsa kutlo tsa ka



Ha re bueng

Sheba dikutlo tse fapaneng o bue hore re di sebedisetsa eng.



Ha re baleng

Re sebedisa ditho tsa kutlo tsa rona ka mehla.

Re nkga le ho utlwa tatso ya dijo. Re ka utlwa hore lesiba le bobebo bo bokae. Re bona hore lehodimo le leputswa hakae lehlabula. Re utlwa mmino.

Dikutlo tsa rona di re thusa hore re bolokehe.

Re ka kgona ho nkga ha ho na le mollo.

Re ka kgona ho utlwa ha setofo se tjhesa haholo.

Re kgona ho bona ha ho le kotsi ho tshela mmila.

Re kgona ho utlwa modumo wa alamo.





**Ha re etseng**

Tlhokomelo ya mahlo, le ditsebe.

Re hloka ho hlokoma ditho tsa kutlo tsa rona. Ena ke mekgwa e mmedi ya ho hlokoma mahlo le ditsebe tsa rona.



Hlokoma ditsebe tsa hao ka ho se mamele mmuno o lerata.

Hlokoma mahlo a hao ka ho rwala kepisi le dikgalase tsa letsatsi. Se shebe letsatsi.



**Ha re ngoleng**

Sheba tafole e ka tlase, moleng o mong le o mong bontsha hore o ka sebedisa kutlo e feng, o ka tshwaya tse fetang bonngwe.

|  |      |       |         |          |            |
|--|------|-------|---------|----------|------------|
|  |      |       |         |          |            |
|  | nkga | tatso | ho bona | ho utlwa | ho tshwara |
|  |      |       |         |          |            |
|  |      |       |         |          |            |
|  |      |       |         |          |            |



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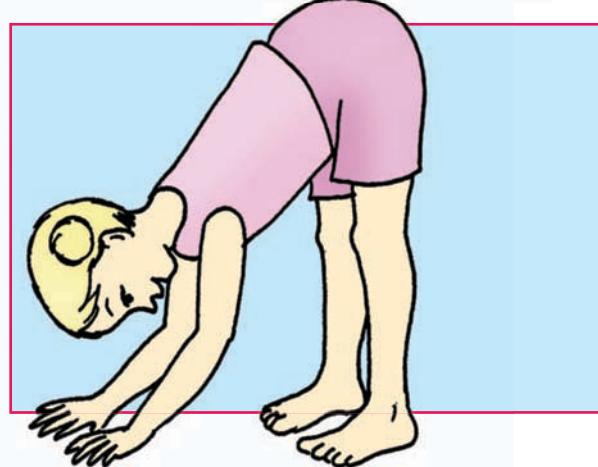
# Ho tsitsinya mmele



Ha re bueng

Sheba setshwantsho. Setshwantshong se seng le se seng bolela hore ke setho se fe sa mmele, se o thusa ka eng.

Re sebedisa mmele ya rona ho tsamaya.



Ha re ngoleng

Araba dipotso tsena le motswalle wa hao. Ngola dikarabo bukeng ya hao, ka tlasa dipatso tse latelang.

O sebedisa ditho di fe tsa mmele ho tsamaya?



Ke dikarolo dife tsa mmele tseo o di sebedisang ho phahamisa seng?



Ha re ithapolleng

Titjhere o tla o bontsha ho bapala  
"katse le tweba".

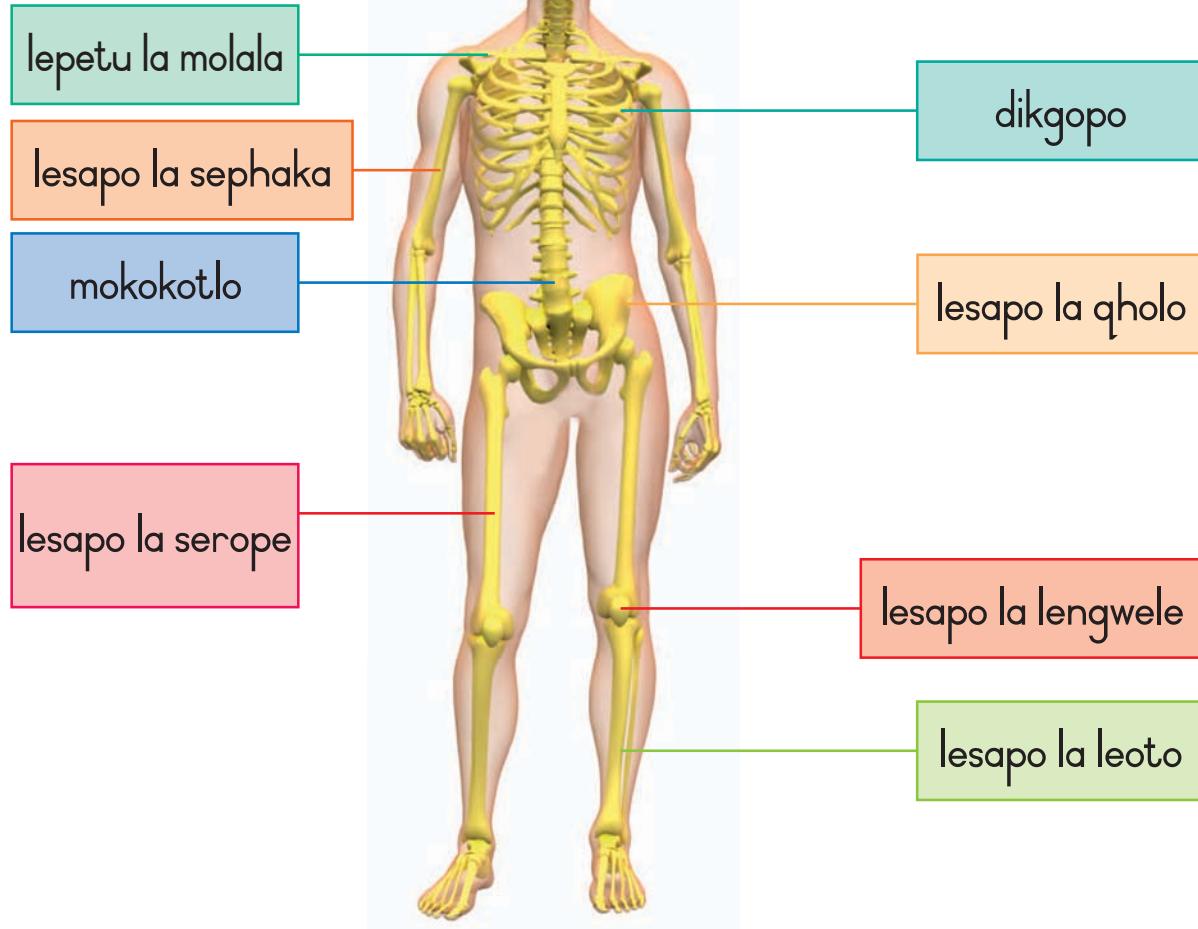




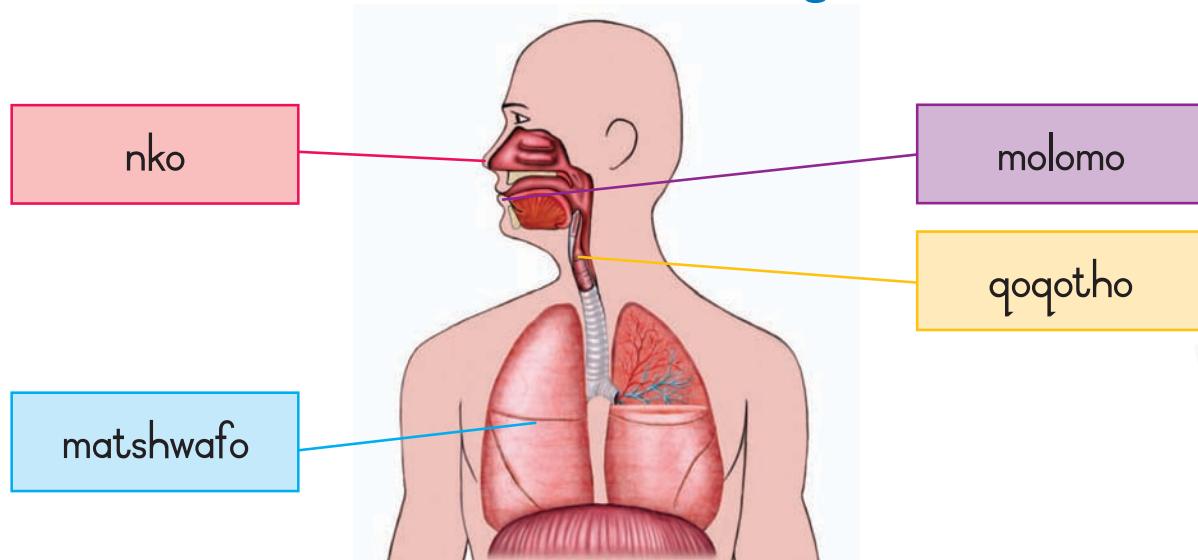
**Ha re baleng**

Ho na le ditho tse ding tsa mmele tseo o ke keng wa di bona.  
Di sebetsa mmoho ho o phedisa.

## Masapo a hao



## Ditho tsa mmele tse o thusang ho hema



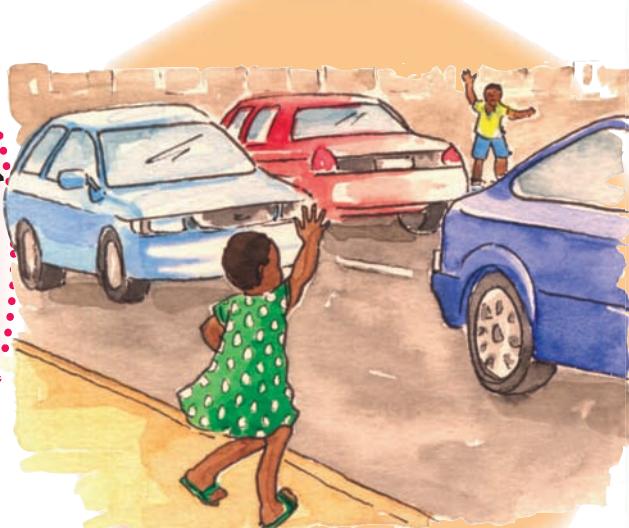
# 28 Ho nahana ka polokeho

Kotara ya 2 – Beke ya b – Leqephé | a mosebetsi



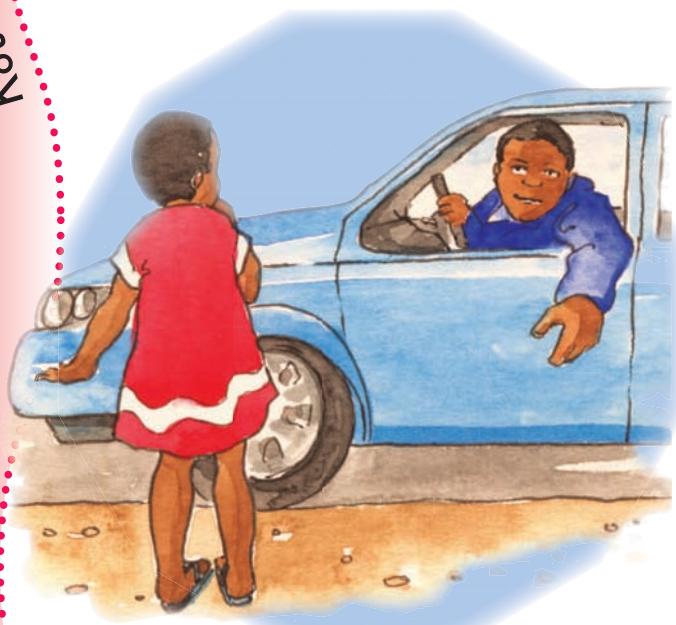
Ha re bueng

Sheba setshwantsho se latelang o bue ka sona le motswalle wa hao hore o bona eng. Setshwantshong se seng le se seng bontsha hore o ka dula o bolokehile jwang.



O bona motswalle wa hao ka nqane ho mmila.

O setse o le mong moo ho palangwang ditekesi.

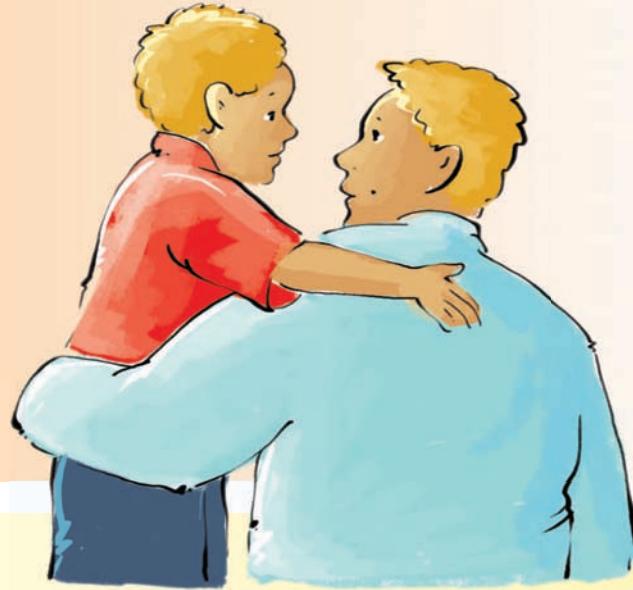


Motho eo o sa mo tsebeng o o kopa ho ya le yena kae kae.



O lahlehile setsing sa mabenkele.

Re na le maikutlo a reng "ee"  
ha motho a re haka ka tsela e  
nepahetseng. Ho monate ho hakuwa  
ke motho eo o mo ratang ka tsela e  
nepahetseng ya setswalle.



Tlo mona ngwanana ya monnyane. Ke  
tla o fa dipompong, o se bolelle mang  
kapa mang.

Ha **re na** maikutlo ha motho e  
mong a re thetsa ka tsela e re  
tshosang kapa e sa re thabiseng.  
Ha re sa thaba kapa re ikutlwa re  
sa bolokeha ha **re na** maikutlo.

Mmele wa hao ke ntho ya bohlokwa, mme ke wa hao  
feela. O ka re "**ee**" ha o dumela ho tshwarwa ke motho  
kapa "**tjhe**" ha o sa batle.



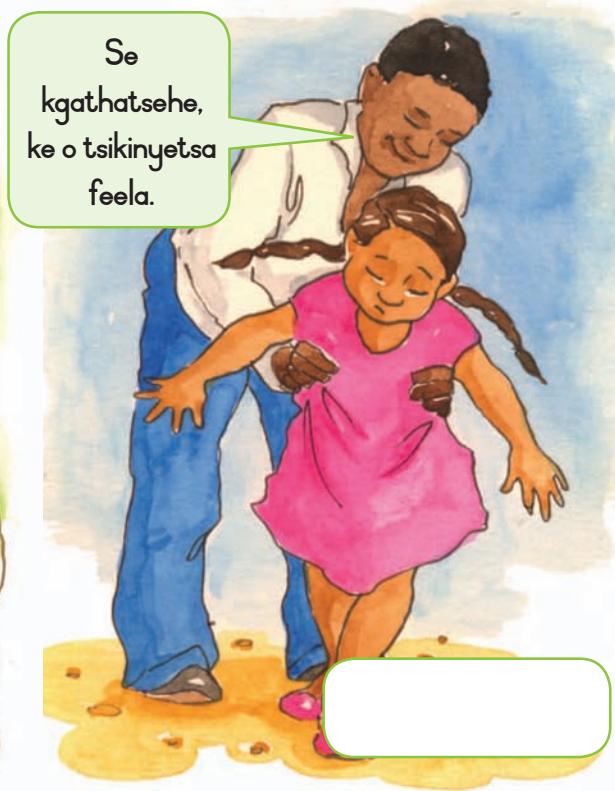
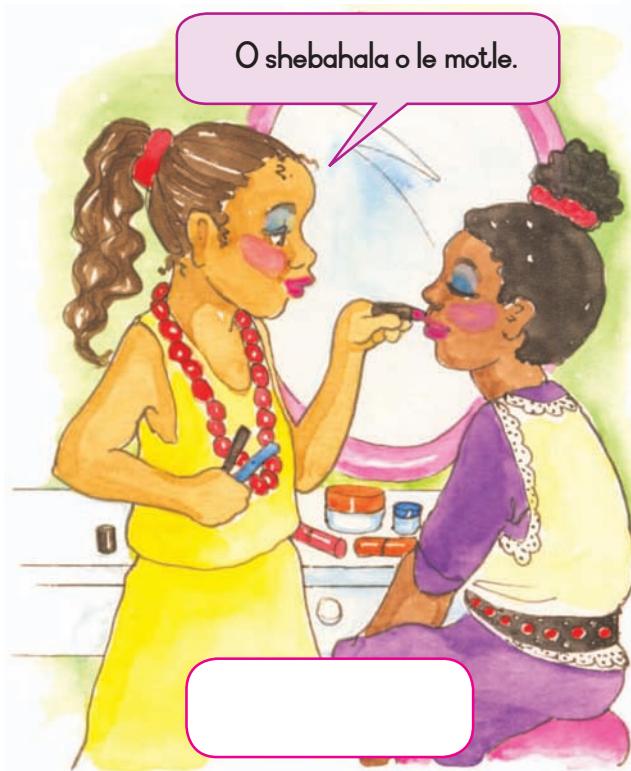
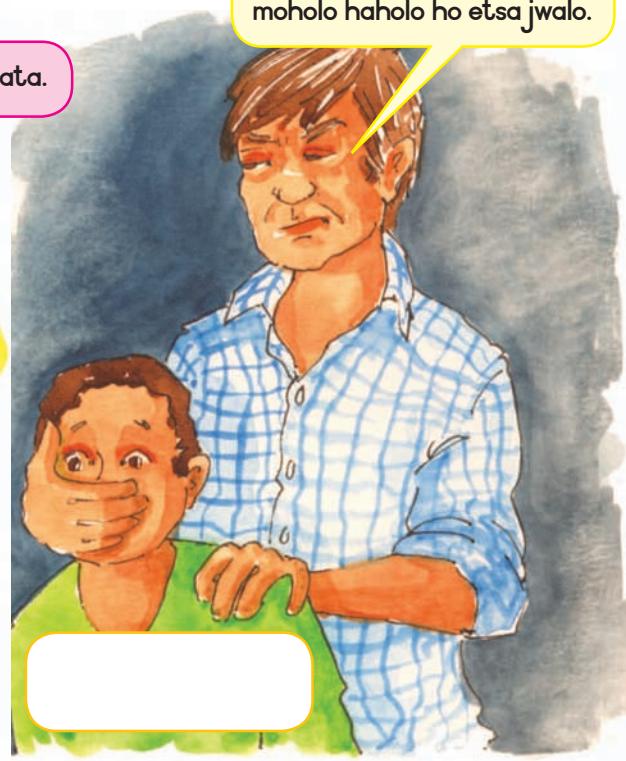
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# Ho bolokeha

Ha re ngoleng

Sheba ditshwantsho tse latelang o ngole ee moo o dumelang le tjhe  
moo o sa dumeleng.

Emisa ho etsa lerata! O  
moholo haholo ho etsa jwalo.





**Ha re etseng**

Ithute hore "tjhe".

Etsa papadi moo motho osele a rerang ho nka ngwana ka koloi ya hae kapa a batla ho tshwara ngwana. Karabo ya ngwana ke "tjhe".



**Ha re bueng**

Bana ba bang ba dula malapeng a sa ba hlokomeleng. Sheba ditshwantsho. Bolela hore o ne o ka ikutlwa jwang ha o ne o le ngwana ya ditshwantshong. Bolela hore o ne o ka etsa eng.



**Ha re ithapolleng**

Bapala papadi ya ho "hwama".

Tsamaya, o nke tsela e fe kapa e fe eo o e ratang,  
ha titjhere ya hao a lets a phala, o eme tsil!  
boemong boo o tla beng o le ho bona. O tlamehile  
hore o se tsitsinyeho fihlela titjhere e o dumella  
ho tsitsinyeha. O ka kgon a ho tsepama?

Ho tsamaya balakeng e tsepameng kapa kgweleng  
e telele e beilweng fatshe.





# Ho boloka mmele wa ka o phetse hantle



Ha re baleng

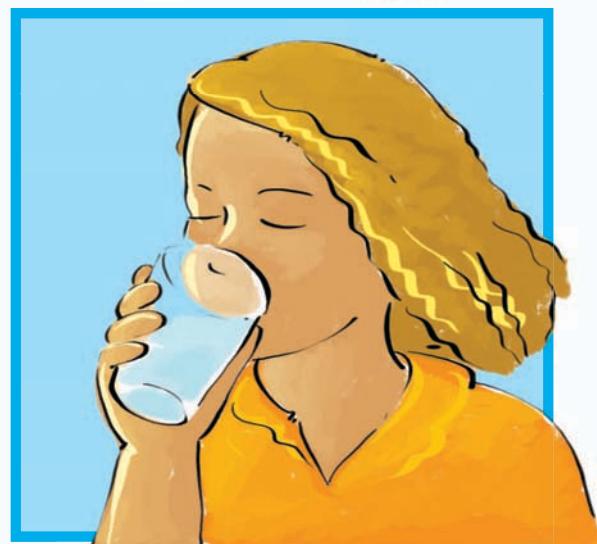


Ho na le mekgwa e mengata eo re ka kulang ka yona. Hangata re kudiswa ke dikokwanahloko le baketheria. Di nyenyane haholo, hoo re ke keng ra di bona. Di kena mmeleng ya rona, di re kudise. Di ka kena mmeleng ya rona mme tsa re kudisa.



Ha re bueng

Bana ba ditshwantshong ba etsajwang hore ba phele hantle?  
Ho ka etsahalang ha ba ne ba sa etse dintho tsena?





Ha re bueng

Jwale bua ka ditshwantsho tsena. Etsa ✓ ho bontsha hore o ka dula  
o phetse hantle. Kenya letshwao ✗ ditshwantshong tse ka etsang  
hore o kule.



Teacher:  
Sign:  
Date:

# Ho boloka mmele wa ka o phetse hantle



Ha re bueng

Ha se batho ke disebediswa tsa ho hlwekisa metsi?  
Ke mokgwa wa ho hlwekisa metsi?

Na o a tseba hore metsi a mang a hlwekile ha a mang a le ditshila? O ka etsa eng ho boloka metsi a hlwekile a le matle hore a kgone ho nowa?

O ka bedisa metsi ka ketlele ho bolaya dikokwana mahloko.



O ka sefa ditshila.  
Titjhere a ka o bontsha jwang.

O ka kanya kgaba e nyenyane e le nngwe ya Jiki ho diemere tse mashome a mabedi a metsi a nokeng. Kwala emere hore ditshintshi di se kene. Tlohela metsi dihora tse 28 pele o ka a nwa.





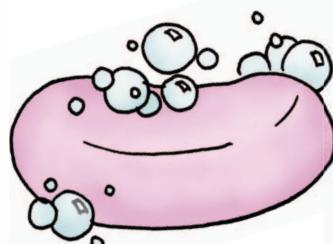
Ha re bueng

Sheba ditshwantsho tse latelang, o bolele hore bana bana ba etsang hore ba dule ba phetse hantle.

Tshela pampiri e tshesane ka ntlwaneng ya ho ithusa kapa moo ho kenywang matlakala.



Hlatswa matsoho pele o ja.



Hlatswa matsoho a hao ha o qeta ho sebedisa ntlwana ya ho ithusa.



Ha o etsa ditshila ka ntlwaneng ya ho ithusa, hlwekisa moo o sentseng o ntano hlatswa matsoho a hao.



Kwahela molomo ha o thimola kapa hona ho kgohlela.

|          |       |
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| Date:    |       |

# Re a hlahloba



Ha re bueng

Buisana ka seo o ithutileng sona  
dikotareng tse pedi tse fetileng.



Nka bua ka lelapa leso.

Nka tsamaya thapong e tshesane.

Ke tseba nomoro ya mapolesa.

Ke tseba ka maikutlo a "tjhe" le "ee".

Nka kapa bolo.

Nka dula ke bolokehile lapeng.

Nka itlhokomela.

Ke thusa lapa leso.

Ke tseba hohle sekolong.

Ke tseba ho dula ke phetse hantle.

Ke tseba hore nka etsa eng ka dintho tsohle tse ka  
mokotlaneng wa ka.

Ke tseba ka malapa a fapaneng.

Ke ithutile ntho tse ngata thutong ya bokgoni  
ba bophelo.

# Bukantswe ya ka

A

a

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g

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# Bukantswe ya ka

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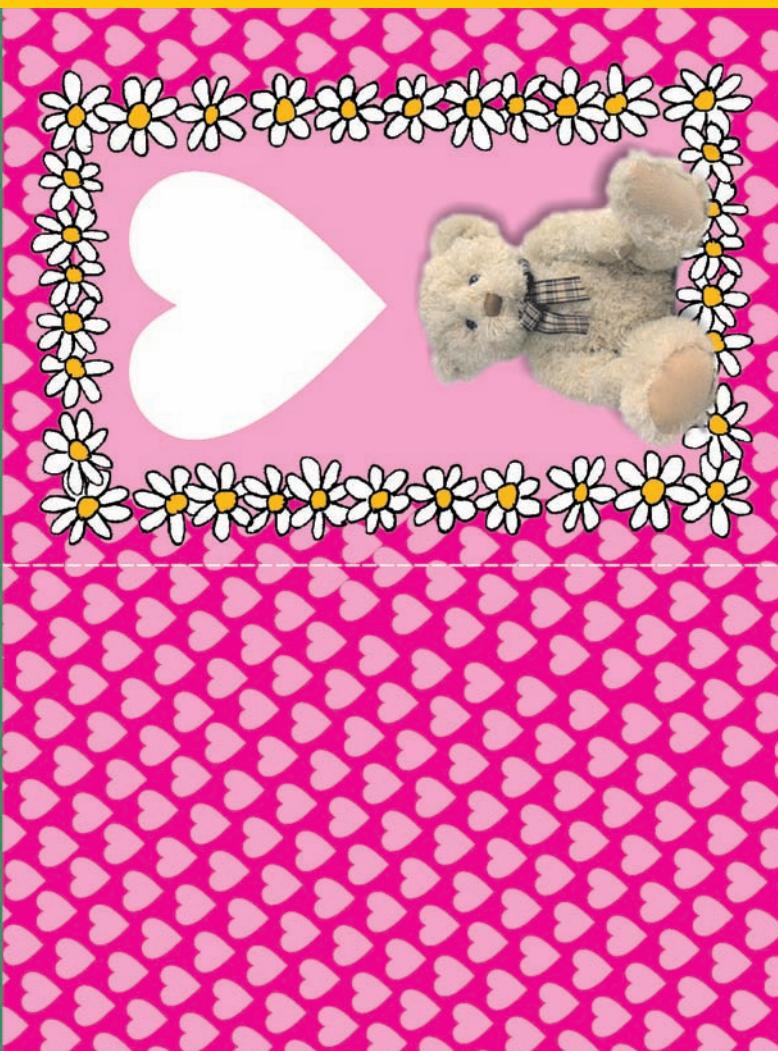
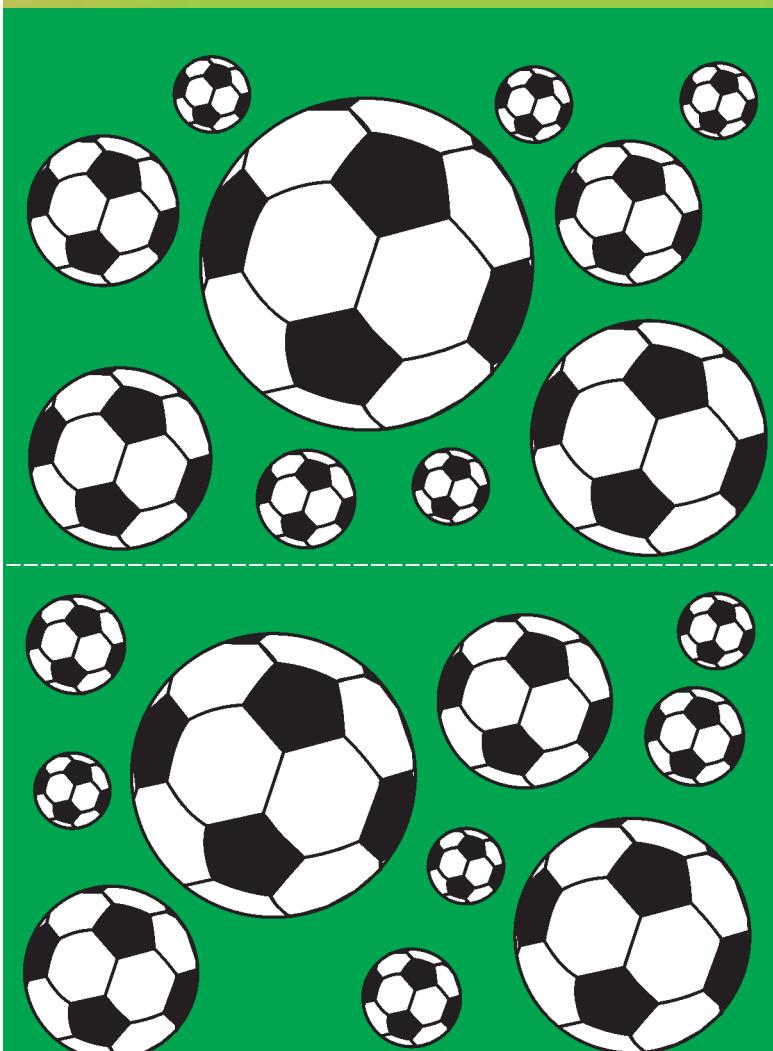
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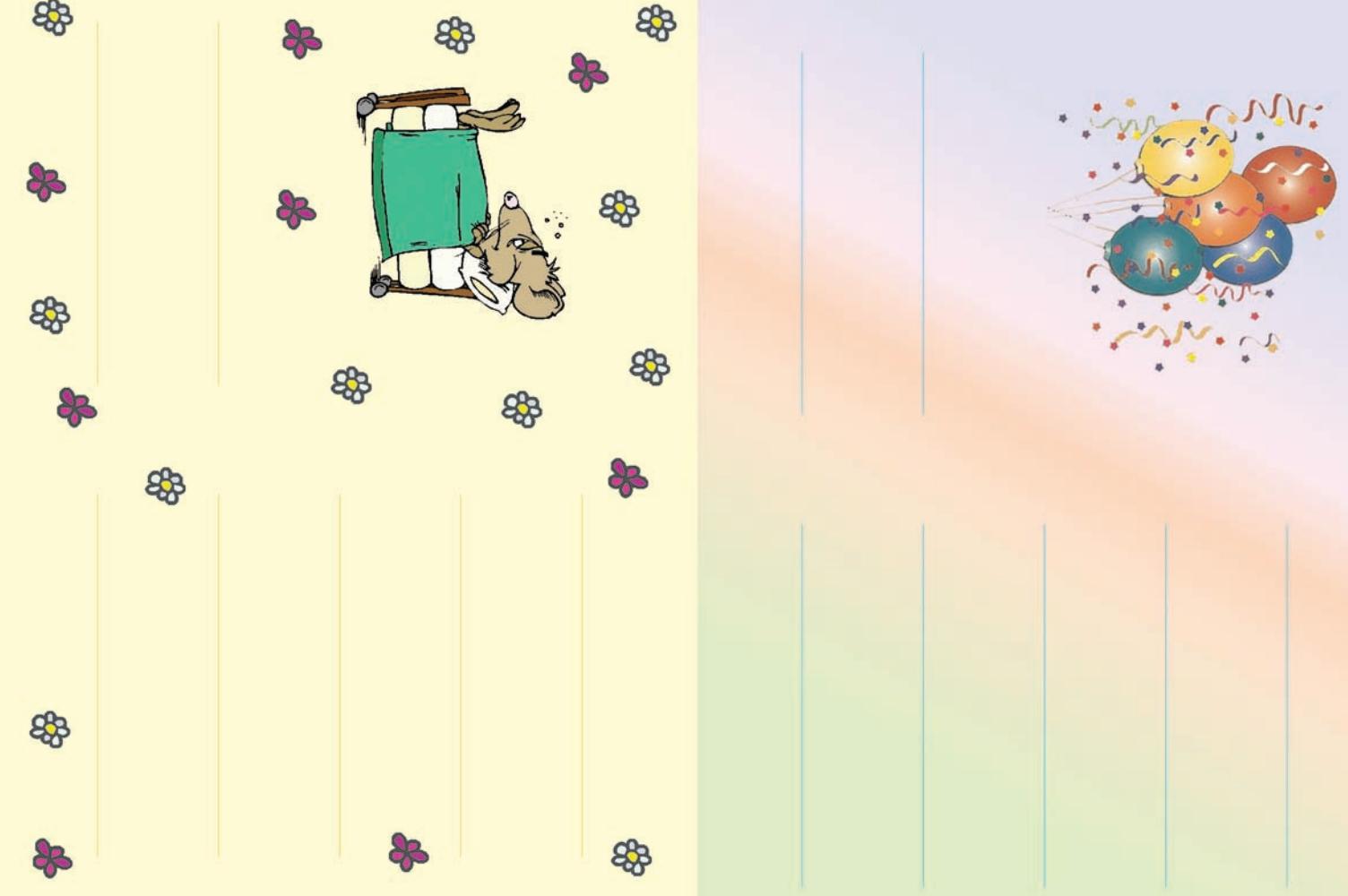
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X - Z  
x - z





## Masks

Cut out on  
the outside  
black line.

Tie a string  
into the holes  
to make a  
face mask.

